



MAKE A MOVE

At the Y, we provide a nurturing environment where children can learn to appreciate dance as a lifelong activity for self-expression, grace, strength, agility, creativity and balance.



DANCE

UPDATED ON: DECEMBER 10, 2018

STAFF CONTACTS

APY – Amanda Beuscher, Arts & Humanities Coordinator P 954.7602 E abeuscher@ymcafoxcities.org

FWY - Megan Stine, Dance Program Supervisor P 560.3410 E mstine@ymcafoxcities.org

NMY/HVY – Tab Bullard, Dance Coordinator P 830.5712 E tbullard@ymcafoxcities.org

NMY/HVY - Maeghan Johnson, Arts & Humanities/Dance Director P 886.2138 E mjohnson@ymcafoxcities.org

APPLETON YMCA DANCE PRESCHOOL AND YOUTH DANCE CLASSES

PRE-SCHOOL BALLET (AGES 2-4 YEARS) (APY)

Students will learn age-appropriate basic dance movements, positions and terminology in an active playful manner. Ballet slippers and apparel are recommended but not required.

YOUTH BALLET (AGES 3-5 YEARS) (APY)

Students will be introduced to the skills of an age-appropriate beginning ballet class, in an active, playful manner. Ballet slippers and dance apparel are recommended but not required.

BALLET (AGES 6-8 YEARS) (APY)

Students will be introduced to the skills of an age-appropriate ballet class, in an active, playful manner. Ballet slippers and dance apparel are recommended but not required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-School Ballet	APY	2-4 years	TH	10:20 AM	10:50 AM	\$37	\$63
Youth Ballet	APY	3-5 years	TH	11:00 AM	11:30 AM	\$37	\$63
Youth Ballet	APY	3-5 years	T	4:15 PM	4:45 PM	\$37	\$63
Ballet	APY	6-8 years	T	4:50 PM	5:20 PM	\$37	\$63

FOX WEST YMCA DANCE

EVENTS

DOLLIES NUTCRACKER SLEEPOVER (FWY)

DROP OFF YOUR DOLLIE:

Join us for dancing with your doll in the Nutcracker Castle beginning at 5:30 PM and a bedtime story at 6:00 PM. All dollies will be tucked in at 6:30 PM for the evening. Bring dollies pj's for bedtime and kids can wear their fanciest dancing attire! One doll per child please. Sorry kiddos, only the dolls get to sleep over! Check our Inspire Dance Facebook page throughout the night to see how your dolls are doing! We will post updates throughout the evening. Recommended for ages 3-10.

Friday December 7 5:00-6:30 PM

Fee: Y Member - \$13 General Public - \$18

PICK THEM UP: Saturday, December 8 • 9:30-10:30 AM Come in and have breakfast with your doll before you go! Muffins and juice will be provided.

PRESCHOOL AND YOUTH CLASSES

WINTER SESSION 1: JANUARY 7-FEBRUARY 24, 2019

WINTER SESSION 2: FEBRUARY 25-APRIL 14, 2019

TINY TOTS (AGES 2-3 YEARS)

An introduction to dance that includes coordination, rhythm, creative movement and musicality education in a fun atmosphere! Dancers will need a leotard and ballet shoes, hair must be pulled back neatly.

PREBALLET (AGES 3-4 YEARS)

The perfect class for new little dancers! This class includes ballet basics, introduction to counting music, rhythm and coordination skills. Dancers will need a leotard and ballet shoes, hair must be pulled back neatly.

BALLET (AGES 4-5 YEARS)

The basics of ballet! Dancers will learn the basic positions, tendus, plies, and begin center floor combinations. No previous experience required. Dancers will need to wear a leotard, tights and ballet shoes. Hair should be pulled neatly back for class.

JAZZ/TAP COMBO (AGES 4-5 YEARS)

A fun class for dancers who want a fast paced class and have fun! Dancers will be introduced to age appropriate steps such as three step turns, battements, shuffles, toe steps and more! Tap shoes and jazz or ballet shoes are required, leotard preferred, hair must be pulled back neatly.

ADULT BALLET (AGES 18+)

One of our most popular classes! The basics of ballet for all adults! Dancers will learn the basic positions, tendus, plies, and begin center and across the floor combinations. No previous experience required. Dancers will need to wear comfortable athletic clothing and ballet shoes, with hair neatly pulled back (bun preferred).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tiny Tots	FWY	2-3 years	T	9:00 AM	9:30 AM	\$38	\$65
PreBallet	FWY	3-4 years	T	9:30 AM	10:00 AM	\$38	\$65
Ballet	FWY	3-4 years	T	10:00 AM	10:30 AM	\$38	\$65
Jazz/Tap Combo	FWY	5-6 years	T	10:30 AM	11:00 AM	\$38	\$65
Adult Ballet	FWY	18+	M	6:15 PM	6:45 PM	\$38	\$65

FOX WEST YMCA - 14 WEEK RECITAL CLASSES

JANUARY 7-APRIL 27, 2019 (No classes April 15-19)

Registration: Registration begins Monday, December 10 for Y Members and Thursday, December 20 for the General Public. Please register at a Fox Cities Y service desk or online at www.ymcafoxcities.org. All 14 week students will participate in our annual Dance Recital on April 27, 2019.

14-week Recital Costume: \$60 non-refundable costume fee must be paid at the time of registration. Costume measurements will be taken in class in January. All classes must have a minimum of 5 students to run.

PRE-JAZZ (AGES 4-5 YEARS)

This fun class focuses on coordination and rhythm in creative and imaginative ways. Students will learn the basics of jazz movement in a fun, upbeat class setting. All dancers will also learn a short dance to be performed at our annual dance recital.

JAZZ (AGES 7-9 YEARS)

This fun class will learn the basics of jazz including leaps, jumps, turns and more. Students will also learn a short dance to be performed at our annual dance recital.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
PreJazz	FWY	4-5 years	W	4:45 PM	5:15 PM	\$97	\$136

Jazz	FWY	7-9 years	W	6:25 PM	6:55 PM	\$97	\$136
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INSPIRE DANCE STUDIO

Inspire Dance Studio is a 28 week long recital program which begins each September and runs until April, ending the season with a professional recital for all dancers. IDS offers classes for ages 2-adult and competitive teams for ages 5-18. Auditions for our competitive teams are held in May of each year. Enrollment for each season will begin in July. Each IDS instructor has extensive dance training and multiple years of teaching experience as well as maintaining a continuing dance education. Megan Stine, Dance Program Supervisor leads the IDS staff with more than 15 years of experience instructing classes of all levels and genres of dance. For more information contact Megan Stine at Mstine@ymcafoxcities.org.

STUDIO Y DANCE

HEART OF THE VALLEY AND NEENAH-MENASHA YMCA

The Studio Y Dance Program offers dance classes for ages 2-adult and competition teams for ages 6-adult. The Studio Y Dance Program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. Both sites offer recital classes and competition teams, spring and summer programs. The Studio Y program offers quality instruction with a maximum of 8-12 students in a class.

Registration: Registration begins Monday, December 10 for Y Members and Thursday, December 20 for the General Public. Please register at a Fox Cities Y service desk or online at www.ymcafoxcities.org

14-week Recital Costume: \$60 non-refundable costume fee must be paid at the time of registration. Costume measurements will be taken in class in December. Students will be sent home with recital packets in March with more details.

Class placement: The Studio Y program offers ages next to classes only as a guide in our progressive dance levels. If you have questions on where your child should be placed by level please contact Maeghan Johnson at 886.2138 or mjohnson@ymcafoxcities.org.

2019 DANCE RECITAL

Saturday, April 27, 2019
 Fox Cities Performing Arts Center
 400 W College Ave, Appleton, WI 54911

All Competition Teams, 28-week classes and 14-week classes (Jan-April session) will participate in the annual dance recital.

Recital Ticket are being sold through the PAC beginning Monday, April 1. Ticket fees are \$6 for 17yrs & under/\$12 for Adults.

We encourage patrons to purchase recital tickets at the PAC Box Office in person to avoid additional fees. Phone orders to the PAC will be subject to an additional \$5 processing fee. Online orders will be charged Ticketmaster fees, per ticket.

7-WEEK PRESCHOOL CLASSES

January 7-February 24
 February 25-April 26 (No classes March 25-31)

CREATIVE MOVEMENT (AGES 2-3)

This fun class focuses on coordination and rhythm in creative and imaginative ways. This class will engage your dancer in movement!

HIP HOP FOR PRESCHOOLERS (AGES 4-5)

Does your little dancer love to groove? This beginning hip hop class will introduce young boys and girls to basic hip hop steps. Set with fun and age appropriate pop music, we'll give little break-dancers a great

introduction to movement and musicality.

PRE-DANCE I (AGES 3-4)

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required.

PRE-DANCE II (AGES 4-5)

A great class for dancers ready for more! The class begins with ballet stretches, positions and beginning ballet steps. Then, it swings into fun tap steps and across the floor work to keep them moving! Ballet and Tap shoes are required.

HEART OF THE VALLEY YMCA

7-WEEK SESSIONS

January 7-February 24

February 25-April 26 (No classes March 25-31)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	HVY	2-3 years	M	10:30 AM	11:00 AM	\$38	\$65
Creative Movement	HVY	2-3 years	T	5:15 PM	5:45 PM	\$38	\$65
Creative Movement	HVY	2-3 years	TH	10:05 AM	10:35 AM	\$38	\$65
Creative Movement	HVY	2-3 years	TH	5:10 PM	5:40 PM	\$38	\$65
Pre-Dance I	HVY	3-4 years	M	10:00 AM	10:30 AM	\$38	\$65
Pre-Dance I	HVY	3-4 years	TH	9:30 AM	10:00 AM	\$38	\$65
Pre-Dance II	HVY	4-5 years	TH	10:45 AM	11:15 AM	\$38	\$65

NEENAH-MENASHA YMCA

7-WEEK SESSIONS

January 7-February 24

February 25-April 26 (No classes March 25-31)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Creative Movement	NMY	2-3 years	TH	5:30 PM	6:00 PM	\$38	\$65
Creative Movement	NMY	2-3 years	F	9:35 AM	10:05 AM	\$38	\$65

PRESCHOOL AND YOUTH CLASSES

14-WEEK SESSIONS

January 7-April 26 (No classes March 25-31)

PRE-DANCE I (AGES 3-4)

The perfect class for new little dancers! This beginning class includes Ballet basics, beginning dance combinations, rhythm, and coordination skills. Ballet shoes are required.

PRE-DANCE II (AGES 4-5)

A great class for dancers ready for more! The class begins with ballet stretches, positions and beginning ballet steps. Then, it swings into fun tap steps and across the floor work to keep them moving! Ballet and Tap shoes are required.

HIP HOP FOR PRESCHOOLERS (AGES 4-5)

Does your little dancer love to groove? This beginning hip hop class will introduce young boys and girls to basic hip hop steps. Set with fun and age appropriate pop music, we'll give little break-dancers a great introduction to movement and musicality.

BALLET (AGES 5-8)

The perfect class for ballerinas in training. Learn the correct ballet positions, center work, sauté jumps,

beginning turns and more! Ballet shoes are required.

BALLET & TAP (AGES 5-8)

This great class offers the best of both worlds! The class begins with ballet barre work, center combinations, leap and more. Then, it's time to shuffle, ball change, scuff, hop and step across the floor in an invigorating tap segment. Ballet slippers and Tap shoes are required.

HIP HOP & JAZZ (AGES 5-8)

This class offers fun street hip hop steps, basic break dance tricks and includes turns, leaps and combinations of a jazz technique class. Fun for all! Boys and girls welcome! Clean sneakers or Jazz shoes are required.

BALLET (AGES 8 and older)

The Studio Y Ballet class offers properly instructed and demonstrated barre, center work, and combinations to strengthen your technique. This class is an absolute necessity for dancers to stretch, strengthen, and lengthen the body, improve posture and balance, and gain confidence in movement for other dance genres. Ballet shoes and dancewear/yoga/athletic attire are required.

LYRICAL AND CONTEMPORARY

One of our most popular! Explore lyrical and contemporary ballet technique that teaches dancers expressive movement. This class will work on strengthening technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Ballet shoes and dancewear/yoga/athletic attire are required.

HIP HOP

Our Hip Hop class offers fun street style choreography and funky break dance moves to keep dancers current with the media! Set with their favorite pop music this class is a must for dancers! Jazz shoes or clean sneakers are required.

TAP

This energetic class will focus on new tap steps, traveling combinations, terminology and percussive musicality! A comprehensive tap technique class for dancers at any level of training! Tap shoes required.

POMS

Similar to jazz in technique, this class adds an extra spin by utilizing a fun prop! Poms are provided, only attire needed are jazz shoes or sneakers and athletic clothing.

PRIVATE DANCE LESSONS

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical, Ballroom lessons and more! Classes are available at all levels of training. Please contact Tab Bullard, Dance Program Coordinator at 886.2108 for availability. Semi-private/duet classes are also available at the same cost.

HEART OF THE VALLEY YMCA PRESCHOOL AND YOUTH CLASSES

14-WEEK SESSIONS

JANUARY 7-APRIL 26 (No classes March 25-31)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	W	5:30 PM	6:00 PM	\$97	\$136
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$97	\$136
Pre-Dance II	HVY	4-5 years	T	4:00 PM	4:30 PM	\$97	\$136
Pre-Dance II	HVY	4-5 years	SAT	10:10 AM	10:40 AM	\$97	\$136
Hip Hop for Preschoolers	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$97	\$136
Ballet	HVY	5-8 years	W	6:45 PM	7:15 PM	\$97	\$136
Hip Hop & Jazz	HVY	5-8 years	T	4:35 PM	5:05 PM	\$97	\$136
Hip Hop & Jazz	HVY	5-8 years	W	4:35 PM	5:05 PM	\$97	\$136
Lyrical	HVY	5-8 years	W	4:00 PM	4:30 PM	\$97	\$136

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lyrical/Contemporary	HVY	5-8 years	SAT	10:45 AM	11:15 AM	\$97	\$136
Poms	HVY	5-8 years	W	6:10 PM	6:40 PM	\$97	\$136
Ballet/Contemporary	HVY	8-12 years	T	5:50 PM	6:35 PM	\$140	\$180
Turns, Leaps, and Progressions	HVY	8-12 years	T	6:30 PM	7:15 PM	\$140	\$180
Hip Hop	HVY	8-12 years	TH	6:15 PM	7:00 PM	\$140	\$180

NEENAH-MENASHA YMCA
PRESCHOOL AND YOUTH CLASSES
14-WEEK DANCE CLASSES
JANUARY 7-APRIL 26 (No classes March 25-31)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	M	4:00 PM	4:30 PM	\$97	\$136
Pre-Dance I	NMY	3-4 years	F	9:00 AM	9:30 AM	\$97	\$136
Pre-Dance I	NMY	3-5 years	SAT	9:00 AM	9:30 AM	\$97	\$136
Hip Hop for Preschoolers	NMY	3-5 years	F	10:10 AM	10:40 AM	\$97	\$136
Ballet	NMY	5-8 years	SAT	9:35 AM	10:05 AM	\$97	\$136
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$97	\$136
Hip Hop	NMY	8-12 years	T	6:00 PM	6:45 PM	\$140	\$180

TEEN AND ADULT DANCE CLASSES
14-WEEK DANCE CLASSES
JANUARY 7-APRIL 26 (No classes March 25-31)

BALLET

The Studio Y Cecchetti Ballet class offers properly instructed and demonstrated barre, center work, and combinations to strengthen your technique. This class is an absolute necessity for dancers to stretch, strengthen, and lengthen the body, improve posture and balance, and gain confidence in movement for other dance genres. Ballet shoes and dancewear/yoga/athletic attire are required.

TAP

This energetic class will focus on new tap steps, traveling combinations, terminology and percussive musicality! A comprehensive tap technique class for dancers at any level of training! Tap shoes required.

LYRICAL AND CONTEMPORARY

One of our most popular! Explore lyrical and contemporary ballet technique that teaches dancers expressive movement. This class will work on strengthening technique, jumps, turns, floor work and exhilarating combinations that will expand training at all levels. Ballet shoes and dancewear/yoga/athletic attire are required.

TURNS, LEAPS AND PROGRESSIONS

This class will focus on turns and leaps that are required for advancing dancers. New across the floor combinations will improve strength and technique for dancers studying all genres of dance. Ballet, lyrical and/or jazz shoes are required.

HIP HOP

This energetic Hip Hop class exposes students to great contemporary hip hop technique, new street steps and basic break dance tricks that will give you confidence on the dance floor! Strengthen your technique, learn innovative choreography and new tricks that will keep you current with the latest dance trends! Jazz shoes, hip hop sneakers or clean sneakers are required.

PRIVATE DANCE LESSONS

This is a working document and is subject to change.

Available for ages 7-Adult. Ballet, Pointe, Tap, Hip Hop, Jazz, Lyrical, Ballroom lessons and more! Classes are available at all levels of training. Please contact Tab Bullard, Dance Program Coordinator at 886.2108 for availability. Semi-private/duet classes are also available at the same cost.

5-1/2 hour lessons - Fee: YMCA Member - \$101 General Public - \$129

5-3/4 hour lessons - Fee: YMCA Member - \$150 General Public - \$186

5-1 hour lessons - Fee: YMCA Member - \$197 General Public - \$223

HEART OF THE VALLEY YMCA TEEN AND ADULT DANCE CLASSES

14-WEEK DANCE CLASSES

JANUARY 7-APRIL 26 (No classes March 25-31)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	HVY	12-18 years	M	6:50 PM	7:35 PM	\$140	\$180
Lyrical/Contemporary	HVY	12-18 years	TH	7:05 PM	7:50 PM	\$140	\$180
Hip Hop	HVY	12-18 years	T	7:20 PM	8:05 PM	\$140	\$180
Hip Hop	HVY	18 years and older	T	8:10 PM	8:55 PM	\$140	\$180
Turns, Leaps, and Progressions	HVY	12-18 years	TH	8:00 PM	8:45 PM	\$140	\$180

NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

14-WEEK DANCE CLASSES

JANUARY 7-APRIL 26 (No classes March 25-31)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet-Continuing Students	NMY	18 years and older	W	10:00 AM	11:30 AM	\$220	\$266
Lyrical/Contemporary	NMY	12-18 years	TH	7:00 PM	7:45 PM	\$140	\$180
Tap	NMY	12-18 years	T	8:00 PM	8:45 PM	\$140	\$180
Turns, Leaps, and Progressions	NMY	12-18 years	TH	6:05 PM	6:50 PM	\$140	\$180

NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

7-WEEK DANCE CLASSES

January 7-February 24

February 25-April 26 (No classes March 25-31)

DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 13-ADULT) (NMY)

This high energy mat class is set with pop music for a fresh outlook on the Pilates Method. Traditional Pilates Method sets are paired with floor barre movements to offer deep conditioning exercises that improve flexibility, increase strength, and create long, lean muscles. With the ability to work at your own pace, you will progress toward your optimal fitness.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	T	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen formerly "Dance Pilates"	NMY	12 years and older	W	11:35 AM	12:20 AM	\$22	\$34

NEENAH-MENASHA YMCA BALLROOM DANCE CLASSES

SESSION 1: FOXTROT & WALTZ (JANUARY 7, 14, 21, 28)

SESSION 2: RUMBA & NIGHT CLUB 2-STEP (FEBRUARY 4, 11, 18, 25)

SESSION 3: SWING & CHA CHA (MARCH 4, 11, 18, 25)

2-WEEK SESSION: HUSTLE (APRIL 1, 8)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom 4 weeks Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$18 C-\$36	S-\$22 C-\$44
Ballroom 4 weeks Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$18 C-\$36	S-\$22 C-\$44
Ballroom 2 weeks Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$9 C-\$18	S-\$11 C-\$22
Ballroom 2 weeks Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$9 C-\$18	S-\$11 C-\$22
Merengue Workshop Saturday, January 5	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22
Salsa Workshop Saturday, February 2	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22
Line Dancing Workshop Saturday, March 2	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$9 C-\$17	S-\$11 C-\$22