



2024/2025 Season

Welcome to Spirit Dance & Gymnastics! Our regular class season runs September – May. We offer recreational group classes for all ability levels in the following class styles: gymnastics, tumbling, baton, ballet, jazz, tap, hip hop, musical theater, lyrical & contemporary. We also have dance, gymnastics & cheer teams. Limited private & semi-private lessons are available.

Fall Registration Opens:

Y Members (Child must be a member) – **August 5th at 5:30pm**
Participants from 2023/24 Season – **August 8th at 5:30pm**
New Participants/Non-Members – **August 12 at 5:30pm**

All registrations must be done in person at the YMCA. Once your registration group has started, you may register any time during Y business hours.

Pricing:

25 minute class

Members: \$24.00

Non-Members: \$34.00

40 minute class

Members: \$30.00

Non-Members: \$40.00

***Fees are due monthly & reflect 4 weeks of class.**

25 min Private Class

Members: \$52.00

Non-Members: \$60.00

25 min Semi-Private

Members: \$44.00

Non-Members: \$52.00



YMCA OF LAUREL HIGHLANDS
490 BESSEMER RD
MT PLEASANT, PA 15666
724-547-9622
YMCA.LH.ORG



Gymnastics Class Schedule

Instructor: Kristin Harenchar



We offer a gymnastics program for ages 2-18 in a fun, safe environment. You have the option of recital & non-recital classes to choose from. All classes & levels will learn skills on bars, beam, vault & floor. Our recital classes will incorporate floor skills learned throughout the year with a dance that they perform at our annual recital in June.

Tumbling classes are also available for students who wish to focus on mastering gymnastics skills on the floor mat. No gymnastics equipment is used in these classes. Tumbling is a great choice for dancers, cheerleaders and students who participate in other sports to help enhance flexibility.

*A limited number of private & semi-private classes may be available. Contact Kristin Harenchar if interested: kristin.harenchar@ymcalh.org

Monday Recital Gymnastics w/ equipment

4:00-4:25	Little Tykes	Age 2-3
4:30-4:55	Pre-Gym 1	Age 3 ^{1/2} - 4
5:00-5:40	Pre-Beginners Gym	Ages 5-7
5:45-6:25	Beginners Gym	Ages 7 ^{1/2} & up
6:30-7:10	Advanced Beginners Gym	Requires front limbers
7:15-7:55	Intermediate Gym	Requires front & back walkovers
8:00-8:40	Advanced Gym	Requires round-off back handsprings & side aerials

Tuesday Non-Recital (NR) Tumbling, no equipment

4:30-5:10	Pre-Beginners Tumbling	Ages 5-7
5:15-5:55	Beginners Tumbling	Ages 7 ^{1/2} & up
6:00-6:40	Adv. Beginners Tumbling	Requires front limbers & standing bridge backbend
6:45-7:25	Junior Company Gymnastics	Requires instructor approval & ballet
7:30-8:10	Intermediate Tumbling	Requires front & back walkovers
8:15-8:55	Advanced Tumbling	Requires round-off back handsprings

Wednesday Recital Gymnastics, unless marked otherwise

4:30-4:55	Spirit Pom (dance/cheer/gym combo)	Ages 7 & up
5:00-5:40	Pre-Gym 2	Ages 4-5
5:45-6:25	Mini/Petite Company Gymnastics	Requires instructor approval & ballet
6:30-6:55	Boys Gymnastics (NR)	Ages 6 & up
7:00-7:40	Beginners Gym	Ages 7 & up

Thursday Non-recital (NR) Gymnastics w/ equipment

4:30-4:55	Little Tykes	Age 2
5:00-5:25	Pre-Gym 1	Age 3
5:30-6:10	Pre-Gym 2	Age 4 & 5
6:15-6:55	Pre-Beginners Gym	Ages 6 & up
7:00-7:40	Beginners Gym	Ages 8 & up
7:45-8:25	Int/Advanced Gym	Requires round-off back handsprings

Dance Class Schedule

Director: Natalie Watson

Instructors: Halea Stairs, Vanessa Clarke-Deaver, & Brianna Sciore

Our dance program offers a fun place for children ages 3-18 to learn the basics or improve on existing skills in the following dance styles: Ballet, Tap, Jazz, Hip Hop, Lyrical & Contemporary.

All dance classes will participate in the end of year recital.



Monday	Class	Instructor
4:30-5:10	Senior Company Ballet (instructor approval)	Natalie
5:15-5:55	Senior Company Jazz	Natalie
6:00-6:40	Senior Company Contemporary	Natalie
6:45-7:25	Senior Company Musical Theatre	Natalie
7:30-8:10	Lyrical & Contemporary III	Natalie
8:15-8:55	Jazz III	Natalie

Tuesday	Class	Instructor
4:30-5:25	Petite Company (instructor approval)	Natalie
5:30-5:55	Intro to Dance	Natalie
6:00-6:40	Production (instructor approval)	Natalie
6:45-7:25	Advanced Ballet II/Ballet III	Natalie
7:30-8:55	Junior Company - Black (instructor approval)	Natalie
7:30-8:10	Tap & Musical Theatre III	Vanessa
8:15-8:55	Hip Hop III	Bri

Wednesday	Class	Instructor
2:30-2:55	Mommy/Daddy & Me (Ages 2-4)	Natalie
4:30-4:55	Intro to Ballet	Natalie
5:00-5:40	Mini Company (instructor approval)	Natalie
5:45-6:25	Hip Hop I	Halea
6:30-7:10	Jazz I	Vanessa
6:30-7:10	Jazz II	Halea
7:15-7:55	Hip Hop II	Halea
7:15-7:55	Adult Tap	Vanessa
8:00-8:40	Tap II	Vanessa

Thursday	Class	Instructor
4:30-5:10	Ballet I	Natalie
5:15-5:55	Tap & Musical Theatre I	Natalie
6:00-6:40	Mommy/Daddy & Me (Ages 5-11)	Natalie
6:45-7:25	Ballet II	Natalie
7:30-8:10	Lyrical & Contemporary II	Natalie
8:15-8:55	Musical Theatre II	Bri

Saturday	Class	Instructor
10:00-11:25	Junior Company - Teal (instructor approval)	Natalie

*A limited number of private & semi-private classes may be available. Contact natalie.watson@ymcalh.org if interested in private classes with any dance instructor.

Intro: Ages 3-4
Level I: Ages 5-7
Level II: Ages 8-11
Level III: Ages 12 & up
*Please register by age group. Instructor approval is needed to move up a level & is based on experience.

The SDG Company is comprised of hard working, dedicated athletes and staff who hold the YMCA core values of Caring, Honesty, Respect, & Responsibility to the highest standard. We compete in 2-3 local competitions each year, earning awards for professionalism & sportsmanship in addition to our high-scoring, overall placing routines. Please contact natalie.watson@ymcalh.org if you're interested in joining

Baton Class Schedule

Instructor: Jocelyn Jordan

Baton twirling is an artistic and aerobic sport that combines dance and sometimes acrobatic skills. The aim of this program is to educate students about baton twirling and provide performance opportunities. Classes will learn a short routine to perform in the end-of-season recital.

Wednesday

5:00-5:40	Twirling I	Ages 5-7
5:45-6:25	Twirling II	Ages 8 & up

Spirit Competitive Cheer Squad

Instructors - Jessica Firmstone & Liz Craig

Our competitive Spirit Cheer Squad season runs from November-March. Cheerleaders of all ability levels are accepted between the ages of 5 & 8 yrs old. Cheerleaders will have a weekly practice to learn fundamentals, stunting, routine choreography, jumps, and tumbling. We compete in 2 local competitions each season.

Sunday

3:00-4:00	Tiny & Mini Squads	Ages 5-6 & 7-8
4:30-6:30	Teal & Black Squads	Ages 9-18

Monthly Cheer Tuition:

Tiny/Mini	Members - \$40.00	Non-Members - \$50.00
Black/Teal	Members - \$60.00	Non-Members - \$75.00

Please contact our instructors with any class related questions prior to registration.

Gymnastics: Kristin.harenchar@ymcalh.org

Dance: natalie.watson@ymcalh.org

Cheer: yspirit.cheer@gmail.com



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