

GLENDALE YMCA FAMILY PLUS SCHEDULE

EFFECTIVE May 7 , 2012

YOUTH

DEVELOPEMENT

The values and skills learned early on are vital building blocks for life. Because of the Y, more young people are making smarter life choices. At the Y, children and teens learn values and positive behaviors and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

Performing Arts Academy

Creative & Expressive Art, Latin & Jazz Funk, Acting & Improvisation, Dance and Motion are the main headliners for this program.

For More Information on the Performing Arts Academy please contact Zulema Argota at 818-240-410, ext 33.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00 Parent/Tot Gymnastics Ages 1-3 Melissa Toddler Zone	4:00-5:00PM Dance & Motion Ages 5-16 Darcel Youth Fitness Room	10:00-11:00 Parent/Tot Gymnastics Ages 1-3 Melissa Toddler Zone	3:30-4:30 PM Acting & Improvisation Ages 5-16 Jonaton Youth Fitness Room	3:30-4:30 PM Latin Fusion Dance Ages 5-16 Ani Youth Fitness Room	9:00-9:40 AM Creative Movement & Dance Ages 3-5 Shannon Youth Fitness Room
3:45-4:45 PM Youth Karate Ages 5-16 Sam Group Fitness Room	5:00-6:00PM Acting & Improvisation Ages 5-16 Jonaton Youth Fitness Room	3:45-4:45 PM Youth Karate Ages 5-16 Sam Group Fitness Room	4:30-5:30PM Dance & Motion Ages 5-16 Darcel Youth Fitness Room	4:30 -5:30 PM Creative & Expressive Art Ages 5-16 Karl Youth Fitness Room	9:45-10:30 AM Pre-Ballet & Tap Ages 4 and up Shannon Youth Fitness Room
4:00-5:00 PM Intro to Gymnastics Ages 7-10 Gymnastics Center	7:30-9:30PM Beginning Judo Ages 3 & Up Ken Judo Room	4:00-5:00 Intro to Gymnastics Ages 7-10 Gymnastics Center	6:30-8:00 Beginning Judo Ages 3 & Up Ken Judo Room		10:30-11:30 AM Beginning Ballet & Tap Ages 6 and up Shannon Youth Fitness Room
5:30-6:30 Jazz Funk Dance Ages 5-16 Darcel Youth Ft Ctr	4:00-8:30 PM Youth Basketball Gym Guardians	4:30-5:30 PM Latin Fusion Dance Ages 5-16 Ani Youth Fitness Room	4:00-8:30 PM Youth Basketball Gym Guardians		
		5:30-6:30 PM Jazz Funk Ages 5-16 Ani Youth Fitness Room			
7:45-8:45PM Youth Karate Ages 5-16 Sam Aerobics Center		7:30-8:30PM Family Swim Ages 5-14			
		7:45-8:45PM Youth Karate Ages 5-16 Sam Aerobics Center			
7:00-9:00 PM Beginning Judo Ages 3-14 Ken	7:30-9:30 PM Judo Ages 3-14 Ken	7:00-9:00 PM Beginning Judo Ages 3-14 Ken	7:30-9:30 PM Judo Ages 3-14 Ken	7:00-9:00 PM Beginning Judo Ages 3-14 Ken	2:00-4:00 PM Beginning Judo Ages 3-14 Ken

GLENDALE YMCA FAMILY PLUS

CLASS DESCRIPTIONS

Our classes are taught by certified fitness instructors that provide fun, effective and safe workouts geared for a variety of fitness levels and interests. **(Revised May 7, 2012)**

<p>Arts Program: CREATIVE & EXPRESSIVE ART</p> <p>This class will introduce the students to different creative forms of art. Creating projects with recycled materials, generic items and original crafting materials. This class encourages the students to be expressive through various mediums of art. Individual style is the driving force for this class experience.</p> <p>Instructor: Karl Melero</p> <p>Biography: Karl Melero is currently a Fashion Design Major at Pasadena City College. Art has been a key role in his life. Being a self taught artist has given him the freedom to explore different mediums and forms of art. Karl favors individual style and creativity.</p> <p>Time: Fridays 4:30 to 5:30 pm (4 classes a month)</p> <p>Cost: Included with Family Plus Membership. Regular membership \$20.00 per month Non-member \$40.00 per month</p>	<p>Acting Program: ACTING AND IMPROVISATION</p> <p>This class will be a great outlet for youth. This class will be a preparation for plays, shows, television commercials, print work and productions. Direct coaching, assistance with scouts and agents and quick reads. The students will be collaborating with other youth from The Performance Arts Academy. Involvement in Holiday Plays and improvisation performances.</p> <p>Instructor: Jonaton Wyne</p> <p>Biography: Jonaton Wyne has been producing, acting and directing for over 25 years. He was a Theatre Arts major in college. He has been working with youth since the early 90's. Jonaton's name became well known in the Los Angeles area. He was heavily involved with Stephen Mitchell's Studio Acting School, specializing with teenagers. This experience gave Jonathon a new audience to mentor. Youth has played an important role in Jonathon's career. He just finished acting in Suspense Thriller. Jonathon's experience will be passed on to his students.</p> <p>Time: Tuesday 5 to 6 PM, Thursday 3:30 to 4:30 PM (8 classes a month)</p> <p>Cost: Included with Family Plus Membership. Regular membership \$35.00 per month Non-member \$80.00 per month</p>
<p>Dance Program: LATIN FUSION</p> <p>This class will be a combination of salsa, bachata, meringue, cumbia and cha cha. The class will include partner work, solo work and various combinations of Latin styles. The students will be taught a routine that will include styling techniques for both girls and guys; shines, leg work, body movement, spins, body isolations, shoulder shimmies and rolls, arm patterns and even hand styling. In this class kids will learn to work with each other, learn different movements and choreography that will help them grow as dancers and be confident when dancing.</p> <p>Instructor: Ani Hovhannisyan</p> <p>Time: Wednesday 4:30 to 5:30, Friday 3:30 to 4:30 (8 classes a month)</p> <p>Cost: Included with Family Plus Membership. Regular membership \$35.00 per month Non-member \$80.00 per month</p>	<p>Dance Program: DANCE AND MOTION</p> <p>Dance and motion is a class that will introduce the students to various dances and choreography on a performance level. Directly collaborating with the Acting and Improvisation Instructor. This class will include Holiday Shows, Fashion Shows, dance presentation, etc.</p> <p>Instructor: Darcel from Solid Gold</p> <p>Darcel has been teaching Theatrical Dance for over 30 years. Darcel is well known for the popular hit show in the early 80's "Solid Gold". Darcel danced and choreographed for Solid Gold for several years. She was recently featured in Paula Abdul's show "Live to Dance". Darcel has been keeping herself busy with dance theater dance productions and children's programs. Darcel has an ongoing Theatre in Houston, Texas. The Giver and The Gift Dance Theater is currently being run in Texas.</p> <p>Time: Tuesday 4 to 5 PM, Thursday 4:30 to 5:30 PM <u>Darcel is now teaching Mon. Jazz Funk 5:30 to 6:30</u> (8 classes a month)</p> <p>Cost: Included with Family Plus Membership. Regular membership \$35.00 per month Non-member \$80.00 per month All Classes Included for Family Plus Membership Single Family Plus Mbrshp \$60, 2 Adult Family Family Plus Mbrshp \$86 Regular Membership \$80 all classes included Non-Member \$150 all classes included Ages: 5 to 16 Years of Age</p>
<p>Dance Program: JAZZ FUNK</p> <p>Jazz Funk, being one of the most popular dance forms in the recent century, integrates both Jazz and Hip Hop dance styles inspired by pop music. The Jazz funk class will include some hip hop elements and jazz elements, with footwork, spins, sharp and movements and acrobatic foot moves. The dance will include using the music's changeable rhythm patterns, the kids understanding of the music and their own energy, and some works on the dancers' creativity. In this class kids will get the change to improve, learn from one another, create movements and listen and feel the music.</p> <p>Instructor: Ani Hovhannisyan</p> <p>Time: Monday (Darcel) & Wednesday 5:30 to 6:30 (8 classes a month)</p> <p>Cost: Included with Family Plus Membership. Regular membership \$35.00 per month Non-member \$80.00 per month</p>	<p>FOR ADDITIONAL QUESTIONS CONTACT: Zulema Argota at (818) 240-4130, ext 33</p>

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