



2025-2026

STUDIO

INFORMATION GUIDE

STUDIO Y

DANCE & GYMNASTICS

DANCE CLASS SCHEDULE

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY
Pom 2 4:00-4:30pm		Creative Movement 4:00-4:30pm	
Musical Theater 2 4:30-5:00pm		Groovement 1 4:30-5:00pm	Combo 1 (Ballet/Tap) 4:30-5:15pm
Pom 1 5:00-5:30pm		Groovement 2 5:00-5:30pm	Combo 2 (Ballet/Tap) 5:15-6:00pm
Musical Theater 1 5:30-6:00pm	YDC DUO 530-6pm	Pre-Dance 1 5:30-6:00pm	Intermediate Tap 6:00-6:30pm
Baton 6:00-6:30pm	YDC SOLO 6-630pm	Pre-Dance 2 6:00-6:30pm	Beginner Lyrical 6:30-7:00pm
YDC SOLO 7-730pm		Combo 1 (Ballet/Jazz) 6:30-7:15pm	
YDC DUO 730-8pm		Modern 7:15-7:45pm	
YDC SOLO 630-7pm			

STUDIO A
(UPSTAIRS)

STUDIO Y

DANCE & GYMNASTICS

DANCE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hippity-Hop 4:00-4:30pm	Boys Only Hip-Hop 4:00-4:30pm	Combo 2 (Ballet/Jazz) 4:00-4:45pm	YDC SOLO 4:00-4:30pm	YDC TRIO 4:00-4:30pm
Hip-Hop 1 4:30-5:00pm	Combo 3 (Ballet/Jazz) 4:45-5:30pm	YDC SOLO 4:45-5:15pm	YDC SOLO 4:30-5:00pm	YDC SOLO 4:30-5:00pm
Hip-Hop 2 5:00-5:30pm	Combo 4 (Ballet/Jazz) 5:30-6:15pm	YDC SOLO 5:15-5:45pm	YDC SOLO 5:00-5:30pm	YDC SOLO 5:00-5:30pm
Hip-Hop 3 5:30-6:00pm	Cheer 6:15-6:45pm	YDC SOLO 5:45-6:15pm	YDC TRIO 5:30-6:15pm	
	Beginner Acro 6:45-7:30pm	YDC SOLO 6:15-6:45pm	YDC SMALL GROUP 6:15-7:15pm	
	Intermediate Acro 7:30-8:15pm	Intermediate Lyrical 6:45-7:15pm		

STUDIO B
(DOWNSTAIRS)



CLASS DESCRIPTIONS

ALL AGES ARE ONLY GUIDELINES TO ASSIST IN PLACEMENT - IF UNSURE OF LEVEL PLEASE CONTACT THE STUDIO Y DIRECTOR

CREATIVE MOVEMENT

2-3 years old 30 mins 1 recital routine

Ideal for children new to a classroom who are preparing for independent dance participation.

Dancers will learn ballet positions, beginner terminology, and develop basic motor skills like galloping and skipping. The class also teaches life lessons such as taking turns and making friends.

Note: children must be potty trained or in a pull-up.

Requirements: Leotard/Dress of any color and classical pink ballet shoes. Black ballet shoes for boys.

GROOVEMENT

3-4 years old 30 mins 1 recital routine

This rhythm and coordination class introduces boys and girls to basic ballet concepts while fostering creativity. Dancers will enhance motor skills, engage with music, and learn foundational skills for future classes as well as basic ballet terminology. Note: Participants must be potty trained or in a pull-up.

Requirements: Leotard/Dress of any color and Classical Pink Ballet Shoes. Black ballet shoes for boys.

PRE-DANCE

4-5 years old 30 mins 1 recital routine

Introduces young beginners to dance, focusing on movement, rhythm, and flexibility. Children express creativity through movement, music, and play, while engaging in floor work, across-the-floor drills, and stretches. They also learn basic choreography, dance terminology, and incorporate ballet, tap skills.

Requirements: Leotard/Dress of any color and classical pink ballet shoes. Black ballet shoes for boys.

HIPPITY-HOP

4-5 years old 30 mins 1 recital routine

Introduces young beginners to hip-hop dance, focusing on movement, rhythm, and flexibility. In this energetic class, children will explore creativity through movement and music, learn floor work, drills, stretches, and basic choreography. It is recommended that beginners take Pre-Dance before or alongside but not required.

Requirements: Dancewear of any color and sneakers.

HIP-HOP 1-3

6-18 years old 30 mins 1 recital routine per

Hip-Hop is a vibrant dance style that combines high-energy street movements with popular rap, R&B, and pop music, appealing to teens and preteens. Classes include warm-ups, drills, stretches, and choreography, featuring elements like popping, locking, breaking, tutting, and krumping.

Students also explore freestyle movement to develop their unique style and creativity.

Requirement: Comfortable dancewear and sneakers. No sweatshirts or baggy clothes.

BOYS ONLY HIP-HOP

5+ years old 30 mins 1 recital routine

Exclusively for boys, introducing young beginners to the dynamic world of hip-hop dance. Focused on movement, rhythm, and flexibility, this high-energy class encourages boys to express their creativity through dance and music. Participants will dive into floor work, drills, stretches, and basic choreography tailored just for them. If class interest we will introduce tap skills as well.

Requirements: Comfortable dancewear and sneakers, potentially tap shoes.

BEG & INT ACRO

6-18 years old 45 mins 1 recital routine per

The class will consist of progressing acrobatic techniques and tricks, such as back bends, chin stands, hoops, and partner work. Building on skills from the introductory course to intermediate.

Requirements: Leotard/dancewear of any color and barefoot.

CHEER

5-18 years old 30 mins 1 recital routine

This dynamic course teaches cheerleading fundamentals, focusing on high-energy routines, group formations, and individual expression. Students will learn cheers, motions, jumps, kicks, voice projection, and beginner tumbling skills.

Requirement: Dancewear of any color and white cheer shoes.

MUSICAL THEATER

6-18 years old 30 mins 1 recital routine per

Musical theater dancing is a descriptive term rather than a specific style, drawing from the rich history of Broadway. It incorporates elements of ballet, tap, and jazz, with dancers primarily acting and emphasizing musical interpretation. Prior experience in these styles is beneficial but not mandatory.

Requirements: Leotard/dancewear of any color and half-soles.

BATON

6-18 years old 30 mins 1 recital routine per

Baton twirling is a sport that combines dance, agility, coordination, flexibility, and gymnastics through the manipulation of one or more metal batons. Key aspects include creating visual patterns and images with dexterity while blending technical skills and artistic expression. Participants must bring their own baton to class.

Requirements: Leotard/dancewear of any color and half-soles.

POM

6-18 years old 30 mins 1 recital routine per

This movement-based class emphasizes sharp arm movements, choreographic visuals, and dance skills. Dancers will learn pom positions, performance skills, and enhance their high-energy entertainment abilities.

Requirements: Leotard/dancewear of any color and half-soles.

COMBO CLASSES (BALLET/TAP/JAZZ) 6-18 years old 45 mins 2 recital routine per combo

Provides exposure to different dance genres, helping students discover their preferences and build a strong foundation per genre. Develops versatility in movement and musicality, which can be beneficial for dancers who want to explore various styles. Each style will focus on basic techniques and combos, including warm-up, center work, and across-the-floor training. It emphasizes proper terminology and musicality. Levels 2-4 build on previous movements, introducing various turns, jumps, and leaps while incorporating new skills into drills to develop proper genre technique. Requirements: Leotard/dancewear of any color and appropriate shoes for each style.

INTERMEDIATE TAP 8-18 years old 30 mins 1 recital routine

Students learn more advanced rhythms, sounds, and combinations, progressing with shuffles, flaps, time steps, and cramp rolls. The course builds on previously learned steps, emphasizing proper terminology and musicality.

Requirement: Dancewear of any color and tap shoes.

BEG & INT LYRICAL 6-18 years old 30 mins 1 recital routine per

This class blends ballet and jazz/street-jazz styles, focusing on emotional expression and musical interpretation. Students will learn to change tempo and create clean transitions while emphasizing connections and stylized movement. Storytelling and creativity are key components, alongside technical skills. It is highly recommended but not required to take combo ballet/jazz concurrently with this class.

Requirements: Leotard/dancewear of any color and half-soles or toe pads.

MODERN 6-18 years old 30 mins 1 recital routine per

Modern dance is a theatrical form that arose as a rebellion against classical ballet's strict rules, prioritizing freedom of movement and expression. It encourages personal interpretation and emotion in dance. Classes focus on technique, improvisation, and choreography, drawing from various styles like ballet and jazz. Highly recommend taking along with a combo ballet/jazz class but not required. Requirements: Leotard/dancewear of any color and half-soles or toe pads.





Y DANCE COMPANY TEAM

5-18 years old

Solos, Duos, Trios, Small Groups

Members accepted after audition will be assigned to solo, duet, trio, or group routines for events and competitions. Placement is based on audition performance, behavior, and skill level. Throughout the season, members will focus on enhancing their technique, stage presence, and confidence.

Requirement: consecutively has to be enrolled in at least one non competitive studio class.

For more information, contact Erin Elliott, YDC Director.

FINANCIAL COMMITMENT

Class Tuition Fees Per Month (Sept-May):

Solos \$93

Duos \$71

Trios \$61

Small Group \$51

Required Session Classes throughout the season (4) \$25 each

Costumes range anywhere from \$65-200 MAX - varies on style and routine theme
Warm-up jacket, competition registration fees and media fees (vary per competition), hotel and travel expenses are all the responsibility of each family.

Usually compete at 4 comps with one per month in February, March, April, and May.



2025-2026 GYMNASTICS CLASS SCHEDULE

EAST GYM

TUESDAYS
4:00-4:30PM LEVEL 3
4:30-5:00PM LEVEL 4/5
5:00-5:30PM LEVEL 2
5:30-6:00PM LEVEL 1
6:00-6:30PM TINY TUMBLERS 1
6:30-7:00PM TINY TUMBLERS 2

TINY TUMBLERS

This class is for our beginner students, typically 4-5 year olds. We will work on following directions and taking turns, in addition to tumbling skills such as: flexibility, somersaults, cartwheels, jumps, headstands, and bridges.

LEVEL 1

Level 1 is for students under 7 who have passed tiny tumbler skills. In order to take Level 1, each child must have mastered a cartwheel. In this class, we will work on flexibility, tumbling passes, limbers, and handstands.

LEVEL 2

Level 2 is for students 7 and up, who have passed tiny tumbler skills. In order to take Level 2, each child must have mastered a cartwheel and have a strong bridge/twist out and handstand. In this class, we will work on flexibility, tumbling passes, limbers, and handstands. This class will have very light bar and beam work.

LEVEL 3

Level 3 is for students who have passed Level 1 and 2. In order to take Level 3, each child must have mastered a cartwheel, backbend and up, and a front limber. In this class we will work on limbers, walkovers, front/back handsprings, and aerials. This class will have VERY light bar and beam work, as we want a heavy focus on mastering tumbling skills.

LEVEL 4/5

Level 4/5 is for students who have mastered Level 3 skills (front/back limbers, walkovers, and front handsprings) and are ready to focus on back handsprings, back tucks, aerials, and other advanced skills.

CLASS TUITION PER MONTH:

\$32.50 MEMBERS

\$75 PROGRAM PARTICIPANTS

SEASON DURATION:

The season runs from September to April, with ACH drafts processed on the 5th of each month.

PARENT CLASS VIEWING:

In April, we invite all parents to attend class viewings to observe the skills their children have developed throughout the season. This opportunity is optional and available during any of the four weeks in April.

GYM ACCESS POLICY:

Please note that siblings and parents/guardians will not be permitted to sit in the gym during class times from September to March. However, a live circuit camera feed of the East Gym will be displayed on the television in the commons area, along with a viewing window located by the front desk. Students will be released at the gym doors after each class and should line up there before class begins. To minimize distractions, please refrain from entering the gym outside of scheduled class times.

Please be aware that gymnastics classes will not participate in the end-of-year recital.

ENROLLMENT INFORMATION:

Class spots are limited and tend to fill quickly. Following this, we will establish a waitlist and strive to accommodate as many students as possible throughout the season as openings arise due to level advancements. If you are unsure of what level your child should be placed in please contact Kelsie Boyer, Head Gymnastics Instructor at kboyer@spencerymca.org or Erin Elliott, Studio Y Director at eelliott@spencerymca.org.

Due to high interest and limited availability, students with three unexcused absences will be contacted by the parents/guardians, and may risk removal from the class to offer the spot to anyone on the waitlist, if applicable.

CLASS ATTIRE:

Leotards are required, with hair secured out of the face and students barefoot. Baggy clothing is not permitted; those arriving in such attire will be asked to change into a leotard provided by the studio for a fee of \$20. If a student has any foot conditions, please ensure they are covered with a sock and inform the instructors to mitigate the spread of any issues. We request that students use the restroom prior to class, as we will not allow breaks during the limited 30-minute sessions. Water bottles containing only water are permitted; however, food is not allowed in the gym.

Contact Kelsie Boyer, Gymnastics Assistant Director kboyer@spencerymca.org

WELCOME TO OUR STUDIO Y FAMILY

MEET OUR STUDIO Y LEADERS



**MONROE
DANIELS**

YDC
Assistant
Director



**ERIN
ELLIOTT**

Studio Y
Director



**KELSIE
BOYER**

Gymnastics
Assistant
Director

We aim to create an inviting, supportive, and encouraging environment that welcomes individuals from all backgrounds to explore the vibrant, artistic, and creative realm of dance. Our offerings include recreational gymnastics and both recreational and competitive dance classes designed for students of all ages and abilities.

CLASS TUITION

STUDIO Y DANCE TUITION

Dance ACH withdrawal monthly on the 5th every month for 9 months from September to May.

STUDIO Y GYMNASTICS TUITION

Gymnastics ACH withdrawal monthly on the 5th every month for 8 months from September to April.

***Classes start Tuesday
September 2nd.***

***WE DO NOT FOLLOW SCHOOL
CANCELATIONS.***

****All schedules are subject to change.***

	30 Minute Class	45 Minute Class
	<u>Monthly</u>	<u>Monthly</u>
<u>Members</u>	\$32.50	\$48.50
<u>Program Participants</u>	\$65	\$97

COSTUME & RECITAL FEES

Each class routine will feature a costume for our annual recital, with costs ranging from \$65 to \$90. A costume fee of \$50 will be applied to every dance student's account on December 1st. Once your child's costume is ordered for each class, you will receive an invoice for the outstanding balance of the costume fee.

A recital fee will be charged on April 1st to each dance students account for \$45. This will include 2 recital tickets and a recital t-shirt that students will wear during our finale.

CLASS ATTIRE

Leotards and shoes can be found in our online store. For detailed class information, please consult our Studio Y Dress Code. All students must wear suitable attire; instructors reserve the right to request that a student change into a provided leotard if necessary.

Please remember to initial all dance shoes. Prices for items range from \$20 to \$50.

PROGRAM POLICIES

STUDIO Y GENERAL POLICIES - DANCE & GYMNASTICS

RESPECT, EDUCATION & MOTIVATION ALWAYS!

- No food, gum or drinks (other than water/electrolyte drinks) in the studios or gyms.
- No cell phones allowed during class time.
- Students should use the restroom before class. Leaving during class time is discouraged and might not be allowed.
- Students must come to class in proper class attire.
- **PLEASE LABEL ALL SHOES WITH THE STUDENT'S NAME.**
- Students must put personal belongings not needed for class in the locker room or don't bring at all.
- Please inform the Director of ANY health issues of your child.
- Students are not allowed to touch the instructor's computer/devices, sound system or thermostat.
- Parents of students 3rd grade and under are required to pick up and drop off in the commons area of the Y. Students of this age will not be released from the Y without an adult.

NO DISTRACTION POLICY FOR ALL STUDENTS

To ensure an optimal learning environment for your child, we have implemented a ****No Distraction Policy**** for both dance and gymnastics classes. This means that parents, friends, and siblings will not be permitted to sit in the classroom at any time.

This policy is designed to enhance your child's focus and learning experience. For your convenience, both studios and the gym are equipped with closed-circuit cameras that allow viewing on the television in the commons area.

SESSION CLASSES

YMCA session classes are organized programs that are typically divided into sessions throughout the year, offering a wide range of fitness, sports, and other activities. These sessions create a dedicated timeframe for engaging in specific classes, such as youth sports, swim lessons, or fitness programs, which may differ in duration and focus.

Studio Y will offer both session classes and studio classes year-round, all of which will be detailed in the YMCA program brochure for each session. Please note that these classes do not partake in the end-of-year recital.

COMMUNICATION

Our primary method of communication is via email. Please ensure that your YMCA account is linked to a valid email address. To avoid missing any important updates, add ****eelliott@spencerymca.org**** and ****kboyer@spencerymca.org**** to your trusted contacts.

- Like our ****Facebook Page**** to keep informed about the latest announcements.
- Outside of Studio B, you will find an information board displaying all our current events and important details.
- Students will receive relevant information related to their classes during their scheduled class time, so please review any materials sent home to stay updated.

STUDIO Y DRESS CODE

BALLET, TAP, JAZZ, LYRICAL, MODERN, BATON, MUSICAL THEATER & POM

- ALL CLASSES-
 - Any color leotard or dance wear
 - No jeans, sweatshirts, or baggy clothes
- Ballet Shoes-
 - Classic Pink for girls and black for boys
- Tap Shoes-
 - Tan for girls and black for boys
- Jazz, Lyrical, Modern, Baton, Pom, Musical Theater-
 - Tan Half-Sole Shoes



HIP-HOP



- Fitted athletic wear or dance wear
- Barefoot or sneakers

GYMNASTICS, ACRO, & CHEER

- Any color leotard or dance wear
 - No skirts
- Gymnastics and Acro-
 - Barefoot
- Cheer-
 - White Cheer Shoes



ONLINE ORDERING

Scan to view
our store!



