



We build strong kids, strong families, strong communities.

Value Added Family Program Schedule – AUGUST 2010

REGISTRATION REQUIRED

	Time	Class/Activity Registration required	Ages	Room	Time	Class/Activity Registration required	Ages	Room
MONDAY	3:30-4:15	Scooter Sports	Ages 3-4	Basketball Gym	5:00-6:00	Fun & Fit- Youth Fitness Class	Ages 8-14	YFC
	4:00-4:45	Introduction to Ballet	Ages 3-4	RS	6:00-7:00	Fit Zone- Youth Fitness Class	Ages 8-14	YFC
	4:45-5:30	Beginner Ballet	Ages 5-7	RS	7:00-8:00	Family Workout Time	Ages 8-14	YFC
	4:30-5:30	Recreational Indoor Soccer	Ages 5-7	Basketball Gym				
TUESDAY	9:00-10:55	Family Swim <i>For families with children 0-5 yrs.</i>	Ages 0-5	Training Pool	5:00-5:45	Beginning /Intermediate Ballet	Ages 8-14	RS
	3:30-4:15	Introduction to Ballet	Ages 3-4	RS	6:00-7:00	Fit Zone-Youth Fitness Class	Ages 8-14	YFC
	4:15-5:00	Beginner Ballet	Ages 5-7	RS	7:00-8:00	Family Workout Time	Ages 8-14	YFC
	5:00-6:00	Fun & Fit- Youth Fitness Class	Ages 8-14	YFC				
	Time	Class/Activity Registration required	Ages	Room	Time	Class/Activity Registration required	Ages	Room
WEDNESDAY	3:30-4:15	Introduction to Ballet	Ages 3-4	RS	5:00-6:00	Fun & Fit- Youth Fitness Class	Ages 8-14	YFC
	4:15-5:00	Beginner Ballet	Ages 5-7	RS	6:00-7:00	Fit Zone- Youth Fitness Class	Ages 8-14	YFC
	4:30-5:30	Wallyball	6-10yrs	Racquetball Courts	7:00-8:00	Family Workout Time	Ages 8-14	YFC
THURSDAY	9:00-10:55	Family Swim <i>For families with children 0-5 yrs.</i>	Ages 0-5	Training Pool	6:00-7:00	Fit Zone- Youth Fitness Class	Ages 8-14	YFC
	5:00-6:00	Fun & Fit- Youth Fitness Class	Ages 8-14	YFC	7:00-8:00	Family Workout Time	Ages 8-14	YFC
FRIDAY	Time	Class/Activity Registration required	Ages	Room	Time	Class/Activity Registration required	Ages	Room
SATURDAY	Time	Class/Activity Registration required	Ages	Room	Time	Class/Activity Registration required	Ages	Room
	10:00-11:00	Kids Kung Fu	Ages 5-7	CR	11:00-12:00	Fun & Fit- Youth Fitness Class	Ages 8-14	YFC
	11:00-12:00	Youth Kung Fu	Ages 8-12	CR	12:00-1:00	Fit Zone- Youth Fitness Class	Ages 8-14	YFC

All classes on this schedule are Free and are for Family Membership types only.

Registration is required each month/session for the classes indicated in **RED**.

MAXIMUM - 2 class types per child, per month

Value Added Program Participation Policy – Attendance is required to remain in the classes.

BURBANK COMMUNITY YMCA

FACILITY HOURS

Monday–Friday 5:30AM - 10:00PM
 Saturday 7:00AM - 6:30PM
 Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday–Friday 8:00AM – 8:00PM
 Friday 8:00AM – 7:00PM
 Saturday 9:00AM – 6:00PM
 Sunday 1:00PM – 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or

NOTICE:
CLASSES ARE SUBJECT TO CANCELLATION BASED ON PARTICPATION AND ENROLLMENT

Kung Fu

Our Kung Fu program provides a fun, educational, and positive athletic experience for children and youth. Emphasis is not put on the precision of the techniques, but rather on the basic knowledge of kicks, blocks, strikes, and self-defense. Kung Fu can develop self-confidence, self-esteem, and valuable self-defense skills in a safe, supportive, and FUN environment!

Equipment Required: Comfortable clothes – No Gi required

- Kids Kung Fu – Ages 5-7yrs Youth Kung Fu – Ages 8-14yrs

Recreational Indoor Soccer

Soccer is an excellent form of exercise that's FUN! Its continuous action helps kids build stamina, strengthen their heart and muscles, and develop coordination. Participants will work on drills to develop ball control, dribbling, passing and receiving, shooting and teamwork. The hour long program will consist of 30 minutes of practice time and 30 minutes of scrimmaging.

Equipment Required: Shin Guards, Athletic or/Tennis Shoes

- Ages 5-7yrs Ages 8-10yrs

Scooters Introduction to Sports

This program focuses on basic motor skill development through different types of games and sports. Your child will learn the basics of throwing, catching, kicking, hitting, running and team work in a fun, playful yet structured and cooperative environment. Activities will encourage and develop the six Pillars of Character, Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. A great start for your young aspiring athlete!

Parents are required to attend & encouraged to participate.

- Ages 3-4yrs

Wallyball

Wallyball (known in some places as rebound volleyball) and is similar to volleyball, but is played in a racquetball court where the walls are part of the game. Wallyball can be played with any number of players from 2 to 8 players a side. Teams do not have to be balanced to play against each other.

Equipment Required: None – The YMCA will supply the net and ball

- Ages 6-10yrs

Ballet

Children will be introduced to basic ballet positions as well as elementary ballet movements. Your child will develop coordination, flexibility and grace while building confidence in a fun, nurturing environment.

Ballet slippers recommended

- Ages 3-4yrs – Introduction to Ballet
- Ages 5-7yrs - Beginner
- Ages 8-14yrs - Beginner/Intermediate

Youth Fitness Center

Classes include fun cardio, circuit and strength training games that include treadmills, bikes, strength machines, free weights as well as time on the Wii, DDR and/or Rock Wall.

- Ages 8-14

Family Workout

Our designated Cardio Camp Family Workout times are designed to allow parents and children to work out together in a supervised structured environment. Our Youth Fitness Instructors will help suggest age appropriate exercises and activities that will get you and your family moving and help you develop healthy lifestyle habits together.

- Ages 5-7yrs. Ages 8-14yrs.

ROOM KEY

(1st Floor) **RS = Ray Sence**

(1st Floor) **RC=Racquetball Court**

(2nd Floor) **YFC = Youth Fitness Center**

(3rd Floor) **CR=Club Room**