

DANCE

YOUTH DEVELOPMENT



Fall 2 2018 Session
October 29-December 23, 2018

Preschool Dance class prices
 Mon-Wed Classes \$67 members / \$135 non-members
 Thur, Fri & Sat Classes \$59 members / \$118 non-members

School Age Dance class prices
 Mon-Wed Classes \$75 members / \$150 non-members
 Thur, Fri & Sat Classes \$67 members / \$134 non-members

PRE-SCHOOL DANCE CLASSES

Plié Pre Ballet, Ages 3-4

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will begin positions of the feet and introductory movement vocabulary.

Wednesday..... 11:15-11:45am..... 7538
 Saturday..... 9:45-10:15am..... 7539

Plié Pre Ballet Level 2, Ages 3-4

Instructor approval required.

For the dancer that has taken at least 2 sessions of Pre ballet. This class will continue to introduce beginning development of ballet concepts including turn out, coordination, spatial awareness, and listening skills. Students will continue with positions of the feet and introductory movement vocabulary.

Saturday..... 11:00-11:30am..... 7540
 Wednesday..... 3:30-4:00pm..... 7552

Shakers Jazz/Hip Hop Combo, Ages 3-5

Let your little one be introduced to the basics of jazz and hip hop dance. In this class your child will be introduced to basic jazz and hip hop steps. This is a fast moving class with an emphasis on fun!

Wednesday..... 10:45 - 11:15am..... 7541
 Saturday..... 10:15 - 10:45am..... 7542

Tiny Tappers Beginner Tap, Ages 3-5

This class is designed to gently teach the basics of tap dance in a fun and positive way. Beginner tap will give students the opportunity to learn how to make sounds and dance in new fun way. *tap shoes are required for this class*

Saturday..... 11:00-11:30am..... 7547

NEW! Passe Combo Ballet/Jazz, Ages 3-5

This class is designed to give your child the opportunity to learn the basics of ballet and jazz dance. The class will be half ballet and then switch to Jazz dance the second half of class.

Friday..... 5:00-5:30pm..... 7550

SCHOOL AGE DANCE CLASSES

Tendu Ballet, Ages 5-7

A beginner level ballet class with further concentration on proper body alignment, balance, and coordination. Basic ballet steps such as first through fifth position, plié, tendu, chasé, and arabesque will be introduced.

Saturday..... 11:45am-12:30pm..... 7543

Jeté Intermediate Ballet, Ages 7+

This class is for dancers with 1 year or 2 sessions of previous ballet experience or instructor approval. The goal of intermediate ballet is to impart the fundamentals of classical ballet. Class will focus on basic ballet technique, proper body alignment, terminology, and musicality. Students will be introduced to barre and center work.

Friday..... 4:15-5:00pm..... 7546

Movers Hip-Hop, Ages 6-8

Hip hop is a high-energy class that will really get your child moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for movement combinations.

Saturday..... 11:45-12:30pm..... 7544

Movers Hip-Hop, Ages 8+

Hip hop is a high-energy class that will really get your child moving and having fun! Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for movement combinations.

Saturday..... 12:30-1:15pm..... 7537

All Arouns Introduction to Dance, Ages 7+

This Class will introduce your child to different types of dance including but not limited to; jazz, ballet, hip-hop, and musical theater. This is a great class for the beginner dancer that wants to try out more than one style of dance.

Thursday..... 4:15-5:00pm..... 7545

NEW! Releve Combo Ballet/Jazz, Ages 6-8+

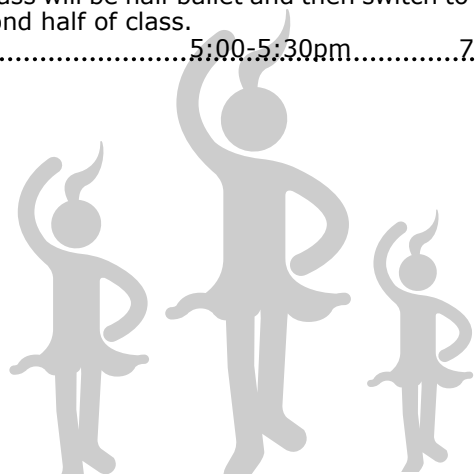
This class is designed to give your child the opportunity to learn the basics of ballet and jazz dance. The class will be half ballet and then switch to Jazz dance the second half of class.

Tuesday..... 3:30-4:15pm..... 7551

HALF YEAR DANCE CLASS OPTIONS

September 4th-December 22nd

Our half yearclasses are in full swing! If you are interested in our half-year program, please reach out to Taylor Loesch, Assistant Director of Dance and Gymnastics. Tloesch@metrowestymca.org x285 for more information. Next half year session will begin Spring 1 2019.



GYMNASTICS

YOUTH DEVELOPMENT

Fall 2 2018 Session
October 29-December 23, 2018

For more information about gymnastics classes, please call (508)-879-4420 X285

Preschool Gymnastics class prices
Mon-Wed Classes \$67 members / \$134 non-members
Thur, Fri & Sat Classes \$59 members / \$118 non-members

School Age Gymnastics class prices
Mon-Wed Classes \$75 members / \$150 non-members
Thur, Fri & Sat Classes \$67 members / \$134 non-members

The MetroWest YMCA's Gymnastics Program is a building block for the development of lifetime healthy habits. Preschool gymnastics classes are the perfect environment and structure to help develop gross motor and social skills. As gymnasts move into youth classes they will learn more traditional gymnastics skills in a progressive, achievement orientated manner, so every participant feels success along the way.

My Friend & Me, Ages 2 -3 years old with Parent

Children and parents will explore the world of creative movement through gymnastics. Your child will enhance social skills, risk taking, body awareness and confidence. (participants must be able to walk independently and each child must be accompanied by an adult)

Thursday.....	9:45-10:15 am.....	7487
Saturday.....	8:30-9:00 am.....	7488

Preschool Gymnastics

Children will work independently from parent in a fun and playful environment. Your child will work on class basics such as taking turns, lining up and transitioning. Age appropriate skills will be taught to improve strength, flexibility and coordination.

Tumble & Create, ages 3.6-5

Learn gymnastic skills and tumbling then onto our enrichment room to create some exciting art projects. Bring your own nut-free snack. **Members \$76/Non-Members \$152**

Wednesday.....	10:45-12:00 pm.....	7121
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Littles, Ages 3-4

Begin to learn gymnastics skill independently from parent.

Tuesday.....	10:00-10:40am.....	7489
Thursday.....	11:00-11:40am.....	7490
Friday.....	3:40-4:20 pm.....	7491
Saturday.....	9:00-9:40am.....	7504
Saturday.....	9:45-10:25am.....	7505

Mighty's, Ages 4-5

Begin to learn gymnastics skill independently from parent.

Tuesday.....	10:45 -11:25 am.....	7506
Wednesday.....	9:45-10:25 am.....	7507
Thursday.....	10:20-11:00 am.....	7508
Friday.....	3:40-4:20 pm.....	7509
Saturday.....	9:00-9:40 am.....	7510
Saturday.....	9:45-10:25 am.....	7511



Rollers, Ages 5 - 7 years old

Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Tuesday.....	3:40-4:40 pm.....	7513
Wednesday.....	4:00-5:00 pm.....	7514
Thursday.....	3:40-4:40 pm.....	7515
Thursday.....	4:45-5:45 pm.....	7516
Friday.....	4:30-5:30 pm.....	7517
Saturday.....	10:35 - 11:35 am.....	7518
Saturday.....	10:35-11:35 am.....	7519
Saturday.....	11:40 am - 12:40 pm.....	7520

Rockets Boys Gymnastics Ages 5-8

New for this spring is a boys only gymnastics class. In this class the gymnasts will work on beginner to intermediate skills on mens gymnastics equipment such as pommel horse and rings.

Tuesdays	3:40-4:40 pm	7521
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Rockets Intermediate Class

Thursdays	3:40-4:40 pm	7531
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Rollers, Ages 8+

Gymnasts will be working on introductory skills and concepts on all 4 events: Beam, Bars, Floor and Vault. Gymnasts will learn basic rolls, rotations, balance, strength and flexibility.

Wednesday.....	5:00 - 6:00 pm.....	7522
Friday.....	4:30 - 5:30 pm.....	7523
Saturday.....	10:35 - 11:35 am.....	7524

Swingers, Ages 6+

This is the intermediate level in our progressive program that continues to build on skills learned in rollers. (This class enrollment is based on our recommendations only)

Tuesday.....	3:40 - 4:40 pm.....	7493
Tuesday.....	4:45 - 5:45 pm.....	7494
Wednesday.....	5:00 - 6:00 pm.....	7495
Friday.....	4:40 - 5:40 pm.....	7496
Saturday.....	11:40am - 12:40 pm.....	7498

Kippers, Ages 8+

The most advanced level in our progressive program that continues to build on skills learned in swingers. (This class enrollment is based on our recommendations only)

Wednesday.....	4:00-4:40 pm.....	7500
Thursday.....	3:40-4:40 pm.....	7501
Friday.....	3:40-4:40 pm.....	7502
Saturday.....	11:40 am -12:40 pm.....	7503

High Flyers, Ages 8+

High Flyers is our most intense class which is for those gymnasts who are looking to build on skills from previous experience. Coaches will work with each gymnast on a more individual level to accommodate each gymnast's needs and goals. This class will meet on both Tuesday's and Thursday's from 4:45-6:15 pm. **must be invited to join by an instructor.*

\$160 members / \$330 non members

Tues/Thurs	4:45 - 6:15 pm	7527
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GymKats Gymnastics Team

The GymKats Gymnastics Team trains and competes under the curriculums and guidelines of the USA Gymnastics Program (USAG). The Junior Olympic Program (JO) consists of levels 3-10 and the GymKats Gymnastics Team offers levels 3-5. Each level contains more difficulty and as gymnasts advance through the levels strength, flexibility, coordination and endurance are expected to increase. Levels 3-6 are referred to as compulsories, where every gymnast learns the same routine on each event. (Team enrollment is based on our recommendations or a formal try-out and evaluation). To try out for our GymKats please contact our Gymnastics Director at (508)879-4420 X285 Mondays/Tuesdays/Thursdays - 5:15pm-7:15pm