



DANCE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

About The YMCA Dance Program:

Rhythm & Motion: (Age 3 & young 4 year olds)

This class is an introductory class to the world of music and dance. Dancer's basic motor skills (walking, jumping, skipping, etc.) are expanded to emphasize rhythm, spatial awareness, movement quality, moving to music and dancing in groups. Each class will begin and end with a proper warm-up and cool down.

Ballet & Boogie: (Ages 4-8)

These classes combine ballet and jazz to offer technique, basic terms and age appropriate choreography in both art forms. A proper warm up and cool down are included.

Hip Hop and Hip Hop Cheer: (Ages 4-12)

This high energy, age appropriate class will teach fun hip-hop techniques to current age appropriate music. Current dance moves will be incorporated into routines that will teach students proper spacing and technique, but most importantly, confidence and team work while having fun. Hip Pop Cheer will use poms and do individual cheers with a shorter hip pop routine.

Musical Theater Dance: (Ages 4-12)

Fun show tunes inspired by popular musicals, with eye-catching, easy to learn Broadway moves. All music and movement is age appropriate.

Jump & Tumble Beginner Gymnastics (Ages 2-4)

An introduction to basic tumbling skills, body movement and just plain FUN! Good for both boys and girls. *Class size is limited so early registration is highly suggested.

Guidelines:

The YMCA wants this class to be a wonderful experience for both you and your child. Please help us by following these guidelines.

- Please watch your child participate from the windows in the hallway. The children remain engaged in the class and often participate more when the parents are not in the room.
- Please take your child to the restroom before class starts.
- Please arrive on time to allow for the least amount of disruptions as possible.
- Please remain on site at the YMCA while your child is in class.

Dress:

Hip Hop & Hip Hop Cheer require tennis shoes and comfortable clothing.

All other classes require ballet shoes preferably that tie.

Dress for ballet classes: Leotards not required but many wear them. Comfortable clothing with the ability to move is our suggestion.

Questions? Please contact Lori Dredge at ldredge@ymcagreenville.org