

# Dance & Gymnastics

Register online now!

## DANCE - CANTON Y

The YMCA Dance programs are a fun way to explore talents by learning routines and performing to a variety of audiences. Our goal for the YMCA Dance Program is to bring the "star" out of each and every dancer by giving them the opportunity to express themselves in a positive environment and leading them on the path to a healthy lifestyle.

**Tap & Ballet ages 3-5 years:** This class is a combination class divided into 20 minutes of tap and 25 minutes of ballet. Since ballet is the basis for all dance technique, the combinations of both work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weight and patterns in movement for tap. Since children naturally respond to music and movement, all of the activities are executed to fun music.

Thursdays, August 16 – December 13, 4:15 – 5:00 pm  
MEM: \$216 PRO: \$238

**Jazz & Hip Hop boys & girls ages 6-12 years:** This exciting class offers a wide range of fun and upbeat movement! Children learn class discipline, coordination, left and right skills, patterns in movement and basic jazz dance technique while improving their strength, flexibility, balance and rhythm, using fun, upbeat and age-appropriate music.

Thursdays, August 16 – December 13, 5:15 pm – 6:00 pm  
MEM: \$216 PRO: \$238

Questions? Contact Peggy Donaldson at  
678-880-3513 or [peggyd@ymcaatlanta.org](mailto:peggyd@ymcaatlanta.org)



## GYMNASTICS - CANTON Y

Your child will have fun with Gymnastics and learn balance, coordination and self-esteem in this challenging, yet age-appropriate, 8-week course.

**Session 1:** August 14 – October 9

**Session 2:** October 22 – December 5

**Mighty Tumblers ages 3-7 years:** This is a 50-minute, non-parent-assisted class.

Tuesdays, 4:30 – 5:20 pm

MEM: \$75 PRO: \$100

**Dynamite Tumblers ages 6-12 years:** This is a 75-minute, non-parent-assisted class.

Tuesdays, 5:30 pm – 6:45 pm

MEM: \$95 PRO: \$120