



# YOUTH FITNESS CLASSES

## January 2017

Ballet	Age	Description	Day	Time	Location	Code
<b>Creative Movement</b>	<b>3-5</b>	Using a variety of dance styles, dramatic play, props, and music, this class focuses on physical expression, rhythm and body/space awareness.	Saturday <b>Shannon</b>	9:00-9:40 AM	Studio B	Dance1
<b>Pre-Ballet</b>	<b>3-5</b>	Introduction to basic ballet and tap movement and terminology. This is a fun class for young dancers exploring beginning technique, performance styles, and dance imagery.	Saturday <b>Shannon</b>	10:00-10:45 AM	Studio B	Dance2
			Monday <b>Marissa</b>	4:00-4:45 PM	Studio B	Dance7
<b>Beginning Ballet</b>	<b>6+</b>	Beginner level ballet and tap movement and terminology. Traditional ballet barre and center work combined with slightly more complex tap/jazz. This class has a greater emphasis on proper technique and terminology, poise, and expression.	Monday <b>Marissa</b>	4:45-5:30 PM	Studio B	Dance5
			Saturday <b>Shannon</b>	10:45-11:45 AM	Studio B	Dance3
<b>Advanced Beginning Ballet*</b>	<b>8+</b>	Ballet & Tap 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>*With instructor approval</b>	Saturday <b>Shannon</b>	12:00-1:00 PM	Studio B	Dance4
<b>Beginning Tap</b>	<b>6+</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.	Saturday <b>Shannon</b>	1:00-1:45 PM	Studio B	Dance6

Dance	Age	Description	Day	Time	Location	Code
<b>Kids Zumba Family Friendly</b>	<b>4+</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.	Monday <b>Marissa</b>	5:30-6:00 PM	Studio B	Dance8
<b>Zumba Junior</b>	<b>3-5</b>		Wednesday <b>Marissa</b>	3:30-4:00 PM	Studio B	Dance9
<b>Kids Zumba</b>	<b>6-14</b>		Wednesday <b>Marissa</b>	4:30-5:15 PM	Studio B	Dance11
<b>Kids Hip Hop</b>	<b>6 +</b>		Tuesday <b>TBA</b>	5:00-6:00pm	Studio B	Dance12

Yoga	Age	Description	Day	Time	Location	Code
<b>Kids Yoga</b>	<b>All ages</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.	Wednesday <b>Marissa</b>	4:00-4:30 PM	Studio B	Dance10

**MONTHLY FEES:** Family Member **FREE!** YMCA Member \$40 Program Member \$55

- **Monthly registration required.**
- Registration begins on the last week of class unless otherwise announced.
- Classes with less than 4 participants are subject to cancellation.

**\*\*\*MEMBERS ONLY receive \$5.00 off when you register on-line for February classes. Use Coupon code "save5". Registration for February classes begins January 23, 2017. \*\*\***

For questions, please contact:

Jodi Reneaud – Director of Youth & Family Programs  
(818) 240-4130 ext. 144 or JReneaud@glenymca.org

<b>Fitness</b>	<b>Age</b>	<b>Description</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Code</b>
<b>Youth Fitness Class</b> Family Friendly	9+	Learn proper techniques for strength, cardio and flexibility from Fitness Instructors.	Tuesday & Thursday <b>Serj</b>	5:00-7:00 PM	Healthy Lifestyles Studio	Fit1
<b>MONTHLY FEES: FREE!</b>						

<b>Judo</b>	<b>Age</b>	<b>Description</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Code</b>
<b>Beginners Judo</b>	8-16	Welcome to our YMCA Scholars Judo Club! We invite you to come to your first class to see if this is a sport/activity you would like for your children to pursue. Should you at some point decide to participate in the USA Judo competitions, you will be responsible for all the costs incurred by that event. See Instructor for details.	Tuesday & Thursday <b>Ken</b>	7:00-9:00 PM	Gymnastics Center	Judo1
<b>MONTHLY FEES: Family Member FREE! YMCA Member \$50 Program Member \$85</b>						

<b>Karate</b>	<b>Age</b>	<b>Description</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Code</b>
<b>Karate</b> Family Friendly	5+	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.	Monday & Wednesday <b>Sam</b>	3:45-4:45 PM	Group Fitness Studio	Karate1
			Monday & Wednesday <b>Sam</b>	8:00-9:00 PM		
<b>MONTHLY FEES: Family Member FREE! YMCA Member \$40 Program Member \$55</b>						

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