



DANCE

FALL 2 PROGRAM SESSION:

October 26 – December 20, 2026

No Classes November 23 – 29, 2026

STAFF CONTACTS

FWY/ACY - Megan Stine, Dance Coordinator P 560.3410 E mstine@ymcafoxcities.org

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

NMY/HVY/APY/OGY - Angela Larsen, Arts and Humanities Coordinator P 886.2106 E alarsen@ymcafoxcities.org

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INSPIRE DANCE STUDIO CLASSES

INSPIRE DANCE STUDIO FOX WEST & APPLE CREEK

Inspire Dance Studio (IDS) is a recital program which begins each September and runs until April, ending the season with a professional recital for all dancers. Each IDS instructor has extensive dance training and years of teaching experience, as well as maintaining a continuing dance education. IDS offers progressive dance training, where dancers can grow their experience and knowledge each year.

INSPIRE DANCE STUDIO COMPETITIVE TEAM FOX WEST YMCA DANCE

Inspire Dance Studio (IDS) held their auditions for the 2026-2027 season in May. Dancers who auditioned were placed on teams, as well as Individual Performances as a result of that audition. For more information on our competitive teams please email Megan Stine at Mstine@ymcafoxcities.org.

FOX WEST YMCA PRESCHOOL & PARENT/CHILD CLASSES October 26-December 20, 2026 (No classes November 23-29)

GROWN UP & ME (AGES 18 MO. -2 YEARS) (FWY)

Dance with your little one while they learn basic dance movements, explore musicality and counting, and work on gross motor skills! This is a parent/guardian and child class. Dance shoes or clean sneakers and athletic clothing required for dancers.

CREATIVE MOVEMENT (AGES 2-4 YEARS) (FWY)

An introduction to movement based in dance that includes coordination, rhythm, creative movement, and musicality in a fun atmosphere! Dancers will need a leotard or fitted athletic clothing and bare feet.

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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Grown Up & Me	FWY	18 months – 2 years	TH	10:15 AM	10:45 AM	\$59	\$86
Creative Movement	FWY	2-4 years	TH	10:50 AM	11:20 AM	\$59	\$86

STUDIO Y DANCE PROGRAM

APPLETON, HEART OF THE VALLEY, NEENAH-MENASHA, AND OGDEN

The Studio Y Dance Program offers dance classes for 18 months-adult. The Studio Y dance program encourages the technical progression of dancers and provides consistent and knowledgeable instruction at each level of development. All sites offer recital classes, competition teams at the Neenah-Menasha and Heart of the Valley Y's, spring, and summer programs. The Studio Y program offers quality instruction with a maximum of 8-12 students in a class.

Recital Costume (33-week Program): \$75 non-refundable costume fee must be paid at the time of registration.

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, Arts & Humanities Director P 886.2138 E mjohnson@ymcafoxcities.org

Payment Policy: 7-week classes will be paid in full at the time of registration. All 14-week and 30-week classes are paid monthly and will automatically draft on the 15th of every month for the entirety of the session. Please reach out to the program administrators if you are interested in a full-pay option.

STUDIO Y 2027 DANCE RECITAL

Saturday, May 22, 2027

Fox Cities Performing Arts Center

All Competition Teams, 33-week classes and 19-week classes (Jan-May session) will participate in the annual dance recital.

APPLETON YMCA

PRESCHOOL AND YOUTH CLASSES

MOST 14-WEEK DANCE CLASSES WILL REMAIN SAME DAY/TIME, JAN-MAY 2027 FOR 16-WEEK RECITAL SESSION

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE
(PLEASE SEE PAYMENT POLICY)**

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

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) (APY)

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.

BALLET & TAP (AGES 5-8 YEARS) (APY)

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) (APY)

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	APY	3-4 years	SAT	10:00 AM	10:30 AM	\$132	\$178
Pre-Dance II	APY	4-5 years	SAT	10:35 AM	11:05 AM	\$132	\$178
Ballet & Tap	APY	5-8 years	SAT	11:45 PM	12:30 PM	\$191	\$246
Hip Hop & Jazz	APY	5-8 years	SAT	11:10 AM	11:40 PM	\$132	\$178

HEART OF THE VALLEY YMCA PRESCHOOL & YOUTH CLASSES

**SESSION 2: OCTOBER 26- DECEMBER 20 (NO CLASSES NOVEMBER 23-29)
NO CLASSES NOVEMBER 23 – 29, 2026**

**FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE
(PLEASE SEE PAYMENT POLICY)**

HIP HOP SKIP JUMP (AGES 18 MONTHS-3 YEARS WITH GUARDIAN)

Dance with your little one while they learn basic dance movements and gross motor skills! This is a parent/guardian and child class. Dance shoes or clean sneakers required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Hip Hop Skip Jump	HVY	18 months- 3 years w/guardian	W	10:10 AM	10:40 AM	\$59	\$86

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

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

HIP HOP FOR PRESCHOOLERS (AGES 4-5 YEARS) (HVY)

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 will give little break-dancers a great introduction to movement and musicality.

PRE-DANCE II (AGES 4-5 YEARS) (HVY)

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.

BALLET & TAP (AGES 5-8 YEARS) (HVY)

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, AGES 8-12 YEARS) (HVY)

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.

NEW! TOGETHER WE DANCE CLASS (AGES 5-9 YEARS, AGES 10 YEARS +) (HVY)

Looking for a dance program that delivers great value? This is a class that offers time to connect, learn a variety of dance genre steps, and most importantly, have fun with each other! Two for the price of one! Register your child and supporting adult figure to partner, play, and learn alongside their favorite dancer. Come experience the joy, teamwork, and energy of dancing together.

POMS (AGES 5-8 YEARS, AGES 8-12 YEARS) (HVY)

Similar to jazz in technique, this class adds an extra spin by utilizing a fun prop! Your dancer will learn correct form, placement and terms used on Poms and Dance Teams. Poms are provided, the only attire needed are jazz shoes or dance sneakers and athletic clothing.

LYRICAL AND CONTEMPORARY (AGES 8-12 YEARS) (HVY)

One of our most popular! Explore lyrical and contemporary ballet technique that teach 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	HVY	3-4 years	T	4:05 PM	4:35 PM	\$132	\$178
Pre-Dance I	HVY	3-4 years	W	9:35 AM	10:05 AM	\$132	\$178
Pre-Dance I	HVY	3-4 years	SAT	9:00 AM	9:30 AM	\$132	\$178
Hip Hop for Preschoolers	HVY	4-5 years	T	4:40 PM	5:10 PM	\$132	\$178
Pre-Dance II	HVY	4-5 years	W	9:00 AM	9:30 AM	\$132	\$178
Pre-Dance II	HVY	4-5 years	W	4:30 PM	5:00 PM	\$132	\$178
Pre-Dance II	HVY	4-5 years	SAT	9:35 AM	10:05 AM	\$132	\$178
Ballet/Tap	HVY	5-8 years	SAT	10:10 AM	10:55 AM	\$191	\$246
Hip Hop & Jazz	HVY	5-8 years	T	5:15 PM	5:45 PM	\$132	\$178
Hip Hop & Jazz	HVY	5-8 years	SAT	11:00 AM	11:30 AM	\$132	\$178
Together We Dance Class	HVY	5-9 years	M	5:00 PM	5:45 PM	\$177	\$228
Poms	HVY	8-12 years	TH	4:00 PM	4:45 PM	\$191	\$246
Together We Dance Class	HVY	10 years +	M	5:50 PM	6:35 PM	\$177	\$228
Ballet & Tap	HVY	5-8 years	T	5:50 PM	6:35 PM	\$450	\$580
Hip Hop & Jazz	HVY	5-8 years	W	5:40 PM	6:10 PM	\$312	\$420
Poms	HVY	5-8 years	W	5:05 PM	5:35 PM	\$312	\$420
Hip Hop & Jazz	HVY	8-12 years	T	7:30 PM	8:15 PM	\$450	\$580
Lyrical & Contemporary	HVY	8-12 years	W	6:15 PM	7:00 PM	\$450	\$580
Poms	HVY	8-12 years	T	6:40 PM	7:25 PM	\$450	\$580

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

PRESCHOOL CLASSES

SESSION 2: OCTOBER 26- DECEMBER 20 (NO CLASSES NOVEMBER 23-29)

CREATIVE MOVEMENT (AGES 2-3 YEARS) (NMY)

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
Creative Movement	NMY	2-3 years	TH	10:45 AM	11:15 AM	\$59	\$86

NEENAH-MENASHA YMCA PRESCHOOL AND YOUTH CLASSES

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. □

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 will give little break-dancers a great introduction to movement and musicality.

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.

BALLET/BALLET TECHNIQUE (AGES 5-8 YEARS, AGES 8-12 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, 8-12 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.

LYRICAL AND CONTEMPORARY (AGES 5-8 YEARS, AGES 8-12 YEARS) (HVY)

One of our most popular! Explore lyrical and contemporary ballet technique that teach 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.

POMS/DANCE TEAM (AGES 5-8 YEARS, 8-12 YEARS) (NMY)

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	NMY	3-4 years	T	4:30 PM	5:00 PM	\$132	\$178
Pre-Dance I	NMY	3-4 years	TH	4:30 PM	5:00 PM	\$132	\$178
Pre-Dance I	NMY	3-4 years	SAT	9:00 AM	9:30 AM	\$132	\$178
Hip Hop for Preschoolers	NMY	4-5 years	W	4:30 PM	5:00 PM	\$132	\$178
Pre-Dance II	NMY	4-5 years	M	3:55 PM	4:25 PM	\$123	\$165
Pre-Dance II	NMY	4-5 years	SAT	9:35 AM	10:05 AM	\$132	\$178
Ballet	NMY	5-8 years	TH	5:05 PM	5:35 PM	\$132	\$178
Ballet & Tap	NMY	5-8 years	M	4:30 PM	5:15 PM	\$177	\$228
Ballet & Tap	NMY	5-8 years	W	5:40 PM	6:25 PM	\$450	\$580
Ballet & Tap	NMY	5-8 years	SAT	10:45 AM	11:30 AM	\$191	\$246
Hip Hop & Jazz	NMY	5-8 years	W	5:05 PM	05:35 PM	\$132	\$178
Hip Hop & Jazz	NMY	5-8 years	SAT	10:10 AM	10:40 AM	\$132	\$178
Lyrical & Contemporary	NMY	5-8 years	W	6:30 PM	7:00 PM	\$312	\$420
Poms	NMY	5-8 years	T	5:05 PM	5:35 PM	\$132	\$178
Ballet Technique	NMY	8-12 years	M	5:20 PM	6:05 PM	\$177	\$228
Hip Hop & Jazz	NMY	8-12 years	TH	6:30 PM	7:15 PM	\$191	\$246
Poms & Dance Team	NMY	8-12 years	TH	5:40 PM	6:25 PM	\$191	\$246
Hip Hop & Jazz	NMY	8-12 years	W	5:00 PM	5:45 PM	\$450	\$580
Lyrical & Contemporary	NMY	8-12 years	W	5:50 PM	6:35 PM	\$450	\$580

NEENAH-MENASHA TEEN AND ADULT DANCE CLASSES

BALLET (AGES 12 YEARS +) (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.

DANCE STRETCH AND STRENGTHEN (AGES 12 YEARS +) (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 optimal fitness.

POINTE (AGES 12 YEARS +) (NMY)

Dancers must also take the Ballet class preceding the pointe class as a requirement. Dancers should not take this class without prior ballet experience. If you have questions about this class, please contact Maeghan Johnson at 886.2138 or mjohnson@ymcafoxcities.org. Pointe shoes required.

TAP (AGES 18 YEARS +) (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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ballet	NMY	12 years +	W	10:00 AM	11:30 AM	\$322	\$382
Ballet-Beginning	NMY	12 years +	T	7:35 PM	8:35 PM	\$258	\$359
Ballet-Continuing	NMY	12 years +	T	5:50 PM	6:50 PM	\$258	\$359
Dance Stretch and Strengthen	NMY	12 years +	W	11:45 AM	12:30 PM	\$191	\$246

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pointe	NMY	12 years +	T	7:00 PM	7:30 PM	\$132	\$178
Pointe	NMY	12 years +	W	12:40 PM	1:10 PM	\$132	\$178
Tap	NMY	12 years +	T	5:00 PM	5:45 PM	\$191	\$246
Tap	NMY	18 years +	M	3:00 PM	3:45 PM	\$177	\$228

OGDEN YMCA PRESCHOOL AND YOUTH CLASSES

***FEES SHOWN WILL BE DIVIDED AND DRAFTED AT A MONTHLY RATE
(PLEASE SEE PAYMENT POLICY)***

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

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

BALLET (AGES 5-8 YEARS) (OGY)

The perfect class for ballerinas in training. Learn the correct ballet positions, center work, sauté jumps, beginning turns and more! Ballet shoes are required.

HIP HOP & JAZZ (AGES 5-8 YEARS) (OGY)

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! Clean sneakers or jazz shoes are required.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Dance I	OGY	3-4 years	M	6:00 PM	6:30 PM	\$123	\$165
Ballet	OGY	5-8 years	M	6:35 PM	7:05 PM	\$123	\$165
Hip Hop & Jazz	OGY	5-8 years	M	7:10 PM	7:40 PM	\$123	\$165