

# 2023 WINTER/SPRING DANCE SESSION



## Fallbrook YMCA

Whether your child prefers ballet, jazz, hip hop, or another genre, dance allows kids to exercise in a fun, nurturing environment. Dance offers many physical benefits and improves confidence and self-esteem.

### Session Dates

Y Member Registration | (Winter) Dec. 13 (Spring) Mar. 7  
Community Registration | (Winter) Dec. 15 (Spring) Mar. 9

CREATIVE MOVEMENT	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 16 - Apr. 2	Wednesday	5:00-5:40 PM	\$64	\$128
Jan. 16 - Apr. 2	Saturday	9:00-9:40 AM	\$64	\$128
Apr. 17 - May 20	Wednesday	5:00-5:40 PM	\$34	\$68
Apr. 17 - May 20	Saturday	9:00-9:40 AM	\$34	\$68

BALLET / JAZZ / CHEER (AGES 5-7)	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 16 - Apr. 2	Wednesday	5:50-6:50 PM	\$69	\$138
Jan. 16 - Apr. 2	Saturday	11:00-12:00 AM	\$69	\$138
Apr. 17 - May 20	Wednesday	5:50-6:50 PM	\$34	\$68
Apr. 17 - May 20	Saturday	11:00-12:00 AM	\$34	\$68

HIP HOP & CHEER (AGES 8-13)	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 16 - Apr. 2	Wednesday	7:00-8:00 PM	\$69	\$138
Jan. 16 - Apr. 2	Saturday	9:50-10:50 AM	\$69	\$138
Apr. 17 - May 20	Wednesday	7:00-8:00 PM	\$34	\$68
Apr. 17 - May 20	Saturday	9:50-10:50 AM	\$34	\$68

Community member participants will be asked to sign in at the Front Desk upon entry into the facility.  
\*Class times are subject to change. A minimum number of participants must be met to hold the class.

## PRESCHOOL CLASSES

### Creative Movement | 3-4 years old

Classes begin with basic dance fundamentals and build on those skills throughout the session. This class focuses on building control over motor skills and introducing children to dance terms and basic ballet. Students will learn how music influences their movements, follow directions, and use dance for positive self-expression. No previous dance experience needed.

## SCHOOL-AGE CLASSES

### Ballet/Jazz | 5-13 years old

Children learn basic dance fundamentals, choreography of dance, and build on those skills.

### Cheer | 5-13 years old

Children will learn basic hand/arm motions, jumps, kicks, and voice projection. No tumbling.

### Hip Hop | 5-7 or 8-13 years old

Children learn basic dance fundamentals, choreography of dance, and build on those skills.

**\*All dance classes will learn an age-appropriate routine to perform at a recital to be announced at a later date.**

## Registration Information

### What Should My Child Wear?

Your child does not need to wear a leotard to class - shorts and a t-shirt are fine. Most importantly, we want your child to wear something they can be comfortable and active in. We recommend your child wear appropriate footwear in dance class. Tennis shoes or sneakers are fine for our older level hip hop class. For ballet/creative movement, children can wear socks or ballet slippers.

### Lincoln YMCA Cancellation & Refund Policy

A written note must be received by the YMCA by the last day of the month to cancel your martial arts registration. No refunds will be issued. It is your responsibility to notify the Lincoln YMCA of your intention to cancel in accordance with the cancellation policy. Fees are owed for classes whether you attended or not if the cancellation procedure was not completed.

### Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.)

### Pickup/Drop Off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/guardians are responsible for making arrangements to pick up their child on time.



### Dance Reminders:

- Restroom prior to start of class
- No spectators in classroom
- Cleaning between classes
- Hand sanitizer between rotations
- Avoid physical contact when providing positive reinforcement
- Please stay home when ill

Questions, comments, or concerns?  
Contact Dillon Brandt at 402-323-6444  
or [dbrandt@ymcalincoln.org](mailto:dbrandt@ymcalincoln.org).

### Upcoming Sessions