

**The Kenosha YMCA Dance Program** teaches children more than just how to dance. Through the art of dance we teach children: Coordination, Creativity, Confidence, Responsibility, Friendship & Socialization Skills, as well as an Appreciation and Understanding of the Arts.

Our dance staff is dedicated to teaching your child in a positive and motivating manner. Our program is designed to guide and challenge your child in the performance arts. We offer a large variety of classes for many age levels. The age levels posted are meant as guidelines, since each child progresses individually.

## CREATIVE MOVEMENT

3 - 5 year olds

This class is an introduction to dance. Its primary goal is to foster a love of movement. With activities that work on large motor skills, creative play, special awareness, rhythm, following directions and beginning ballet terms. Creative Movement is a fantastic way to introduce both boys and girls to dance.

## BEGINNER & INTERMEDIATE HIP HOP

Hip Hop is a high energy class. Students will learn a contemporary street style type of dance. They will use dance forms such as popping and locking. They will learn how to count and keep the flow and beat of the music. Hip Hop is never done small and students are encouraged to step outside the box and their comfort zone to truly experience this type of dance.

## BEGINNER BALLET <sup>3 & Older</sup>

Students will learn ballet fundamentals, technique and terminology, while building muscular strength and proper dance posture. Classes will use age appropriate material. Classroom etiquette and discipline are emphasized in a positive and creative atmosphere.

## BEGINNER POM/CHEER

5 & Older

Poms/Cheer class is new this year! Students will learn Poms/Cheer techniques and routines that are age appropriate. Classes will focus on jumps, stunting, lifts, team building and routines. We will even be able to perform at YMCA sporting events. This is a great way to learn techniques to try out for your school squad!

## BELLY DANCING <sup>Adult</sup>

Learn how to move your hips in this fun class that combines Hawaiian, Tahitian & Belly dancing. This class is sure to promote conditioning, balance, hip flexibility, grace and improve posture.



## JAZZ/BALLET/HIP HOP

5 & Older

Students will learn a structured stage style of dance. This involves jumps, kicks, turns, floor work, isolations, flexibility, control and awareness of the dancers' body. Students will also learn how to combine all three types of dance together!

Day	Class Title	Time	Age	Fee*	Location
Monday	Preschool Dance, Tumble & Swim Creative Movement	9:15 - 10:30 am	3-6 years	\$45 / \$90	Studio B & Instructional Pool
		10:00 - 10:45 am	3-6 years	\$35 / \$60	Studio B
Tuesday	Toddler Dance, Tumble & Swim Beginner Ballet Jazz/Ballet/Hip Hop	9:00 - 10:15 am	18-36 mo	\$45 / \$90	Studio B & Instructional Pool
		7:00 - 7:45 pm	3 & older	\$35 / \$60	Studio B
		7:45 - 8:30 pm	5 & older	\$35 / \$60	Studio B
Thursday	Preschool Dance, Tumble & Swim Creative Movement Belly Dancing Intermediate Hip Hop Beginner Hip Hop	9:15 - 10:30 am	3-6 years	\$45 / \$90	Studio B & Instructional Pool
		10:00 - 10:45 am	3-6 years	\$35 / \$60	Studio B
		7:30 - 8:30 pm	Adult	\$45 / \$90	Studio C
		6:00 - 6:45 pm	5 & older	\$35 / \$60	Studio B
		7:00 - 8:00 pm	5 & older	\$35 / \$60	Studio B
Saturday	Creative Movement Intermediate Hip Hop Beginner Tap Beginner Cheerleading/Poms Beginner Hip Hop	8:00 - 8:45 am	3-6 years	\$35 / \$60	Studio B
		9:00 - 9:45 am	5 & older	\$35 / \$60	Studio B
		9:00 - 9:45 am	5 & older	\$35 / \$60	Community Room (Upstairs)
		9:30 - 10:15 am	5 & older	\$35 / \$60	Studio C
		10:00 - 11:00 am	5 & older	\$35 / \$60	Studio B

\*FEE: Member / General Public

### YMCA DANCE DRESS CODE:

**Creative Movement, Beg Ballet AND Jazz/Ballet/Hip Hop:** Leotards, tights, Capri's or biker shorts along with close fitting tank or t-shirt. Shoes should be pink or black ballet shoes. (Knees MUST be covered for Hip Hop.)

**Beg. & Intr. Hip Hop:** Leotards, tights or Capri's along with close fitting tank or t-shirt and tennis shoes. (Knees MUST be covered. & no jeans)

**Beginner Pom/Cheer:** Shorts, Capri's or biker shorts along with form fitting tank or t-shirt and clean white tennis shoes.

**Belly Dancing:** Comfortable clothing you can easily move in.

**Tap:** Leotards, tights and black tap shoes

**\*FOR SAFETY PURPOSES JEWELRY SHOULD NOT BE WORN DURING DANCE CLASSES. (STUD EARRINGS ARE OKAY)**

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For more information or if you have any questions about any of the YMCA's Dance Classes, contact Kim Krause @262.654.9622, ext. 224