

PROGRESSIVE GYMNASTICS

We build strong kids, strong families, strong communities.

August 2010 Schedule

Girls and Boys gymnastics Levels 1-4, ages 6 and up. These classes emphasize the development of strength, flexibility, coordination and balance.

Level 1 - Entry Level - Beginning: All new participants will begin in this class. It is ideal for the "recreational" gymnast. Basic drills and skills are introduced on all apparatus. This class can be used to enhance your child's over all fitness or to help prepare your child for the next Level.

Class	Day	Time	Coach	Location
Level 1	Tuesday	4:00-5:00 pm	Joey	Gymnasium
Level 1	Tuesday	5:00-6:00 pm	Joey	Gymnasium
Level 1	Tuesday	6:00-7:00 pm	Joey	Gymnasium
Level 1	Thursday	4:00-5:00 pm	Joey	Gymnasium
Level 1	Thursday	5:00-6:00 pm	Arieneh	Gymnasium
Level 1	Thursday	6:00-7:00 pm	Arieneh	Gymnasium
Level 1	Saturday	10:00-11:00 am	Krystle	Gymnastic Center

Level 2 - Coach Approval Required -Beginning/Intermediate: This class emphasizes flexibility, coordination, balance and strength using a combination of basic drill progressions and exercises designed to improve confidence and skill.

Class	Day	Time	Coach	Location
Level 2	Tuesday	4:00-5:00 pm	Arieneh	Gymnasium
Level 2	Tuesday	5:00-6:00 pm	Arieneh	Gymnasium
Level 2	Thursday	4:00-5:00 pm	Arieneh	Gymnasium
Level 2	Thursday	5:00-6:00 pm	Krystle	Gymnasium

Level 3 - Coach Approval Required – Intermediate: This class utilizes more advanced drills and exercises to help solidify skills and continue increasing your child's confidence.

Class	Day	Time	Coach	Location
Level 3	Tuesday	5:00-6:00 pm	Shannon	Gymnasium
Level 3	Tuesday	6:00-7:00 pm	Shannon/William	Gymnasium
Level 3	Thursday	5:00-6:00 pm	Shannon	Gymnasium
Level 3	Thursday	6:00-7:00 pm	Shannon/William	Gymnasium

Level 4+ - Coach Approval Required – Advanced: Continue to refine and advance your skill level. This class includes elements of acrobatics, giving you a well rounded gymnastics experience.

Class	Day	Time	Coach	Location
Level 4+	Tuesday	5:00-6:00 pm	Anthony	Gymnasium
Level 4+	Tuesday	6:00-7:00 pm	Anthony	Gymnasium
Level 4+	Thursday	4:00-5:00 pm	Krystle	Gymnasium
Level 4+	Thursday	5:00-6:00 pm	Anthony	Gymnasium
Level 4+	Thursday	6:00-7:00 pm	Anthony	Gymnasium

Monthly Program Fees	Family Memberships	Child/Youth/Student Memberships	Program Only Fee
Once a Week/ 1 hour	\$30.00	\$40.00	\$80.00

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