

Dance & Gymnastics

Register online now!

DANCE - CANTON Y

The YMCA Dance programs are a fun way to explore talents by learning routines and performing to a variety of audiences. Our goal for the YMCA Dance Program is to bring the "star" out of each and every dancer by giving them the opportunity to express themselves in a positive environment and leading them on the path to a healthy lifestyle.

Tap & Ballet ages 3-5: This class is a combination class divided with 20 min of tap and 25 min of ballet. Since ballet is the basis for all dance technique, the combinations of both work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weight and patterns in movement for tap. Since children naturally respond to music and movement, all of the activities are executed to fun music.

Session 1: Aug 11-Dec 15

Thursdays, 4:15 - 5:00 pm

MEM: \$204 PRO: \$225

Jazz & Hip Hop boys and girls ages 6-12: This exciting class offers a wide range of fun and up beat movement! Children learn class discipline, coordination, left and right skills, patterns in movement, and basic jazz dance technique while improving their strength, flexibility, balance, and rhythm. Using fun, upbeat, age appropriate music.

Session 1: Aug 11-Dec 15

Thursdays, 5:15 - 6:00 pm

MEM: \$204 PRO: \$225



GYMNASTICS - CANTON Y

The program is designed to enhance body awareness, balance and coordination, as well as to build strength and self-confidence. Participants progress through the program by learning specific skills appropriate for their age and their level.

Session 3: August 9 - October 4

Session 4: October 18 - December 13

Mighty Tumblers ages 3-5:
45-minute, nonparent-assisted class.

Tuesdays, 4:30 - 5:15 pm

MEM: \$75 PRO: \$100



Dynamic Tumblers ages 6-12:
45-minute, nonparent-assisted class.

Tuesdays, 5:30 - 6:45 pm

MEM: \$95 PRO: \$120



DISCOVERING
THE MEANING
OF TEAMWORK