

Dance Programs

Spring 1 2010 SESSION
Feb 22-April 18



Dance Program attire: Leotards and skirts and Footless tights are optional. Bare feet and hair pulled back a must. No jewelry. For Tap classes tap shoes required.

Monday - Saturday Classes \$54 members / \$108 non-members
Sunday Classes \$47 members / \$95 non-members

Ballet & Play with Parent Ages 18 mos-2yrs, with Miss Alison

With mommy dance & play class. A relaxed class with props, music and new friends for the youngest ballerina.

Sunday 11:15 - 11:45 am 05201-72

Hip-Hop, Girls and Boys

Students learn the hip hop moves to the latest music. Fast warm up, strength training and choreography.

Monday (AGES 6-9) 4:15- 4:45 pm Lace 05201-11
 Wednesday (ages 6-9) 4:15- 5:00 pm Alex 05201-33
 Saturday (ages 6-9) 11:30 - 12:20 pm Alex 05201-65

Dance-tastic

This class introduces children to creative movement and fundamentals of ballet and other styles of dance. Children's music, games, and props are used to encourage their creativity and the love of movement.

Tuesday (4-6) 2:20 - 3:00 pm Jenn 05204-23
 Friday (4-6) 9:25 - 10:05 am Tory 05201-51
 Friday (2-3) 10:10 - 10:50 am Tory 05201-52

PreTeen & Teen Yoga, Ages 9-18, with Tory

This basic hatha yoga class just for teens-helps relieve back to school stress and get a workout at the same time.

Tuesday (13-18) 8:00 - 8:45 pm 05201-24
 Wednesday (9-12) 8:00 - 8:45 pm 05201-34

Ballet.....And More! ages 5-6 with Judith

A taste of ballet, folk, and creative dance, with an emphasis on body and spatial awareness, motor skills, and cooperative interaction. Students will delight in dancing with a variety of props to a variety of musical styles and sounds. Leotards, footless tights, bare feet required. Hair pulled back and no jewelry please.

Thursday 3:40 - 4:20 pm 05203-41

Let's Dance! ages 7-10 with Judith

Ballet and modern dance technique added to the fun of improvising with props and various musical sounds will help develop the physical skills and aesthetic values needed to enjoy dancing of any kind. Poise, grace, and self-esteem increase while range of expression, coordination, and creativity improve. Leotards, footless tights, bare feet required, hair pulled back, no jewelry.

Thursday 4:30 - 5:20 pm 05204-41

Little Performers, Ages 5-8, with Libby

Learn the basics of acting through games that will strengthen abilities to move on stage, portray a character, and deliver lines.

Monday 4:15 - 4:55 pm 05201-16
 Thursday 4:15 - 4:55 pm 05204-42

Drama Kids: Fun and Games Ages 6 -12 with Libby

Learn the basics of acting through games that will strengthen abilities to move on stage, portray a character, and deliver lines.

Monday 5:00 - 5:50 pm 05201-18
 Thursday 5:00 - 5:50 pm 05204-43

Song and Dance Jam, Ages 3-4, with Valerie

This class is playful introduction to creative movement and music. Children will use their creativity to move their bodies as they express themselves to music. Instruments, props, and musical games are used to teach rhythm, beat, pitch, and focused listening in a slightly structured setting.

Wednesday 10:30 - 11:15 am 05229-16
 Saturday 9:30 - 10:15 am 05229-62

Parent Child Yoga, Ages 18mos-4yrs, With Tory

Parent child yoga is a great way to get kids involved in fitness routine. In a fun atmosphere using visual aids and props, children will playfully move, bend and stretch their bodies in easy, natural and fun-filled ways, improving posture, learn relaxation, increase flexibility, muscle tone, strength and balance. Storytelling and music, along with exploring yoga postures and relaxation exercises.

Thursday (ages 2-4) 9:00 - 9:30 am 05201-44
 Thursday (18-30mos) 9:40 - 10:10 am 05201-45

Yoga for Kids, With Tory

Yoga/Partner Yoga is a great way to get kids involved in fitness routine. In a fun atmosphere using visual aids and props, kids experience how yoga promotes fun, laughter and creativity as well as relaxation, concentration and balance. Cooperative games with themes, partner yoga, storytelling and music, combine to help explore yoga postures and relaxation skills that includes breathing exercises. Yoga is a healthy, safe and enjoyable activity that brings the joys and benefits of exercise to children.

Thursday (ages 5-9) 3:30 - 4:00 pm Christina 05201-45
 Thursday (ages 4-6) 9:30 - 10:00 am Tory 05201-46

PIP HOP Ages 4- 5 Miss Jenn

Has your pip squeak wanted to "dance like the big kids"? Well now is their chance... Pip Hop is Hip Hop for the younger set. Our Pip Hop class is full of rhythm, body awareness, simple choreography and high energy moves all set to cool funky music! If you have a pip-squeak that can't stop moving bring them to this simplified hip hop class to get their groove on.

Tuesday 1:30 - 2:00 pm 05202-27

PRINCESS DANCE Ages 3.5 & 5 Miss Jenn

Come stretch your imagination, as well as your toes, in the storybook dance class based on dances from your favorite fairy tales and ballet stories! Each ten week session features 2 stories that will teach your child how to "tell a story with their body". Each session will focus on a different fairy tale that has been turned into a ballet...as well as some that are just children's classics. We will feature Cinderella, Sleeping Beauty, The Nutcracker, Swan Lake, Giselle, and many more. Your child will explore elements of creative movement, ballet, tap, and jazz, in this delightful trip to enchanted kingdoms!

Tuesday 9:15 - 9:45 am 05202-25

MORE DANCE PROGRAMS

Monday - Saturday Classes

\$54 members / \$108 non-members

Sunday Classes \$47 members / \$95 non-members

Ballet and Tap 1, Ages 3.5 & 4 Miss Jenn

At this age, dance should be about learning to nurture creativity in movement. Developing coordination and promoting self-esteem, combined with learning basic positions and terminology, are the building blocks of our wildly creative dance curriculum. Through strong dancing, weekly themes, and the use of hundreds of props and costumes Creation Station Ballet/Tap Classes become a magical dance experience for every child!

Tuesday	10:00 - 10:50 am	05201-22
Sunday	10:00 - 10:50 am	05201-71

Ballet and Tap 2, 4.5 - 6 years Miss Jenn

Must have completed 2 session of Preballet/PreTap or be Recommended by Teacher.

Once a child has reached this age, we will begin to incorporate more elements of traditional ballet technique. Developing strength, balance, coordination and flexibility, your child will start to learn proper body alignment, as well as barre, and center floor exercises. Our classes will challenge the students both mentally and physically, yet still keep that sense of creativity. At this stage, your child will be asked to wear appropriate ballet attire including hair tied away from their face. This creates an environment free from distractions and enables the students to feel like true dancers!

Tuesday	11:00 - 11:50 am	05202-26
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Lyrical Ballet (Ages 4-6), with Lace

This modern form of ballet offers all of the training, terminology and muscle control of classical ballet plus a twist of jazz, modern music, and choreography. Students find this style of ballet more engaging than classical ballet, but they still receive all of the benefits that ballet provides a dancer-the core foundation of dance begins with ballet!

Monday	3:30 - 4:10 pm	05204-12
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2nd Annual



Father Daughter Sweetheart Dance

There isn't a dad around who doesn't think of his daughter as his little sweetheart. And now there's a fun way for fathers to celebrate that special relationship.

The MetroWest YMCA is hosting its second Daddy Daughter Dance, from 6-7:30 p.m. Friday, April 2.

The evening will include dancing, dance lessons, refreshments, pictures, door prizes and a chance to learn more about other YMCA activities and programs throughout the year. Grandfathers, uncles, stepfathers, big brothers and others also are invited to be escorts.

Admission for members is \$20 per couple, with a \$5 charge for each additional child, for Y members. Non-members pay \$30 per couple and \$5 for each additional child. Registration required, Wednesday, March 31.

05202-51 for first couple
05202-52 for additional child



Check out our website: www.metrowestymca.org

Teen Programs

TEEN LEADERSHIP

Y LEADERS CLUB™

We build strong kids, strong families, strong communities.

YMCA Teen Leaders Club

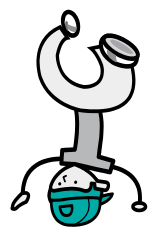
Freshman-Senior in High School

The goal of Leaders Club is to promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in the community. Starting each September, members meet once a week and work closely with peers and advisors on skill and character building activities, as well as plan and organize club projects. **Meetings are held Wednesday nights at 6:30pm. For more information contact Kevin Rodis at x 30.**

TEEN NIGHT

EVERY SATURDAY NIGHT 7:00 - 9:45 P.M.
(admittance only until 8:00 pm)
GRADES 5-8 Enjoy the gym, pool, gameroom, watch a sports game on TV, Pizza (\$1 slice), meet new friends and more!

**Free for Y-Members/
\$6 for Non-Members**
ID Required/Parent or Guardian must complete an one-time registration form, and sign teen out each night.



MORE TEEN PROGRAMS

- **TEEN WELLNESS AND FITNESS PROGRAMS**
- Youth & Teen Wellness information on page 11.
- **TEEN YOGA** See page 20
- **TEEN HIP HOP**, See page 20
- **TEEN AQUATICS**
- See pg 7 of this guide for more information
- MetroWest YMCA Swim Team,