2026-2027 DANCE SESSION

Copple Family YMCA

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

Registration Dates

Y Member Registration | August 11
Community Member Registration | August 13

CREATIVE MOVEMENT	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
August 24 - May 10	Monday	4:30-5:10pm	$31/month	$62/month
August 29 - May 15	Saturday	9:00-9:40am	$31/month	$62/month

BALLET/JAZZ/LYRICAL HIP HOP/CHEER (5-7)	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
August 24 - May 10	Monday	5:20-6:20pm	$47/month	$94/month
August 29 - May 15	Saturday	9:50-10:50am	$47/month	$94/month

BALLET/JAZZ/LYRICAL HIP HOP/CHEER (8-11)	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
August 24 - May 10	Monday	6:30-7:30pm	$47/month	$94/month
August 29 - May 15	Saturday	11:00am-12:00pm	$47/month	$94/month

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/LYRICAL/HIP HOP/CHEER | 5-7 years old

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

BALLET/JAZZ/LYRICAL/HIP HOP/CHEER | 8-11 years old

Children will learn basic dance fundamentals of each format, 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.**

DANCE/GYMNASTICS CAMP/CLINIC

4-9 years old

Join us for a creative and fun morning as we introduce and review skills from our dance and gymnastics programs. Children will give a performance at the end of camp/clinic.

DANCE MINI SESSION

5-7 or 8-11 years old

Dancers will get to learn basic steps in Ballet, Jazz, Lyrical, Hip Hop, and Cheer over this five week session.

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 Refund/Credit Policy

A requested refund three business days prior to the start day of any activity/class will be issued at 100% credit. A requested refund after this time period will not be issued for any reason, including but not limited to vacation, illness, injury, other activities, etc.

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:

- Please have your child use the restroom prior to class
- No spectators will be allowed in the classroom
- Please bring a water bottle to class
- Please stay home if your child is ill
- cleaning will take place between classes

Questions, comments, or concerns?
Contact Jenna Troutman at 531-289-7866
or jtroutman@ymcalincoln.org.

Upcoming Sessions

Dance/Gymnastics Clinic: **December 5th**