



PRISMA HEALTH FAMILY YMCA DANCE ACADEMY

FALL 2023: 8/21-11/10

Registration: 8/3-9/15

MONDAY: start date 8/21

11:50a-12:25p Rhythm & Motion (ages 3-4) Instructor: Nicole Johnson

3:30p-4:05p Ballet (age 4) Instructor: Tracey Dorsey

4:15p-5p Ballet & Boogie (ages 5-7) Instructor: Tracey Dorsey

6:35p-7:20p Hip Hop (ages 7-12) Instructor: Nicole Johnson

TUESDAY: start date 8/22

11:30a-12:05p *Jump & Tumble Beginner Gymnastics (ages 2 1/2 - 4)

Instructor: Nicole Johnson

12:10p-12:45p *Jump & Tumble Beginner Gymnastics (ages 2 1/2 - 4)

Instructor: Nicole Johnson

4p-4:45p Hip Hop Cheer (ages 6-7) Instructors: Nicole Johnson

TamaraGail Tarrant

4:45p-5:30p Hip Hop Cheer (ages 8-12) Instructor: Nicole Johnson &

Tamara Gail Tarrant

WEDNESDAY: start date 8/23

3:15p-4p Ballet & Boogie (ages 4-6) Instructor: Beth Wadsworth

4:05p-4:50p Musical Theater Dance (ages 7-12) Instructor: Tracey Dorsey

4:55p-5:40p Hip Hop (ages 5-8) Instructor: Tracey Dorsey

THURSDAY: start date 8/24

3:55p-4:40p Hip Hop (ages 5-7) Instructor: Nyah Johnson

4:45p-5:30p Ballet & Boogie (ages 6-8) Instructor: Nyah Johnson

* Classes MUST have a minimum of 5 registrants to occur & children MUST be in an age-appropriate class.*

RECITAL: FRIDAY – NOVEMBER 10 at 6p

CLASS DESCRIPTIONS

- **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.

35min; Member: \$95, Non-Member: \$135

- **Rhythm & Motion** (Ages 3–4)

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

35min; Member: \$95, Non-Member: \$135

- **Ballet & Boogie** (Ages 4–8)

A combination of 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.

4yr Ballet – 35min; Member: \$95, Non-Member: \$135

Other Age Groups – 45min; Member: \$135, Non-Member: \$185

- **Hip Hop/Hip Hop Cheer** (Ages 4–12)

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

45min; Member: \$135, Non-Member: \$185

- **Musical Theater Dance** (Ages 4–12)

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

45min; Member: \$135, Non-Member: \$185

This class will be a wonderful experience for both you and your child! Help us by following these guidelines:

- Please arrive on time to reduce distractions during class.
- Please take your child to the restroom before the start of class.
- Please watch your child participate from the windows in the hallway. The children remain engaged in the class and often participate more when parents aren't in the room.
- Please remain on site at the YMCA while your child is in class.

Attire:

- Hip Hop & Hip Hop Cheer require tennis shoes and comfortable clothing.
- All other classes require ballet shoes (preferably that tie).
- Leotards are not required for ballet, but many wear them. Comfortable clothing that allows for easy movement is our suggestion.

Additional Information:

- Registration includes a 'YMCA Dance' T-Shirt.
- There are no hidden fees. Children wear their Y-Dance T-shirt for the recital. Instructors may ask for uniformity with their classes in the form of dark leggings, white turtlenecks, bows, gloves, or something of the like. We want this class to be as affordable as possible! *We do require proper shoes for each class.

Questions? Contact Lori Dredge at 864-963-3605 ext. 12, or email ldredge@ymcagreenville.org