



Youth Fitness

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:45-4:45pm Karate KARATE1 Families with kids ages 5 & up Sam	4:00-5:00pm Kids Hip Hop DANCE12 Ages 4-7 Tibor	3:45-4:45pm Karate KARATE1 Families with kids ages 5 & up Sam			9:00-9:40am Creative Movement DANCE1 Ages 3-5 Shannon
4:00-4:45pm Pre-Ballet DANCE7 Ages 3-5 Marissa	NEW! 5:00-6:00pm Kids Hip Hop DANCE13 Ages 8-14 Tibor	4:00-4:30 Kids Yoga DANCE10 Ages 4 and up Marissa		5:00-5:30pm Hip Hop for Kids <i>Fitness on Demand</i>	10:00-10:45am Pre-Ballet DANCE2 Ages 3-5 Shannon
4:45-5:30pm Beginning Ballet DANCE5 Ages 6 & up Marissa	5:00-7:00pm Youth Fitness Orientation FIT1 Ages 9 & up Serj	4:30-5:15pm Kids Zumba DANCE11 Ages 6-14 Marissa	5:00-7:00pm Youth Fitness Orientation FIT1 Ages 9 & up Serj	5:30-6:00pm Magic Garden <i>Fitness on Demand</i>	10:45-11:45am Beginning Ballet DANCE3 Ages 6 & up Shannon
5:30-6:00pm Kids Zumba DANCE8 Ages 4 and up Marissa		NEW! 5:30-6:30pm Kids Latin Dance DANCE14 Ages 6 & up Tibor		6:00-6:30pm Hawaiian Hero <i>Fitness on Demand</i>	12:00-1:00pm Advance Beg. Ballet* DANCE4 Ages 8 & up Shannon
8:00-9:00pm Karate KARATE2 Families with kids ages 5 & up Sam		8:00-9:00pm Karate KARATE2 Families with kids ages 5 & up Sam		6:30-7:00pm Hip Hop for Kids <i>Fitness on Demand</i>	1:00-1:45pm Beginning Tap DANCE6 Ages 6 & up Shannon
<p>Monthly Fees: Family Members FREE! YMCA Members \$40 Program Members (Non-member) \$55 Fitness on Demand classes are FREE and available for Family and YMCA Members only.</p>					

- Monthly registration required. Students must be registered in order to participate in class.
- Classes are closed 5 minutes after start time. Please do not bring your child late.
- Students must stay the entire length of class.
- Registration begins on the last week of class unless otherwise announced.
- Classes with less than 4 participants are subject to cancellation.
- Please register your child in the correct age group.

***MEMBERS ONLY receive \$5.00 off when you register on-line for classes. Use Coupon code "save5".

For questions please contact:

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YMCA of Glendale 818.240.4130 www.glendaleymca.org



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Class Descriptions

Creative Movement Using a variety of dance styles, dramatic play, props, and music, this class focuses on physical expression, rhythm and body/space awareness.

Pre-Ballet Introduction to basic ballet movement and terminology. This is a fun class for young dancers exploring beginning technique, performance styles, and dance imagery.

Beginning Ballet 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.

Beginning Tap 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.

***Advanced Beginning Ballet** 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. ***With instructor approval**

Kids Zumba 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.

Kids Hip Hop Learn the latest hip hop moves choreographed to today's most popular music.

Kids Yoga 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.

Kids Latin Dance Dance to fun rhythms and learn how to move your body with Latin dancing. Each class will have a warm up, exercise dance, music and culture to it! This improves self-esteem in a fun way and you will easily make new friends! Come and try it out!

Youth Fitness Class Learn proper techniques for strength, cardio and flexibility from Fitness Instructors.

Karate 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.

Fitness on Demand classes

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 classes on request. Choose from the industry's most popular exercise videos like kickboxing, dance, strength training and more. You can take the class of your choice whenever you are ready-just press play.

