







FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & FAMILY FITNESS

MAY 2012

| | Time | Class/Activity Registration required | Ages | Room | Family Member Fee | Student Member Fee | Program Only Fee | Program Online Search Code |
|------------------|--------------|--|----------|-----------|----------------------|-----------------------|---------------------|-------------------------------|
| MONDAY | 3:45p-4:30p | Scooter Sports | 3-4yrs | BGYM | \$5.00 | N/A | \$14.00 | RECSCTR |
| | 3:45p-4:15p | Recreational Ballet | 3-4yrs | RS | \$5.00 | N/A | N/A | RECBALT |
| | 4:30p-5:30p | Kick-It Kickball | 5-7yrs | BGYM | \$5.00 | N/A | \$14.00 | RECKICK |
| | 4:15p-5:00p | Recreational Ballet | 5-7yrs | RS | \$5.00 | N/A | N/A | RECBALT |
| | 5:00p-5:30p | Recreational Ballet | 3-4 yrs | RS | \$5.00 | N/A | N/A | RECBALT |
| | 4:30p-5:30p |  Hip Hop | 7 & Up | CR | \$12.00 | 24.00 | 48.00 | HIPHOP |
| | 5:30p-6:30p |  Belly Dance | 8 & Up | RS | FREE | FREE | N/A | No registration required |
| TUESDAY | Time | Class/Activity Registration required | Ages | Room | Family Member Fee | Student Member Fee | Program Only Fee | Program Online Search Code |
| | 6:00p-7:00p | Extreme Handball Fitness | 7-14 yrs | RC | \$5.00 | \$7.00 | \$14.00 | RECHBAL |
| WEDNESDAY | Time | Class/Activity Registration required | Ages | Room | Family Member Fee | Student Member Fee | Program Only Fee | Program Online Search Code |
| | 3:30p-4:00p | Recreational Ballet | 3-4yrs | RS | \$5.00 | N/A | N/A | RECBALT |
| | 4:30p-5:30p | Jump Start | 5-7yrs | BGYM | \$5.00 | N/A | \$14.00 | RECJUMP |
| | 4:00p-4:45p | Recreational Ballet | 5-7yrs | RS | \$5.00 | N/A | N/A | RECBALT |
| | 4:00p-4:30p |  Yoga Discovery | 5-14 | GC | \$12.00 | \$24.00 | \$48.00 | YOGADISC |
| | 4:30p-5:30p | Kung Fu | 5-12yrs | CR | \$5.00 | N/A | N/A | RECKUNF |
| THURSDAY | Time | Class/Activity Registration required | Ages | Room | Family Member Fee | Student Member Fee | Program Only Fee | Program Online Search Code |
| | 3:45p-4:30p | Kinder Bounce | 3-4yrs | RS | \$5.00 | N/A | \$14.00 | RECBNCE |
| | 4:30p-5:15p |  Rebounder Boot Camp | 5-7 | RS | \$5.00 | N/A | \$14.00 | RECREBO |
| | 6:00p-7:00p | 4 Square | 7-14yrs | RC | \$5.00 | \$7.00 | \$14.00 | REC4SQR |
| SATURDAY | Time | Class/Activity | Ages | Room | Family Member Fee | Student Member Fee | Program Only Fee | Program Online Search Code |
| | 12:00p-1:00p | Kung Fu | 5-12yrs | RS | \$5.00 | N/A | N/A | RECKUNF |

REGISTRATION REQUIRED FOR ALL CLASSES

 Designates Family friendly classes. Parents are welcomed to join in these classes with your registered child.

Classes with less than 6 children enrolled are subject to change and/or cancellation.

Belly Dance

Joyful, creative, and empowering movements of expression. No dance experience needed.

- **Ages 8 – 14 yrs**

Extreme Handball Fitness

While having fun playing Handball, you'll get a great cardio workout, working all major muscle groups at the same time.

- **Ages 7-14yrs**

4 Square

Not only will you play the game, but you will have the opportunity to step in as referee. 4 Square will get your heart pumping, improve your balance, coordination and learn a thing or two about sportsmanship.

- **Ages 7-14yrs**

Jump Start

Jump Start into your favorite workouts with a fun hour of cardio & strength circuit training games and exercises!

- **Ages 5-7yrs**
- **Ages 8-14yrs**

Hip Hop

Hip Hop is a fun, fast paced dance class set to high energy music. No previous dance experience necessary.

- **Ages 7 -14yrs**

Kickball

Kickball is here! Grab a team and get ready to run, sweat and have a blast!

- **Ages 5-7yrs**

Kinder Bounce

Your child will develop confidence in their ability to move through the use of bean bags, hoops, balls and jump ropes and more. We will play games specially designed to improve their overall strength, balance and coordination.

Parents are required to attend & encouraged to participate

Equipment Required: Comfortable clothing that will allow your child to move freely

- **Ages 3-4yrs**

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

- **Kung Fu – Ages 5-14yrs**

Recreational 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**

Parents are required to attend

- **Ages 3-4yrs**
- **Ages 5-7yrs**
- **Ages 8-14yrs**

Rebounder Boot Camp

Utilizing a basic trampoline and high energy music you are guaranteed to sweat while having a whole lot of fun! This high energy class combines cardio and strength training.

- **Ages 5-7yrs**

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**

Yoga Discovery

Learn yoga techniques early in life! This interactive class teaches yoga techniques through stories, games, and fun!

- **Ages 5 - 14**

Zumba

Increase your focus and self-confidence, boost your metabolism and enhance coordination. Come join our high-energy fitness-party packed with specially choreographed routines and all the music your kids love.

- **Ages 7 – 14yrs**

MAXIMUMS VARY BY CLASS

For more information please contact Jenn Wahl, Youth & Family Director at (818) 845-8551 x248 or jenn@burbankymca.org

ROOM KEY

RS = Ray Sence (1st Floor)

CR = Club Room (3rd Floor)

GC = Gymnastics Center (3rd floor)

RC = Racquetball Court (1st Floor)

BGYM = Basketball Gym (3rd Floor)