

BURBANK COMMUNITY YMCA

YOUTH PROGRAMS 2022

Schedule subject to change.

DrumRoll

Reserve on Group EX Pro: https://www.burbankymca.org/member-check

- MON/ WED: 4:00p– 4:45p AGES: 6-11 Location: Ray Sence Room

FREE CLASS WITH MEMBERSHIP

YOUTH YOGA

Reserve on Group EX Pro: https://www.burbankymca.org/member-check

- THURS: 6:00p– 6:55p AGES: 6-11 Location: Club Room
- SAT: 11:00a– 11:55a AGES: 6-11 Location: Club Room

FREE CLASS WITH MEMBERSHIP

GYMNASTICS

Fee based, must register online: https://www.burbankymca.org/my-account

TODDLER TUMBLERS

- AGES 2-3
- MON or WED: 500p– 5:35p

PRESCHOOL GYMNASTICS

- AGES 4-6
- MON or WED: 5:45p– 6:20p
- SAT: 9:30a– 10:05a

SCHOOL AGE GYMNASTICS

- AGES: 7-9
- MON: 6:30p– 7:05p
- SAT: 10:15a– 10:50a

YOUTH AQUA FIT

Fee based, must register online: https://www.burbankymca.org/my-account

MONDAYS: 4:30p– 5:00p AGES: 7-14: Must be in LEVEL 4 Location: Lap Pool

SMALL YOUTH GROUP TRAINING

TUES: 5:00p– 5:45p

AGES: 12-15

- FREE CLASS with Membership
- Location: Functional Fitness Room
- Reserve a spot on Group Ex Pro: https://www.burbankymca.org/member-check

Class Descriptions

DRUM ROLL

DrumRoll is a high-energy workout that combines cardio, muscle conditioning, balance and flexibility with all of the fun of drumming to music.

YOUTH YOGA

Children will improve their strength, balance attention and coordination through basic and challenging yoga poses.

GYMNASTICS

TODDLER TUMBLERS

Students will be introduced to basic tumbling skills that will develop their coordination, motor skills, strength.

PRESCHOOL GYMNASTICS

Students will develop balance, coordination, flexibility and strength through various skill-focused rotations to enhance motor development and eye-hand coordination.

SCHOOL AGE GYMNASTICS

Students will maneuver through various environments, allowing them to use their bodies and creativity to overcome any obstacle. equipment is used to increase agility, strength and flexibility rotations.

YOUTH AQUA FIT

Great cardio, upper body weight training and finish with stretching for the whole body. We provide noodles for buoyancy and hand weights for strength training.

SMALL YOUTH GROUP TRAINING

Strength conditioning workout. This interval based class combines full body strength training with cardio bursts. Modifications for all levels