

SPECIALTY GYMNASTICS

We build strong kids, strong families, strong communities.

September 2010 Schedule

Specialty Classes - These classes offer you a slightly different opportunity that will be fun and rewarding on its own and is available to any level gymnast.

For Girls Ages 6 & Up - Express your creativity; each session you will learn a routine set to music that combines gymnastics, acrobatics and dance.

Class	Day	Time	Coach	Location
Gymnastics Rhythm	Monday	4:30-5:30	Krystle	Gymnastic Center
Gymnastics Rhythm	Wednesday	4:30-5:30	Arieneh	Gymnastic Center

For Boys Ages 6 & Up - Learn acrobatic skills in a rigorous yet playful atmosphere. From flipping to negotiating obstacles you can improve your overall athleticism. This class will focus on functional strength, coordination, balance and explosive movement control.

Class	Day	Time	Coach	Location
Power Movement	Tuesday	4:00-5:00	Anthony	Gymnasium
Power Movement	Thursday	4:00-5:00	Anthony	Gymnasium

Monthly Program Fees	Family Membership	Child/Youth/Student Membership	Program Only Fee
Once a Week/ 1 hour	\$40.00	\$50.00	\$100.00

Teen/Adult Tumbling Classes – Co-ed classes ages 13 and up. This class is taught through progressions, so YES, you can be a beginner. Learn your back walkover, back handspring and more!

Class	Day	Time	Coach	Location
Tumbling	Monday	Ø 7:10-8:10	Anthony	Gymnastic Center
Tumbling	Wednesday	Ø 7:10-8:10	Anthony	Gymnastic Center
Tumbling	Saturday	12:30-1:30	Anthony	Gymnastic Center

Ø Note slight time change

Monthly Program Fees	Family/Adult Membership	Child/Youth/Student Membership	Program Only Fee
Once a Week /1 hour	\$25.00	\$35.00	\$70.00

Instructors subject to change without notice
Monthly Registration required

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
 321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org