

# Music & Dance Programs

Fall 1 2010 SESSION  
Sept 7-October 24



## Monday Classes \$41 members / \$81 non-members

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

This class is for 5+6 year olds ready to take dance instruction. 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

### Dance-Tastic

This creative movement class for youngsters will help to develop a connection between imagination and movement. This class will incorporate the fundamentals of ballet with many other styles. Bring your creativity and we will provide the music, games, props, and much more.

Tuesday (4-6)	1:15 - 1:55 pm	Jenn	05204-23
Thursday (3-5)	9:00 - 9:30 am	Rebekah	05201-43
Thursday (4-6)	9:30 - 10:00 am	Rebekah	05201-44

### Ballerina's, Ages 4-6, with Rebekah

At this age, dance should be about learning and nurturing creativity in movement. In this class you child will be introduced to the wonderful world of ballet and elements of ballet and technique. Develop strength and balance and coordination while having fun

Thursday	11:00 - 11:40 am	05201-45
Friday	4:20 - 5:10 pm	05201-57

### 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 12:30 - 1:00 pm 05202-27

### 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 9:45 - 10:30 am 05201-22

### Family Dance, Ages 1-3 with parent

Enjoy one-on-one time with the youngster in your life. This creative class will allow for bonding time that will incorporate mirror play, imagination, cooperation and much more. The goal of this class is to increase the youngsters awareness of space, musical rhythm, body movements and socialization with other kids..

Monday, with Tory	9:00 - 9:30 am	05201-18
Wednesday w/ Rebekah	11:00 - 11:40 am	05201-31

## Tues-Sun Classes \$47 members / \$95 non-members

### Cheer Up, Ages 6-9, with Rebekah

This class offers a look into the versatile world of cheerleading. Children will learn important foundations of cheering such as motions, cheers, dance, and even some tumbling! The goal of this class is to increase confidence and to give your child's movement a voice.

Wednesday 3:30 - 4:10 pm 05201-34

### Hip-Hop Hooray, Ages 5-7, with Rebekah

This age appropriate youth hip hop class will get kids moving to all sorts of funky and fun music. Participants will learn the latest moves at a kid friendly level and begin to work them into short dance routines

Wednesday 4:15 - 5:00 pm 05201-35

### Hip-Hop, Ages 7-10, with Rebekah

In this class kids will be learning the latest hip hop moves at an age appropriate level. We will build a foundation of funky moves with lessons on popping, locking and even some break-dancing. Music will be clean, fun, and the class will keep kids moving while they work towards learning short dances.

Wednesday 5:00 - 5:40 pm 05201-36

### Creative Movement & Choreography, Ages 7-10, with Rebekah

This class will get kids moving how they want to move. It's important to recognize individuality and let kids express themselves through movement in different ways. This class aims to develop self confidence through participation in choreography games & the development of dance skills. We will be working cooperatively to create a dance that everyone feels a part of!

Wednesday 6:00 - 6:40 pm 05201-37

### Creative Movement & Choreography, Ages 13+, with Rebekah

This class will get teens moving how they want to move. It's important to recognize individuality and let them express themselves through movement in different ways. The goal is to learn a variety of dance styles such as jazz, hip hop, and whatever the teens as individuals bring to the floor. We will be working towards transferring these skills into a cooperatively choreographed dance.

Wednesday 6:00 - 6:40 pm 05201-38



## Dance Team

### ages 10+, with Rebekah

Do you love to dance? The MetroWest YMCA is creating a new DANCE TEAM! We are looking for youth who love to dance, have taken some dance classes before, and are interested in progressing forward with their dancing skills.

- The Dance Team will meet on Thursday evenings.
- Prior dance experience is required, and a willingness to learn elements of all types of dance from ballet to hip hop that will be put together into full routines!
- If you are interested, please email [caffannato@metrowestymca.org](mailto:caffannato@metrowestymca.org), subject line DANCE TEAM

## MORE DANCE PROGRAMS

### Ballet and Tap 2, 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 10:40 - 11:25 am 05202-26

### Ballet and Tap 3, 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 11:35 am - 12:20 pm 05202-25

### Adult Tap Ages 17 + up With Courtney

Beginners welcomed, any experience suggested. This exciting class introduces basic tap steps, combinations and routines set to great music. Tap provides a fun workout and develops rhythm, using both mind and body. Tap Shoes Required. **5 week price Sept 9th thru Oct 7th \$34 member \$68 nonmember**

Thursday 7:00 - 8:00 pm 05203-47

## DRAMA PROGRAMS

### Story Time Theater, Ages 4-6, with Libby

Mixing the wonderful world of fine arts and theater, children will enjoy taking a storybook book and act it out and create a show for the last class.

Monday 3:45 - 4:30 pm 05201-16

Tuesday 3:45 - 4:30 pm 05204-21

### Drama Kids: Fun and Games Ages 7 -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 4:30 - 5:20 pm 05201-18

Tuesday 4:30 - 5:20 pm 05204-22



# Pre-Teen & Teen Programs



Teen Leaders at their End of the Year party.

## YMCA Teen Leaders Club

Grades 8-12

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 the Assistant Youth & Family Director at 508-879-4420 x30**

## THE (Y NIGHT) CLUB

(FORMERLY TEEN NIGHT)

GRADES 5-8

EVERY SATURDAY NIGHT 7:00 - 9:45 P.M.

(admittance only until 8:00 pm)

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 a 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.

Leaders In Training, see page 19

Summer Leadership & Employment Opportunities.

Please see the Summer Day Camp Brochure

Stay cool all summer long at the MetroWest

YMCA. Check back in the Fall for more school year

programming for teens.