



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

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STAFF CONTACTS

APY - Kourtney Kositzke Arts & Humanities Coordinator P 954.7602 E kkositzke@ymcafoxcities.org

APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@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

WINTER SESSION 1: JANUARY 2-FEBRUARY 19, 2017

WINTER SESSION 2: FEBRUARY 20-APRIL 9, 2017

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 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	R	10:20 AM	10:50 AM	\$38	\$65
Youth Ballet	APY	3-5 years	R	11:00 AM	11:30 AM	\$38	\$65
Youth Ballet	APY	3-5 years	T	4:15 PM	4:45 PM	\$38	\$65
Ballet	APY	6-8 years	T	4:50 PM	5:20 PM	\$38	\$65

FOX WEST YMCA DANCE

INSPIRE DANCE

SESSION: JANUARY 2, 2017 – APRIL 22, 2017

Join us for a semester 2 recital class! These dance classes meet weekly and perform in our annual dance recital on April 22, 2017. A \$65 costume fee for all classes is due at the time of registration. For additional information, email Megan Stine, mstine@ymcafoxcities.org

BALLET/TAP COMBO (AGES 2-3; 4-5) (FWY)

An introduction to dance! A great class exposing dancers to both Ballet and Tap! This class will familiarize dancers with terminology and skills used in both classical ballet and tap. Age appropriate advancement in ballet skills such as arabesques, chaine turns, degages, and glissades. Age appropriate advancement in tap skills and combinations including shuffles, flaps, paradiddles and cramp rolls. Ballet and tap shoes are required. Tap and ballet shoes are required.

PREJAZZ (AGES 4-5 YEARS)

A class for dancers wanting a fun, fast paced class that also focuses on technique. Dancers will begin with warmup and stretch and then add basic leaps, turns and jumps while dancing to up-beat music.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
PreJazz	FWY	4-5 years	M	5:25 PM	5:55 PM	\$89	\$126
Tap/Ballet Combo	FWY	3-4 years	T	5:25 PM	5:55 PM	\$89	\$126

FOX WEST YMCA DANCE

PRESCHOOL AND YOUTH DANCE CLASSES

WINTER SESSION 1: JANUARY 2-FEBRUARY 19, 2017

WINTER SESSION 2: FEBRUARY 20 -APRIL 19, 2017

All 7-week dance classes will have a parent viewing time the last 10-minutes of the last class of the session. You are welcome to come in and watch the children dance during that time. Please contact Megan Stine, Dance Program Supervisor at mstine@ymcafoxcities.org or 920.560.3410, for more information on our dance programs.

PRE-DANCE I (AGES 2-3 YEARS)

An introduction to dance and movement. Students will need both tap and ballet shoes. Class will cover basic dance movements of each medium including ballet position and basic tap skills.

PRE-DANCE II (AGES 4-5 YEARS)

An introduction to basic dance movements. Students will need both tap and ballet shoes. Students will learn beginner dance movements beginning with basic ballet positions, turns and movements and tap skills including heel steps, toe steps, alligators and shuffle steps.

INTRO TO JAZZ (AGES 6-7 YEARS)

A class for dancers wanting a fun, fast paced class that also focuses on technique. Dancers will work on strength and flexibility as well as basic leaps, turns and jumps while dancing to up-beat music.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
PreDance I	FWY	2-3 yrs	M	4:15	4:45	\$38	\$65
PreDance II	FWY	4-5 yrs	M	4:45	5:15	\$38	\$65
Intro to Jazz	FWY	6-7 years	M	5:15	5:45	\$38	\$65

STUDIO Y DANCE

NEENAH-MENASHA YMCA AND HEART OF THE VALLEY YMCA

The Studio Y Dance Program offers dance classes for student's 2-adult and competition teams for ages 7-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 and summer programs. The Studio Y program offers quality instruction with a maximum of 8-12 students in a class. Maeghan Johnson, Arts and Humanities Director holds a B.A. in Dance, 9-month Pilates certification course and was a professional performance dancer prior to joining the YMCA management staff. Tab Bullard, Dance Program Coordinator joined the Arts and Humanities team in 2013. Tab has eight years of experience working in the dance profession. The Studio Y program staff also includes a team of highly qualified dance instructors with prior teaching and performance experience in their specialty areas. Instructors continue their dance education through teacher workshops and classes to ensure high quality programming. The Studio Y Dance Program offers technique classes and competition teams in Ballet, Pointe, Lyrical/Contemporary, Tap, Jazz, Hip Hop, Ballroom, Baton and more. Please contact Maeghan Johnson at 886.2138 or mjohnson@ymcafoxcities.org for more information.

Heart of the Valley Y: 28-week dance classes and competition teams are currently in session. The next program guide will include our new summer class offerings!

Neenah-Menasha Y: 16-week classes that run January-May will participate in the 2016 recital along with 28-week classes and competition teams.

Studio Y Recital: The 2017 Dance Recital will be held on Sunday, May 7 at St. Mary's High School. Additional information will be sent home with dancers in the spring.

Recital Costume: \$50 non-refundable costume fee must be paid at the time of registration.

Costume measurements will be taken in class in January.

Class placement: The Studio Y program offers ages next to classes 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.

NEENAH-MENASHA YMCA

PRESCHOOL DANCE

WINTER SESSION 1: JANUARY 2-FEBRUARY 19, 2017

WINTER SESSION 2: FEBRUARY 20-APRIL 9, 2017

HIP HOP SKIP JUMP (AGES 2-3 YEARS WITH GUARDIAN PARTICIPATION) (NMY)

A great class for you and your child to dance and enjoy each other. Hip Hop Skip Jump is an introduction to dance that includes coordination and movement skills, musicality, and fun dance games!

CREATIVE MOVEMENT (AGES 3-4 YEARS) (NMY) NEW

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	NMY	2-3 years w/ guardian	M	10:30 AM	11:00 AM	\$38	\$65
Creative Movement NEW	NMY	3-4 years	T	4:30 PM	5:00 PM	\$38	\$65

YOUTH DANCE CLASSES

SESSION: JANUARY 2-MAY 5, 2017

(NO CLASSES MARCH 27-31)

PRE-DANCE I (AGES 3-4 YEARS) (NMY)

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 YEARS) (NMY)

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 YEARS) (NMY)

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 YEARS) (NMY)

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 YEARS) (NMY)

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 YEARS) (NMY)

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 8-12 YEARS) (NMY)

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/CONTEMPORARY (AGES 8-12 YEARS) (NMY)

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.

TAP (NMY)

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.

JAZZ (NMY)

Dancers will enjoy gaining knowledge of technical moves by working through energetic combinations and across the floor work in Jazz class! The class will focus on varied styles of jazz, floor work, turns, leaps and more!

BROADWAY- MUSICAL THEATRE (NMY)

Dancers will explore a variety of Broadway shows and styles of dance in this class! Great for dancers interested in show choir and musical productions! Ballet or jazz shoes are required.

HIP HOP (AGES 8-12 YEARS) (NMY)

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.

NEW BOYS HIP HOP (8 YEARS AND OLDER) (NMY)

This class has been created by request! The boys hip hop class is also instructed by a male teacher! This class is athletic and energetic, come in and learn fun street style dance moves. Clean sneakers are required.

PRIVATE DANCE LESSONS (NMY)

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 Maeghan Johnson, Dance Program Coordinator at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

TEEN AND ADULT DANCE CLASSES

SESSION: JANUARY 2-MAY 5, 2017

(NO CLASSES MARCH 27-31)

BALLET (NMY)

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.

LYRICAL/CONTEMPORARY (NMY)

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.

TAP (NMY)

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.

JAZZ (NMY)

Dancers will enjoy gaining knowledge of technical moves by working through energetic combinations and across the floor work in Jazz class! The class will focus on varied styles of jazz, floor work, turns, leaps and more!

PRIVATE DANCE LESSONS (NMY)

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 Maeghan Johnson, Arts and Humanities Director at 886.2138 for availability. Semi-private/duet classes are also available at the same cost.

5-1/2 hour lessons

Fee: Y Member - \$97 General Public - \$124

5-3/4 hour lessons

Fee: Y Member - \$144 General Public - \$179

5-1 hour lessons

Fee: Y Member - \$189 General Public - \$214

Neenah-Menasha YMCA (NMY) Menasha Park & Rec-Memorial Building (MPR)

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	M	1:00 PM	1:30 PM	\$102	\$144
Pre-Dance I	MPR	3-4 years	W	4:15 PM	4:45 PM	\$102	\$144
Pre-Dance I	NMY	3-4 years	S	9:00 AM	9:30 AM	\$102	\$144
Pre-Dance II	NMY	4-5 years	M	1:40 PM	2:10 PM	\$102	\$144
Pre-Dance II	NMY	4-5 years	W	4:50 PM	5:20 PM	\$102	\$144
Hip Hop for Preschoolers	NMY	4-5 years	M	2:15 PM	2:45 PM	\$102	\$144
Hip Hop for Preschoolers	NMY	4-5 years	S	9:40 AM	10:10 AM	\$102	\$144
Ballet	NMY	5-8 years	S	10:15 AM	10:45 AM	\$102	\$144
Ballet and Tap	NMY	5-8 years	R	4:00 PM	4:45 PM	\$148	\$191
Hip Hop & Jazz	NMY	5-8 years	W	5:30 PM	6:00 PM	\$102	\$144
Hip Hop & Jazz	NMY	5-8 years	S	10:50 AM	11:20 AM	\$102	\$144
Lyrical and Contemporary	NMY	8-12 years	W	7:05 PM	7:50 PM	\$148	\$191
Hip Hop	NMY	8-12 years	S	11:30AM	12:15 PM	\$148	\$191
Hip Hop for Boys	NMY	8 years and older	W	6:10 PM	6:55 PM	\$148	\$191
Lyrical and Contemporary	NMY	9 years and older	R	6:40 PM	7:25 PM	\$148	\$191
Tap	NMY	9 years and older	T	7:30 PM	8:15 PM	\$194	\$237
Broadway-Musical Theatre	NMY	9 years and older	R	5:45 PM	6:30 PM	\$148	\$191
Turns, Leaps and Progressions	NMY	9 years and older	T	6:40 PM	7:25 PM	\$148	\$191
Ballet Technique	NMY	12 years and older	W	10:00 AM	11:15 AM	\$242	\$293
Ballet Technique for Adults	NMY	18 years and older	W	8:00 PM	9:00 PM	\$194	\$237
Ballet Technique	NMY	12 years and older	F	10:00 AM	11:15 AM	\$242	\$293

SPECIALTY DANCE

WINTER SESSION 1: JANUARY 2-FEBRUARY 19, 2017

WINTER SESSION 2: FEBRUARY 20-APRIL 9, 2017

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. Maximum 10 students per class.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen	NMY	12 years and older	M	9:30 AM	10:15 AM	\$22	\$34

Dance Stretch and Strengthen	NMY	12 years and older	T	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen	NMY	12 years and older	W	11:15 AM	NOON	\$22	\$34
Dance Stretch and Strengthen	NMY	12 years and older	R	9:30 AM	10:15 AM	\$22	\$34
Dance Stretch and Strengthen	NMY	12 years and older	F	11:15 AM	NOON	\$22	\$34

BALLROOM DANCE

4-WEEK SESSIONS AND 1-DAY WORKSHOPS

SESSION 1-JANUARY 9-30 - FOXTROT AND WALTZ

SESSION 2-FEBRUARY 6-27 - RUMBA AND NIGHT-CLUB

SESSION 3-MARCH 6-27 - SWING AND CHA-CHA

2-WEEK SESSION – APRIL 3 & 10 – SALSA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballroom-4 week Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$17 C-\$34	S-\$21 C-\$43
Ballroom-4 week Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$17 C-\$34	S-\$21 C-\$43
Ballroom-Salsa-2 week Beginning Students	NMY	14 years and older	M	7:00 PM	7:45 PM	S-\$9 C-\$17	S-\$11 C-\$22
Ballroom-Salsa-2 week Continuing Students	NMY	14 years and older	M	7:45 PM	8:30 PM	S-\$9 C-\$17	S-\$11 C-\$22
Samba Workshop-January 7	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Polka Workshop-February 4	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23
Line Dance Workshop-March 4	NMY	14 years and older	S	10:00 AM	11:30 AM	S-\$10 C-\$18	S-\$12 C-\$23