






# Youth & Family Fitness

## January 2019



Youth dance and fitness classes are the perfect way to learn new skills, gain confidence and have fun! We also have a wide variety of video class selections from Fitness On Demand.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00am <b>Parent/Tot Gymnastics GYM01</b> Ages walking to 3 Anush		10:00-11:00am <b>Parent/Tot Gymnastics GYM01</b> Ages walking to 3 Anush			10:00-10:45am <b>Pre-Ballet DANCE2</b> Ages 3-5 Shannon
3:45-4:45pm <b>Karate KARATE1</b> Family or ages 5+ Sam		3:45-4:45pm <b>Karate KARATE1</b> Family or ages 5+ Sam		3:30-5:00pm <b>Open/Family Swim</b>  Main Pool 	10:45-11:45am <b>Beginning Ballet DANCE3</b> Ages 6+ Shannon
4:00-4:45pm <b>Pre-Ballet DANCE7</b> Ages 3-5 Marissa/Renee		4:00-4:30 <b>Kids Yoga DANCE10</b> Ages 4+ Marissa/Renee			12:00-1:00pm <b>Advance Ballet*</b> <b>DANCE4</b> Ages 8 & up Shannon
4:45-5:30pm <b>Beginning Ballet DANCE5</b> Ages 6+ Marissa/Renee		4:30-5:15pm <b>Kids Zumba DANCE11</b> Ages 6-14 Marissa/Renee			1:00-1:45pm <b>Beginning Tap DANCE6</b> Ages 6+ Shannon
5:00-6:00pm <b>Youth Fitness Orientation YFO1</b> Ages 10-17 Alen	5:00-6:00pm <b>Youth Fitness Orientation YFO3</b> Ages 10-17 Alen	5:00-6:00pm <b>Youth Fitness Orientation YFO5</b> Ages 10-17 Alen			2:00-4:00pm <b>Open/Family Swim</b>  Main Pool 
5:30-6:00pm <b>Kids Zumba DANCE8</b> Ages 4+ Marissa/Renee		5:15-5:45pm <b>Kids Hip Hop DANCE12</b> Ages 4-7 Renee			
7:00-8:00pm <b>Youth Fitness Orientation YFO2</b> Ages 10-17 Alen	7:00-8:00pm <b>Youth Fitness Orientation YFO4</b> Ages 10-17 Alen	5:45-6:30pm <b>Kids Hip Hop DANCE13</b> Ages 8-14 Renee			<b>Sunday</b> 10:30-12:00pm <b>Open/Family Swim</b> Main Pool 
		7:00-8:00pm <b>Youth Fitness Orientation YFO6</b> Ages 10-17 Alen			
8:00-9:00pm <b>Karate KARATE2</b> Family or ages 5+ Sam		8:00-9:00pm <b>Karate KARATE2</b> Family or ages 5+ Sam			
		8:00-9:00pm <b>Open/Family Swim</b> Main Pool 			

**PLEASE NOTE:** Registration is required for all classes. Members: Register online and save \$5. Use coupon code "save5"

**EXCITING NEWS!** Youth Armenian Dance will be coming soon!

PROGRAM FEES			
Membership Type	30 minute class	45 minute class	60 minute class
Program (non-member)	\$60.00	\$65.00	\$70.00
Youth Member	\$50.00	\$55.00	\$60.00
Family Member	FREE!	FREE!	FREE!

CLASS DESCRIPTIONS	
Class	Description
<b>Pre-Ballet</b>	Introduction to basic ballet movement and terminology. This is a fun class for young dancers exploring beginning technique, performance styles, and dance imagery.
<b>Beginning Ballet</b>	Beginner level ballet movement and terminology. Traditional ballet barre and center work combined with slightly more complex choreography. This class has a greater emphasis on proper technique, terminology, poise and expression.
<b>Beginning Tap</b>	Introduction to basic tap dancing for boys and girls. This class incorporates tap, jazz and a variety of other dance styles to create a fun, energetic class.
<b>Advanced Ballet</b> <b>*With instructor approval</b>	Ballet for the 2nd year student. This class begins to incorporate more complex combinations with greater emphasis on building strength and muscle memory. Dancers are encouraged to contribute creatively and take responsibility for choreography they are learning. Students will work towards correct technique, connecting steps with dance terminology, and maintaining focus throughout the class.
<b>Kids Zumba</b>	Your child can let loose and explore the wonderful world of dance through children's Zumba. We learn and practice basic dance moves and directions, play games, explore creative movement, and get a great workout, all at the same time! Your child can improve on rhythm, coordination, and social awareness, all while expressing themselves through dance and fun to the music they love.
<b>Kids Yoga</b>	Through storytelling and creative movement, your child can explore and improve on strength, coordination, balance, and flexibility, as they learn the basic yoga poses, breathing, and relaxation techniques, in a fun and friendly environment.
<b>Family Recreation Area</b>	Families with children ages 9-14. All children must be accompanied by an Adult while utilizing the equipment. Proper work out attire including closed toes shoes must be worn while utilizing the equipment.
<b>Fitness Orientation</b>	Youth ages 9 and up will receive basic instructions in cardio, strength and flexibility training from a YMCA Fitness Instructor.
<b>Karate</b>	All fitness levels welcome! Tenshin-Kai Karate is perfect for kids because it is a Martial Art in a true sense. It teaches internal as well as physical strength, and your child will be taught in a manner that promotes peace, respect honesty, and discipline.
<b>Fitness on Demand</b>	Busy? Have a hectic schedule? Fitness On Demand is the hot new way to get in shape on your own time! It's group fitness
<b>Basketball Clinic</b>	For boys and girls ages 3-14, all skill levels and abilities. The focus is to develop individual skill, focus on the importance of fundamentals, and the development of a healthy team attitude.
<b>Open/Family Swim</b>	Whether your family needs some bonding time, or you want to help your children practice their swimming skills, this is a great way to spend your afternoon!

**The following Rules and Guidelines have been established for our Youth & Family Fitness Classes:**

1. Register online [www.glendaleymca.org](http://www.glendaleymca.org) or in person at the Membership Desk.
2. Registration is required and is available monthly and begins on the last week of class. Please register your child for correct age group.
3. If unsure of the appropriate level for enrollment, try out classes are available.
4. Late Fee is \$5.00 after first week except for new students.
5. Students who are absent for first 2 classes of the month will be dropped from the roster to allow others to register.
6. Classes are closed 5 minutes after start time. Please do not bring your child late as this is disruptive to the class.
7. There will be no makeup or credit for missing classes.
8. Cancellation after first day of classes will refund you only 50% of the remaining session.
9. Students are required to wear proper attire. Please speak with your Instructor to determine what they should wear. For safety reasons, the following items are prohibited during classes: dangling earrings, necklaces, rings, bracelets, etc., loose clothing, clothing with zippers, buckles or other sharp objects. Hair must be tied back securely and out of face.
10. No one other than class participants are allowed on the class floor or equipment areas. Persons waiting or observing are asked to do so from the designated seating area.

**Rights Reserved:** Rules apply to all youth fitness classes. The YMCA of Glendale reserves the right to refuse service to anyone for any reason. We also reserve the right to change program schedule and instructors without notice. We may combine classes if necessary. Classes with less than 8 participants are subject to cancellation.



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- 11.** The program and equipment are available only during class time for students who are currently enrolled in a class.
- 12.** Dance classes are recreational only. Progressive classes may be added if enough students are interested.