



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPRESS YOURSELF WITH DANCE



Y DANCE PROGRAM

At the Y participants will learn more than technique & form. Classes are with professional instructors dedicated to the development of their students. Schedule subject to change.

For more information contact Danna Tracy
at dtracy@vfymca.org.

Monthly Member rates:

One class: \$35
Two classes: \$65
Three classes: \$90

Monthly Program Participant rates:

One class: \$40
Two classes: \$75
Three classes: \$105

Sibling discount: \$5 off monthly rate

To register visit the Membership Desk
or call 386.760.9622

MONDAY

	AGES	TIMES
Pre-Dance	3 ½ - 5	3:45 - 4:45
Dance Combo 1/2	6 - 10	4:45 - 5:45
Ballet/Tap		
Hip Hop	7 & up	5:45 - 6:45

WEDNESDAY

Acrobatics	7 & up	3:30 - 4:30
Dance Combo 3/4	10 & up	4:30 - 6:00
Ballet/Tap/Jazz		

CLASSES BEGIN THE WEEK OF JANUARY 9TH

The Volusia County School Board is not affiliated with the Y in any manner, nor do they endorse or assume responsibility for any activities which occur in connection with it.

PORT ORANGE FAMILY YMCA

4701 City Center Parkway, Port Orange, FL 32129 | P 386.760.9622 | F 386.788.7579 | vfymca.org

TOGETHER WE CAN BUILD A BETTER US



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PRE-DANCE: 3½ - 5 years old

Pre-Dance is an introductory class for young dancers where they learn the basic positions, forms and techniques of ballet, tap and creative dancing.

Dress code: Any color dance leotard or dance outfit, dance tights or socks, pink ballet shoes, black tap shoes.

DANCE COMBO CLASSES:

Level 1/2	Ballet/Tap	5 years old with experience* or 6-10 year old beginners
Level 2	Ballet/Tap	7 years old with experience* or 8-10 year old beginners
Level 3/4	Ballet/Tap/Jazz	10 years old with experience* or 11 years old and up

Ballet is a classical form of dance focusing on elegant and graceful movements, proper positioning and the building and maintenance of a strong physique. Tap dancing allows students to learn the art of making music with their feet through the rhythmic movement of the choreography. Jazz dancing is an upbeat style of dancing that uses techniques from a variety of dance styles. Students develop dance skills in stretching, jumping, turning, floor movement, basic ballet, tumbling and creative dance. Dancers in Level 1 and 2 will also be exposed to other forms of dance including some jazz, lyrical, tumbling and creative dance. *Class placement subject to instructor approval

Dress code: Any color dance leotard or dance outfit, dance tights, pink ballet shoes, black tap shoes

HIP HOP: Ages 7 and up

This fun and urban dance class is high energy and fast paced offering a strong emphasis on attitude!

Dress code: Any color dance outfit, fitness outfit or loose-fitting clothes (no jeans), jazz shoes/sneakers or regular tennis shoes, kneepads are recommended.

ACROBATICS: Ages 7 and up

Acrobatics teaches flexibility, balance, strength, muscle control, discipline & concentration. This class will focus on fundamental acrobatic technique. Students will learn such things as handstands, chin stands, elbow stands, cartwheels, back bends, walkovers, balance, & contortion tricks. Acro is not the typical tumbling or gymnastics class. This fun active class will enhance the dancer's agility, flexibility, & strength.

Dress code: Any color dance outfit, tight fitting fitness outfit. Loose fitting clothes like large T-Shirts will not be permitted. This class is taken in bare feet

CLASS CLOSURES

MLK Day: January 15

Spring Break: March 13 - 19

Labor Day: September 4

Thanksgiving: November 23

Holiday Break: December 26 - January 8

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