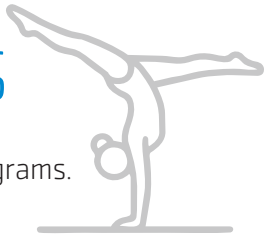
YMCA of Glendale | GYMNASTICS



Session Format: 8 classes for twice-weekly programs or 4 classes for once-weekly programs.

Parent & Tot

This class develops your child's motor skills, hand-eye coordination, and strengthens legs for crawling then walking, all while having a fun time with both you and other little ones. These classes prepare your child for group activities and interaction and provide a wonderful bonding time for parent and child.

Class / Ages	Schedule	Instructor	Family / Program / Non-member
Parent & Tot Ages 1- 3	Saturday 10:00 - 10:50am	Joanna	FREE / $60 / $90

Recreational Girls Gymnastics

Floor work, vault, bars, beams and trampoline as well as stretching and strengthening exercises and basic dance techniques as it applies to gymnastics.

Class / Ages	Schedule	Instructor / Eligibility	Family / Program / Non-member
Beginner Level 1 Ages 4 - 7	Tue & Thu 4:00 - 5:00pm	Joanna	$125 / $150 / $195
Intermed. Level 3 Ages 7- 12	Tue & Thu 5:00 - 6:00pm	Joanna / Raina Coach Approval	$125 / $150 / $195
Intermed. Level 2 Ages 7 - 14	Tue & Thu 6:00 - 7:00pm	Joanna / Anush Coach Approval	$125 / $150 / $195

Girls Team Gymnastics | Coach Approval

Gymnastics Team helps young athletes refine their skills, build confidence, and foster lifelong friendships through competitive coaching rooted in dedication and teamwork.

Team	Schedule	Coaches	Family / Program / Non-member
Pre-Team	Mon / Wed.: 4:00 - 5:30pm	Anush / Paula / Raina	$210 / $225 / $240
AAU Bronze	Mon.: 5:00 - 7:30pm Wed.: 4:00 - 5:30PM Fri.: 4:00 - 6:00PM	Anush / Paula	$220 / $225 / $235
AAU Silver & Up	Mon. / Wed. : 5:00 - 7:30pm Friday: 4:00 - 6:00pm	Anush / Paula / Raina	$205 / $220 / $230

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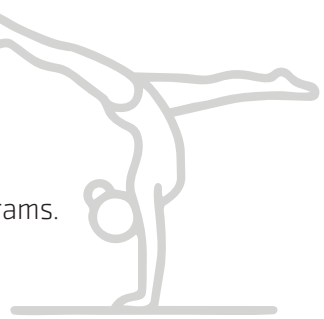

Program Guide

Session Format: 8 classes for twice-weekly programs or 4 classes for once-weekly programs.

How to Register

- Register before attending at www.glendaleymca.org or at the gymnastics office.
- Financial assistance must be arranged in advance; it cannot be processed on the spot.
- Not sure which level fits? Trial classes are by appointment only. Contact Anush to schedule.

Before each class

- Arrive no more than 5 minutes before your scheduled lesson.
- Wear coach-approved gymnastics clothing. Tie hair securely away from the face.
- No dangling jewelry, loose clothing, zippers, buckles or other sharp items.
- Bring your own water bottle

Drop-off, Safety & Conduct

- Only registered class participants may enter the gymnastics activity area; parent observation is not permitted under the provided guidelines.
- Students wait by the door for pickup with a coach or YMCA employee.
- Equipment and the Gymnastics Center are cleaned before and after classes.
- Profanity, threats and improper behavior are not permitted. All other YMCA rules apply.

Attendance, Refunds, & Progress

- No makeup classes or credits for missed classes.
- Children progress at their own pace and may repeat levels while mastering skills. Parents are encouraged to communicate with instructors.

Questions?

Anush Karibyan | (818) 240-4130 ext. 117

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