

YMCA School of Dance

Progressive Dance Programs

Although the opportunity to perform in our spring recital has past, students may sign up for our progressive program at anytime throughout the year.

Preschool

TINY TOTS (ages 2-3)

30 minutes of tap and ballet
 MON 4:00-4:30 PM
 SAT 9:00-9:30 AM

TAP N' TUMBLES (ages 2-4)

30 minutes of tap and acrobatics
 WED 4:30-5:00 PM

HIPPIITY HOP (ages 3-5)

30 minutes of age appropriate hip hop
 MON 4:30-5:00 PM

TAP N' TOES 1 (ages 3-4)

30 minutes of tap and ballet
 TUES 9:30-10:00 AM
 SAT 9:30-10:00 AM

TAP N' TOES 2 (ages 4-5)

45 minutes of tap, ballet and some jazz
 TUES 10:00-10:45 AM
 SAT 11:00-11:45 AM

Ballet

BALLET (ages 6-11)

Ballet technique
 TUES 6:15-7:15 PM

Tap

KINDERTAP (ages 5-6)

45 minutes of tap and ballet
 TUES 4:00-4:45 PM

TAP (ages 6-11)

1 hour of tap technique
 TUES 5:15-6:15 PM

FBO - For Boys Only (ages 6-11)

HIP HOP/TAP COMBO
 1 hour of hip hop and tap
 MON 6:00-7:00 PM

Jazz & Hip

KINDERJAZZ (ages 5-6)

30 minutes of ballet and jazz
 TUES 4:45-5:15 PM

JAZZ (ages 6-11)

Jazz technique
 WEB 5:30-6:30 PM

HIPKIDZ (ages 6-10)

1 hour of hip hop and jazz technique
 MON 5:00-6:00 PM

BALLET & JAZZ COMBO

1 hour of ballet and jazz technique
 SAT 10:00-11:00 AM

Lyrical

LYRICAL (ages 6-11)

1 hour of lyrical and ballet technique
 WED 4:30-5:30 PM

PROGRESSIVE DANCE CLASSES

All classes at Pleasant Street Branch

Class payments are per month

Non refundable registration fee
 \$20 first child
 \$10 each additional child

30 minute classes
 \$27 Y Member
 \$42 Program Participant

45 minute classes
 \$31 Y Member
 \$46 Program Participant

1 hour classes
 \$35 Y Member
 \$50 Program Participant

Recreational Dance Programs

MOMMY & ME (ages 18 months-3)

45 minutes of creative movement child and adult
 TUE 11:00-11:45 AM Pleasant Street

TINY TOTS (ages 2-3)

Introduction to ballet and movement.
 TUE 9:00-9:30 AM Pleasant Street
 FRI 9:30-10:00 AM Norton

DANCE ARTS (ages 3-5)

45 minutes of dance and dance related craft
 THUR 10:00-10:45 AM Pleasant Street

KINDERDANCE (ages 4-5)

45 minutes of ballet and jazz techniques and dance combinations
 FRI 10:00-10:45 AM Norton

KINDERDANCE (ages 5-7)

45 minutes of ballet and jazz techniques and dance combinations
 SAT 11:15-12:00 PM Norton

INTRO TO ACRO (ages 7-10)

An introduction to dance and acrobats, Children will learn beginning acro with dance fusion.

TUE 7:15-7:45 PM Pleasant Street

DANCE & SWIM (ages 7-10)

30 minutes of jazz or ballet class followed by 30 minutes of open swim.
 SAT 2:00-3:00 PM Downtown
 SUN 1:00-2:00 PM Pleasant Street

ADULT HIP HOP (ages 18+)

Learn hip hop, a fun way to burn calories!
 TUES 11:00-12:00 PM Pleasant Street

CARDIO BALLET (ages 18+)

Adults will use ballet technique to heart pumping cardio paced music. No previous dance experience necessary.
 THURS 11:00-12:00 pm Pleasant Street

RECREATIONAL DANCE CLASSES

Mommy & Me, Tiny Tots, Dance Arts, Kinderdance, Intro to Acro, Adult Hip Hop, and Cardio Ballet

\$42 Y Member
 \$80 Program Participant

Dance & Swim

\$53 Y Member
 \$90 Program Participant