



**NORTHWEST  
YMCA  
CHEER & DANCE  
2009-2010**

**ACADEMY DANCE**

These 9-month programs are for participants ages preK-8th grade. Performances outside of class include: Breakfast with Santa and a recital in May. Registration begins August 1, classes begin September 8. Classes are \$25/month for members.

**CREATIVE MOVEMENT** AGE 3

Tuesday 5:00-5:30pm  
Saturday 9:30-10:00am

**PRE-DANCE** AGES 4-5  
(BALLET & TAP)

Monday 9:30-10:00am  
Tuesday 5:30-6:00pm  
Wednesday 6:00-6:30pm (starts Nov 1)

**PRE-DANCE 2** AGES 5-6  
(MUST HAVE PRE-DANCE 1 OR BE 6)

Wednesday 5:30-6:00pm  
Wednesday 6:45-7:15pm

**DANCE LEVEL 1** AGES 5-7  
(BALLET, TAP, & JAZZ COMBO)

Tuesday 6:00-6:45pm  
Wednesday 4:45-5:30pm

**DANCE LEVEL 2** AGES 7-10  
(BALLET, TAP, & JAZZ COMBO)

Monday 5:00-6:00pm  
Tuesday 6:45-7:45pm

**HIP HOP 1** AGES 6-10

Thursday 5:00-5:30pm

**HIP HOP 2** AGES 11 & UP

Thursday 5:30-6:15pm

**SESSION DANCE**

These monthly programs allow you to sign up for as much or little time as you want! New classes begin monthly. Classes are \$20/month for members.

**HOP SKIP JUMP** AGES 2-3

Monday 10:00-10:30am

**WIGGLES & GIGGLES** AGES 3-4

Tuesday 10:00-10:30am  
Saturday 10:00-10:30am

**MOVE WITH ME** AGES 4-6

Tuesday 10:30-11:00am  
Saturday 10:30-11:00am

**DANCING FEET** AGES 5-7

Saturday 11:00-11:45am

**NEW!!!  
TUMBLEBUGS** AGES 3-5

Monday 10:30-11:15am

**ADULT BALLROOM** AGES 18&UP

Tuesday 7:45-8:45pm

Send any questions you may have to:

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**Northwest YMCA**

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