



# PROGRAM GUIDE

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YMCA OF GREATER BOSTON

## Burbank

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### Spring I 2010

February 28 – April 24, 2010

Sunday, February 7 – Member Drop Off / Mail In / Fax In

Monday, February 15 – Member Walk-In Registration

Monday, February 22 – Non-member Walk-In Registration

Make-up classes will be held April 19 – April 25

Burbank

 **YMCA**  
GREATER BOSTON  
It's all inside the Y.

# Membership Information

## Our Mission

The Burbank YMCA is dedicated to improving the health of mind, body, and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.



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## Facility Hours

Monday – Friday: 5:00am to 10:00 pm  
Saturday & Sunday: 7:00am to 7:00pm

## Inclement Weather Policy

If Reading Public Schools are canceled due to snow, Burbank YMCA classes will start at Noon. If Reading Public Schools are delayed, Burbank YMCA classes will start at 9:45am. For questions regarding cancellations and delays due to inclement weather visit our website at [www.ymcaboston.org/burbank](http://www.ymcaboston.org/burbank).

## Facility Features

Renovated Fitness Center	Special Purpose Changing Room
Splash Park for Family Members	25 yard, eight-lane pool
30 x 50 ft. therapy/teaching pool	Gymnasium
Comfortable viewing area	Fitlinx Interactive Fitness Network

## Burbank YMCA Staff

Kathleen Walsh	Executive Director	781.909.7400
Donny Bautz	Associate Executive Director	781.909.7401
Diana Ganz	Sr. Membership Experience Director	781.909.7402
Juli Fahey	Business Manager ASP	781.909.7403
Bethany Loveless	Reading ASP Director	781.909.7404
Laura Power	N. Reading ASP Director	781.909.7406
John Leary	Wakefield ASP Director	781.909.7405
Kevin Leahy	Birch Meadow ASP Director	781.909.7418
Adele Decologero	Killam ASP Director	781.909.7416
Jason Rodgers	Coolidge ASP Director	781.909.7419
Carolyn O'Shaughnessy	Y Childwatch Coordinator	781.909.7407
Mary West	Welcome Center Director	781.909.7408
Amy Vendt	Aquatics Director	781.909.7409
Jocelyn Croke	Preschool Director	781.909.7410
Branden Lamarre	Facilities Director	781.909.7411

# Membership Information

## Membership Rates

The YMCA offers a variety of membership types. If you choose to pay your membership dues annually, your payment options include cash, check and major credit card. If you prefer monthly, a continuous automatic deduction from your checking or credit card may be undertaken.

TYPE	JOINING FEE	MONTHLY	ANNUAL
PRE-SCHOOL (0-5)	N/A	N/A	\$111.00
YOUTH (6-12)	N/A	N/A	\$111.00
TEEN (13-17)	N/A	\$108 (for 6 months)	\$216.00
YOUNG ADULT (18-25)	\$100	\$44.60	\$535.20
ADULT (25-64)	\$100	\$53.55	\$642.60
SENIOR ADULT (65+)	\$100	\$44.60	\$535.20

FAMILY TYPE	JOINING FEE	MONTHLY
COUPLE	\$100	\$89.75
SENIOR COUPLE	\$100	\$75.30
1 PARENT AND KIDS	\$100	\$72.45
2 PARENTS AND KIDS	\$100	\$89.75

## Membership Notes

- 1) Family Memberships are for parents and children, 18 and under, living at home and full time college students.
- 2) Daily Guest Passes are available to purchase.
- 3) My Y is Every Y in Massachusetts and Rhode Island: Your current YMCA membership may be used at any other Massachusetts or Rhode Island YMCA facility. Full YMCA members from Massachusetts and Rhode Island will be welcome, free, at YMCAs in either state by presenting their current YMCA ID card. Some restrictions may apply so go to your YMCA's website and click on My Y is Every Y to learn more.

## What is a Joining Fee?

The joining fee is a one-time fee used for improvements at your Y. This is due on your membership start date. If your membership lapses for 90 days or more, the joining fee will re-initiate.

## Membership for All

Everyone belongs at the YMCA, regardless of his or her ability to pay. Membership for All is the YMCA's income based scholarship program that enables individuals and families in need to become an active member of their YMCA. Call Juli Fahey at 781.909.7403 or stop by Member Services for an application.

## Kelly Packowski MS Scholarship

Thanks to a grant from the Kelly Packowski MS Foundation, financial assistance is available to YMCA participants and their families who are struggling with the challenges of multiple sclerosis. Financial assistance is available for YMCA membership programs and/or services. To apply, please contact Juli Fahey at 781.909.7403.

## Holiday Schedule

President's Day – Mon, Feb. 15      Regular Hours  
Easter – Sun, April 4              3:00-7:00pm



Burbank YMCA Facebook address is  
<http://Facebook.com/BurbankYMCA>

# Upcoming Events

**Family events are FREE for Family Members, \$5 for Program Members and \$10 for non-members. Sign up at the Welcome Center Desk**

## Movie Night

Saturday, February 20, 7:00pm

The Burbank YMCA Cinema welcomes you to view a movie on our big screen. Popcorn will be served!

## Renovation Celebration and Membership Open House

Saturday, February 27, 10:00am-2:00pm

Celebrate 2 years of our renovated health and wellness center. This event is open to members and non-members. Enjoy fun activities and take advantage of some great membership promotions!

## Reach Out Carnival

Saturday, March 27, 2:00-4:00pm

Enjoy fun games, raffles and pizza! All proceeds will go towards our Reach Out Campaign which provides financial assistance to families and children in need.

# Family Services

## Y ChildWatch (Ages 6 weeks to 12 yrs)

Enjoy your workout while we watch your child(ren).

Mon - Fri 8:00am-1:00pm  
4:30pm-7:30pm

Sat 8:00am-noon

Sun 8:15am-11:30am

\*Times subject to change.

## ChildWatch Game Room (Ages 7-12)

Have your child join us in the game room while you work out! Children will enjoy playing air hockey, foosball, and pool.

Mon & Wed 6:00-7:30pm

Sat 8:30-10:00am

## ChildWatch Fees

**Family Members:** FREE [parent(s) & child(ren) must be family members].

**Adult Members:** \$3/hr or \$25 for a 10 hour card

**Non-members:** \$5/hr or \$40 for a 10 hour card

\*Hours subject to change due to room usage.

Limit of 2 hours per day. Photo ID of parent/guardian required to use this service.

## Globetrotters Fun

Sunday, March 28, 1:00pm

Watch the world famous Globetrotters. Ten lucky YMCA members will win a chance to participate in a pre-game meet and greet. Tickets are \$16 per person and will go on sale February 15th.

## Easter Egg Hunt

Friday, April 2, 10am-12pm

Hunt for eggs and have your picture taken with the Easter Bunny! Sign up at the Welcome Center Desk

## Healthy Kids Day

Saturday, April 17, 1:00-3:00pm

Celebrate a healthy and active lifestyle with fun, games, and activities for all ages. **This is a free event!**

## Parents Night Out (Ages 2+)

Your children will enjoy games and gym time while you enjoy a night out. Food and drinks will be served.

March 13, 6:00-9:00pm March 27, 6:00-9:00pm

April 10, 6:00-9:00pm April 24, 6:00-9:00pm

Space is limited. Sign-ups will NOT be taken after 5:00pm the Thursday before a Parents Night Out.

**Fee:** \$25 for the 1st child with a youth membership  
\$5 each additional child  
Free with family membership

\*Limit of one FREE Parents Night Out per month per family membership. **Cancellations must be made 48 hours in advance (by Thursday at 5:00pm) or will result in a \$25 cancellation fee. For more information call Carolyn O'Shaughnessy at 781.909.7407.**

## Family Workout Times

Enjoy a workout with the entire family! Children must be 8 years of age or older. Children under 13 years old are permitted to use the cardio area, stretching room and LifeFitness/ Nautilus machines, but ARE NOT allowed to use the free weight area. Youth's use of the fitness center is subject to behavior. Inappropriate behavior will result in a loss of fitness center privileges. For more information contact Diana Ganz at [dganzz@ymcaboston.org](mailto:dganzz@ymcaboston.org).

Fri 6:00-10:00pm Sat 1:00-7:00pm

Sun 1:00-7:00pm

# Summer Camps

**Enroll before 4/1/10 and receive FREE pre and post care.** Join us for an open house and learn more about summer camp on Thursday, February 25, 5:00 – 7:00pm, Saturday, February 27, 9:00am – 12:00pm, Saturday, March 13, 10:00am – 12:00pm, Tuesday, March 23, 5:30pm – 7:00pm, Sunday, March 28, 10:00am – 12:00pm.

Camp	Age	Description	Contact
Imagination Full Day & Half Day	2.9-5 years old	Stories, projects, daily swim lessons and physical play utilizing weekly themes for unified learning.	Jocelyn jcroke@ymcaboston.org
Camp Wilbur	Grades K-5	Perfect mix of outdoor experiences and indoor enrichment! Swimming, archery, weekly presenters, mini-day trips, and weekly clinics.	Bethany bloveless@ymcaboston.org
Camp Wakanda	5-12 years old	Outdoor camp at Styles Pond in Boxford, MA. Archery, swimming, boating, ropes course, and much more!	John jleary@ymcaboston.org
Adventure Camp	Grades 3-8	Every week has a theme, and each day campers explore a different part of that theme through unique field trips to a variety of area destinations.	Donny dbautz@ymcaboston.org
Sports Camps	7-11 years old	One week camps for soccer, baseball, floor hockey, basketball, and more!	Donny dbautz@ymcaboston.org
Quannapowit	Grades K-5	Located next to Lake Quannapowitt in Wakefield, Camp Q combines indoor based activities with field trips to area destinations.	Kevin kleahy@ymcaboston.org
Youth Leaders Academy	Grades 6-7	Work as an apprentice in our summer camp programs and earn YMCA dollar credits- up to \$50/session.	Bethany bloveless@ymcaboston.org
Teen Adventure	Grades 7-8	Teen Adventure makes the most of the more challenging aspects of the camp experience, to promote individual growth and leadership skills.	John jleary@ymcaboston.org
Wakanda CIT	Grades 9-10	A two-week leadership and job skills program.	John jleary@ymcaboston.org

## Child Care

### After School Programs

The program hours for our after school programs are from school dismissal to 6:00pm. Transportation from the school to the YMCA program is provided by a YMCA vehicle or our contracted bus company. We offer 2, 3 or 5 day options with holiday and vacation week options. We are open on snow and half days.

### North Reading ASP

The program operates out of the E.E. Little School in North Reading. For information, please contact Laura Power at 781.909.7406 or [lpower@ymcaboston.org](mailto:lpower@ymcaboston.org).

### Reading ASP Programs

The Burbank YMCA provides services for the **Killam, Birch Meadow and Coolidge Middle School**. We offer enrichment activities including Creative Arts programming, homework assistance, enhanced physical fitness, discounted sports classes and much more!

### YPreschool

The preschool program is accredited through the National Association for the Education of Young Children. The program provides academic and enriching curriculum for ages 2.9 to 5 years.

Half Day Option: 8:45am to 12:00pm

Full Day Option: 7:30am to 6:00pm

For more information, please contact Jocelyn Croke at 781.909.7410 or [jcroke@ymcaboston.org](mailto:jcroke@ymcaboston.org).

# Parties at the Y

Make your child's birthday a memorable one at the YMCA. Parties include your own personal party assistant to run activities with the children, set up and clean up after your party. Parties over 20 children require an additional fee. For more information or to reserve a date contact Juli Fahey at 781.909.7403 or [jfahey@ymcaboston.org](mailto:jfahey@ymcaboston.org)

## Pool Parties (all ages welcome)

Sat 1:30-3:30pm or 4:30-6:30pm

Sun 1:30-3:30pm or 4:30-6:30pm

The teaching pool and the lap pool are available. One hour in the party room and one hour in the pool.

1:30-3:30pm: Party in large pool only\*

4:30-6:30pm: Party in either pool\*

## Bounce House Parties (3 yrs. and older)

Sat 1:00-3:00pm or 2:00-4:00pm

Sun 1:30-3:30pm or 2:30 to 4:30pm

Enjoy your party with 1 hour of bouncing and one full hour in a party room to host your party. Bounce house is 13' x 14'.

## Sports Parties (ages 4-12 yrs)

Sat 1:00-3:00pm or 2:00-4:00pm

Sun 1:30-3:30pm or 2:30-4:30pm

Choose your favorite sport(s). Instructor and equipment provided for 1 hour of sports in the gym and a full hour in a party room to host your party.

## Birthday Party Prices

Prices are for pool, sports or bounce house parties.

**Family: \$192**

**Non-member: \$242**

**Youth: \$217**

**Have a party at the Burbank YMCA in March 2010 and pay only \$150!**

# Family & Adult Aquatics

## Water Exercise Fees

	3 Days	2 Days	1 Day
<b>Member:</b>	<b>\$10</b>	<b>\$10</b>	<b>\$10</b>
<b>Non-member:</b>	<b>\$162</b>	<b>\$128</b>	<b>\$84</b>
<b>\$15 Drop-in fee for classes that are not full</b>			

## Aqua Yoga

A low-level water aerobics class which applies yoga techniques in the water. Class meets in the small pool.

Mon 7:30-8:30pm

## Aqua Aerobics

This high intensity class is a great workout that combines interval aerobic workouts and strengthening exercises for the upper body as well as an abdominal workout.

8-lane pool: 1, 2, or 3 days

Mon/Wed/ Fri 8:30-9:30am

Tues/Thu 9:00-10:00am

Mon/Wed 7:45-8:45pm

## Water Power Workout

During this high intensity deep water class, participants will condition their muscles using resistance equipment; improve cardiovascular training, muscular endurance and stretching.

Tues/Thu 7:30-8:15pm

Tues/Thu 12:00-12:45pm

## "Low Impact" Water Exercise

This class is a non-clinical program, designed to help people with arthritis or stiffness improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of the aquatic environment. The instructors are certified through the YMCA and the Arthritis Foundation.

Tues/Thu 8:15-9:00am

Mon/Wed/Fri 11:30am-12:15pm

Wed 5:45-6:30pm

Fri 5:30-6:15pm

## Hydro Tone & Killer Abs Combo

Jumpstart your morning with this combo class designed to improve your muscular strength, flexibility, range of motion and overall conditioning.

Sun 8:00-9:00am

# Family & Adult Aquatics

## Stretch & Tone

This is a low impact Water Exercise class taught in our warm teaching pool. Participants will take place in a gentle exercise program to stretch and tone their muscles and gain physical conditioning. This is also a great pregnancy workout!

Mon/Wed/Fri 8:15-9:00am

## Deep Power Boot Camp

Journey into the deep while wearing a flotation belt and experience this intense training program. Alternate between high and low intensity moves to break through training plateaus, increase power and strength, and improve cardiovascular endurance.

Sun 12:00-12:45pm

## Lifeguard Class

This program will certify participants as Lifeguards. This class includes First Aid, CPR/AED for the Professional Rescuer and O2 Administration as well as the necessary skills to become a certified Lifeguard. Participants must be able to swim 500 yards nonstop and be 16 years of age to participate.

April 17 and 18 2:00-8:00pm

April 19 and 20 9:00am-5:00pm

Wed, April 21 9:00am-1:00pm

**Family Member: \$335 Non Members: \$400**

**Youth Member: \$360**

## Masters Swim Team/Coached Workout (ages 19-90+ yrs)

For serious swimmers, tri-athletes and any swimmer wanting a coached workout. Participation in competition will be arranged for those swimmers who are interested.

Tues/Thu 8:15-9:45pm

Sat 7:00-8:30am

**Members: \$10 Non Members: \$120**

## Adult Swim Lessons

### Adult Beginner

Age 18 & up. For the Adult who is fearful of the water or cannot swim on their own. Instructors work with each participant to set goals and assist with the attainment of those goals.

Mon 10:30-11:15am

Tue 8:15-9:00pm

Wed 7:30-8:15pm

Sat 8:30-9:15am

**Member: \$65 Non Member: \$130**

### Adult Swim Lessons - Intermediate

Age 18 & up. For adults who can swim 25 yards non-stop with basic rotary breathing. This class will work on improving stroke technique for front crawl and backstroke.

Sun 11:45am-12:30pm

Wed 8:15-9:00pm

Thu 7:30-8:15pm

**Member: \$65 Non- Member: \$130**

### Adult Stroke Technique

Age 18 & up. For adults who can swim 25 yards non-stop with rotary breathing. This class will work on improving stroke technique for front crawl and will introduce participants to other strokes.

Tue 7:30-8:15pm

Thu 8:15-9:00pm

**Member: \$65 Non- Member: \$130**

## Private & Semi Private Swim Lessons (30-minute)

Lessons are given on a first come, first serve basis. To register place your child's name on the waiting list at the front desk (this needs to be done each session). You will be contacted when a slot becomes available. Lessons are 6 weeks in length and begin after the first week of the current session. Fees are based on instructor's experience and certification.

### Swim Instructor

**Family Members: \$150 Non- Members: \$250**

**Youth Members: \$200  
\$90 each additional person**

### Master Swim Instructor

**Family Members: \$175 Non- Members: \$275**

**Youth Members: \$225  
\$100 each additional person  
(Inst: Holly, Donna, Ross, Sue, John)**

# Parent / Child Swim Lessons

**Family Member: \$56**  
**Preschool Member: \$82**  
**Non-member: \$106**

The YMCA Parent/Child Program is a nationally recognized program which promotes water enrichment and aquatic readiness activities for children ages 6 months to 3 years of age. Classes are designed to allow the child to have fun in the water while the parent or guardian guides them to learn aquatic skills. Parent Child classes are 30 minutes in length.

## Shrimp, Kipper, Inia (ages 6-18 months)

Mon 12:15-12:45pm  
Tues 9:30-10:00am  
Fri 9:00-9:30am  
Sat 9:00-9:30am  
Sat 11:30am-12:00pm

## Perch (ages 19-36 months)

Tues 9:00-9:30am  
Thu 12:45-1:15pm  
Thu 6:15-6:45pm  
Fri 9:30-10:00am  
Sat 9:30-10:00am  
Sat 11:00-11:30am  
Sun 10:30-11:00am

## Pike w/Parent (ages 2.9-5)

For children ages 3-5 who are not yet comfortable with parent separation. Parents teach their own children under the leadership of our instructors.

Tues 10:00-10:30am  
Tues 6:15-6:45pm  
Fri 10:00-10:30am  
Sat 8:30-9:00am  
Sat 10:30-11:00am  
Sun 10:00-10:30am

## Seahorse (ages 3-5, weans parent)

For children who need help weaning away from needing their parents in the water. Parents are in the water with the children for the entire class during the first week. Each successive week the parents sit out for a longer period of time.

Mon 10:30-11:00am  
Mon 6:30-7:00pm  
Wed 6:30-7:00pm  
Thu 1:30-2:00pm  
Sat 10:00-10:30am  
Sat 12:00-12:30pm  
Sun 9:30-10:00am

## Pike Beginner (ages 3-5 years old)

Children develop safe pool behavior, adjust to water and develop independent movement in water. It is designed for new swimmers who are fearful of the water.

Tues 10:00-10:30am  
Thu 5:00-5:30pm  
Fri 10:45-11:15am  
Sat 8:30-9:00am  
Sun 9:00-9:30am

## Aquatic Policies

- Children under the age of 3 and those not yet potty trained must wear a swim diaper or disposable diaper with rubber pants.
- Bathing Caps are required for all swimmers with shoulder length or longer hair.
- Parents are asked to use our viewing area during the duration of your child's class, except for "Peek week".
- Parents of preschools will need to be available for "bathroom breaks" for their child.
- Pool may be closed and classes cancelled due to severe lightening storms.
- Make-up classes are not allowed unless cancelled and rescheduled by the YMCA.
- The YMCA reserves the right to make schedule changes to better serve our members or to cancel/combine classes due to low enrollment.

# Preschool Swim Lessons

**Family Member: \$56**  
**Preschool Member: \$82**  
**Non-member: \$106**

The YMCA Preschool Swim Program is a nationally recognized program for children between the ages of 3 to 6. This program offers children their first experience in the pool without parental participation. Instructors teach skills that help children learn personal growth, personal safety, stroke development, water sports and games. Preschool Lessons are 40 minutes.

## Pike

For the beginner swimmer who needs to build skills and confidence in the water.

Mon 8:15-8:55am	Tues 6:15-6:55pm	Fri 11:15-11:55am
Mon 9:00-9:40am	Wed 9:00-9:40am	Fri 1:30-2:10pm
Mon 9:45-10:25am	Wed 9:45-10:25am	Fri 2:15-2:55pm
Mon 10:30-11:10am	Wed 1:15-1:55pm	Fri 4:00-4:40pm
Mon 12:45-1:25pm	Wed 3:30-4:10pm	Fri 4:45-5:25pm
Mon 1:30-2:10pm	Wed 4:15-4:55pm	Fri 6:15-6:55pm
Mon 3:30-4:10pm	Wed 6:30-7:10pm	Sat 8:30-9:10am
Mon 4:15-4:55pm	Thu 9:00-9:40am	Sat 9:15-9:55am
Mon 5:45-6:25pm	Thu 9:45-10:25am	Sat 10:00-10:40am
Tues 11:00-11:40am	Thu 1:15-1:55pm	Sat 10:45-11:25am
Tues 12:30-1:10pm	Thu 3:15-3:55pm	Sat 11:30-12:10pm
Tues 1:15-1:55pm	Thu 5:30-6:10pm	Sat 12:15-12:55pm
Tues 3:15-3:55pm	Fri 8:30-9:10am	Sun 9:30-10:10am
Tues 4:00-4:40pm	Fri 9:15-9:55am	Sun 11:00-11:40am

## Eel

For children who can swim independently in a horizontal position, with a flotation device on the front, back and side for a minimum of 10 yards. Children must also be comfortable putting their face in the water.

Mon 9:00-9:40am	Tues 4:45-5:25pm	Fri 10:00-10:40am
Mon 9:45-10:25am	Wed 8:15-8:55am	Fri 1:30-2:10pm
Mon 11:15-11:55am	Wed 9:00-9:40am	Fri 3:15-3:55pm
Mon 12:45-1:25pm	Wed 11:45-12:25pm	Fri 4:00-4:40pm
Mon 3:30-4:10pm	Wed 2:45-3:25pm	Fri 5:30-6:10pm
Mon 4:15-4:55pm	Wed 4:15-4:55pm	Fri 6:15-6:55pm
Mon 5:00-5:40pm	Wed 5:00-5:40pm	Sat 8:30-9:10am
Tues 8:30-9:10am	Thu 9:00-9:40am	Sat 9:15-9:55am
Tues 11:00-11:40am	Thu 9:45-10:25am	Sat 10:00-10:40am
Tues 1:15-1:55pm	Thu 10:30-11:10am	Sat 10:45-11:25am
Tues 3:15-3:55pm	Thu 2:00-2:40pm	Sat 11:30-12:10am
Tues 4:00-4:40pm	Thu 4:00-4:40pm	Sun 10:15-10:55am
	Thu 5:30-6:10pm	Sun 4:45-5:25pm

**ALL Children registering for Eel or above or Polliwog Advanced or above need a swim test unless enrolled in classes in the past 4 months. Call the Aquatics Office to set up an appointment. 781.909.7409**

## Ray

For children who can swim without a flotation device for part or all of the class time. Children will be introduced to rotary breathing and overarm recovery.

Mon 9:45-10:25am	Wed 11:45-12:25pm	Fri 10:00-10:40am
Mon 11:15-11:55am	Wed 12:30-1:10pm	Fri 12:45-1:25pm
Mon 3:30-4:10pm	Wed 3:30-4:10pm	Fri 3:15-3:55pm
Mon 4:15-4:55pm	Wed 4:15-4:55pm	Fri 4:00-4:40pm
Mon 5:00-5:40pm	Wed 5:00-5:40pm	Fri 5:30-6:10pm
Tues 9:15-9:55pm	Wed 5:45-6:25pm	Fri 6:15-6:55pm
Tues 12:30-1:10pm	Thu 8:15-8:55am	Sat 8:30-9:10am
Tues 1:15-1:55pm	Thu 10:30-11:10am	Sat 9:15-9:55am
Tues 2:30-3:10pm	Thu 12:00-12:40pm	Sat 10:00-10:40am
Tues 5:30-6:10pm	Thu 3:15-3:55am	Sat 11:30-12:10am
Wed 9:45-10:25am	Thu 4:00-4:40pm	Sun 4:00-4:40pm

## Starfish

For children who can swim without flotation for the entire class on their front, back and side. Children will work on developing their front crawl and backstroke skills.

Mon 2:15-2:55pm	Tues 5:30-6:10pm	Fri 12:45-1:25pm
Mon 4:15-4:55pm	Wed 12:30-1:10pm	Fri 4:00-4:40pm
Tues 9:45-10:25am	Wed 4:15-4:55pm	Sat 10:00-10:40am
Tues 3:15-3:55pm	Thu 4:00-4:40pm	Sat 12:15-12:55pm

## Learn to Swim

April Vacation: Tues, April 20 to Fri, April 23

Pike 8:30am-9:10am, 10:00-10:40am, 3:30-4:10pm

Eel 8:30-9:10am, 10:45-11:25am, 5:00-5:40pm

Ray 9:15-9:55am, 10:45-11:25pm

Starfish 9:15-9:55pm

Polliwog 9:15-9:55am, 4:15-4:55pm

Guppy 10:00-10:40am, 4:15-4:55pm

**Members: \$35**

**Non-members: \$60**

**Youth Members: \$45**

# Youth Swim Lessons

**Family Member: \$56**  
**Preschool Member: \$82**  
**Non-member: \$106**

The YMCA Youth Swim Program is a nationally recognized program for children in grades 1 and above. The program comprises of five main components: Personal Growth, Personal Safety, Stroke Development, Water Sports & Games and Rescue. Each level builds upon the preceding level.

## Polliwog Beginner

For the beginner swimmer. Children will work on rhythmic breathing, paddling, and floating.

Mon 3:30-4:10pm Thu 4:45-5:25pm Sat 10:45-11:25am  
Tues 4:45-5:25pm Fri 4:00-4:40pm Sat 12:15-12:55pm  
Wed 5:00-5:40pm Fri 7:00-7:40pm

## Polliwog Advanced

For children who can swim with 2 bubbles or less, but who cannot yet swim one length of the pool non-stop without flotation. Children will work on endurance, floating and be introduced to the front crawl, backstroke and sidestroke.

Mon 3:30-4:10pm Thu 3:15-3:55pm Sat 8:30-9:10am  
Mon 4:15-4:55pm Thu 4:45-5:25pm Sat 10:00-10:40am  
Tues 3:15-3:55pm Fri 3:15-3:55pm Sat 11:30-12:10pm  
Tues 4:00-4:40pm Fri 4:00-4:40pm Sun 11:00-11:40am  
Wed 2:00-2:40pm Fri 4:45-5:25pm Sun 4:45-5:25pm  
Wed 4:15-4:55pm Fri 6:15-6:55pm

## Guppy

For children who can swim one length of the pool on their front, back and side without flotation or support. Children must also be comfortable with rhythmic breathing.

Mon 3:30-4:10pm Wed 3:30-4:10pm Fri 4:45-5:25pm  
Mon 4:15-4:55pm Wed 4:15-4:55pm Fri 7:00-7:40pm  
Mon 5:00-5:40pm Wed 5:00-5:40pm Sat 9:15-9:55am  
Tues 3:15-3:55pm Thu 3:15-3:55pm Sat 10:45-11:25pm  
Tues 4:45-5:25pm Thu 4:00-4:40pm Sat 12:15-12:55pm  
Wed 2:00-2:40pm Fri 4:00-4:40pm Sun 4:00-4:40pm

## Minnow

Children should be able to float on their front and back for 1 minute without assistance. Children need to be able to swim one length of the pool each front crawl with rotary breathing, backstroke, rudimentary elementary backstroke and sidestroke. Children will be introduced to breaststroke.

Mon 4:15-4:55pm Wed 3:30-4:10pm Fri 4:45-5:25pm  
Mon 5:00-5:40pm Wed 4:15-4:55pm Fri 7:00-7:40pm  
Tues 4:00-4:40pm Thu 3:15-3:55pm Sat 9:15-9:55am  
Tues 4:45-5:25pm Fri 4:00-4:40pm Sat 11:30-12:10pm  
Wed 1:15-1:55pm

## Fish

Children must be able to swim 50 yard non-stop using front crawl and backstroke and 25 yards non-stop using sidestroke, elementary backstroke and rudimentary breaststroke. They will work to refine those strokes and be introduced to butterfly and flip turns.

Mon 5:00-5:40pm Thu 4:45-5:25pm Fri 7:00-7:40pm  
Tues 3:15-3:55pm Fri 3:15-3:55pm Sat 10:45-11:25pm  
Wed 4:15-4:55pm

## Flying Fish

Children must be able to swim 75 yards front crawl and back crawl proficiently, swim 50 yards using sidestroke, elementary backstroke, and breaststroke and swim 25 yards rudimentary butterfly. Children will work on endurance and refining their strokes.

Mon 4:15-4:55pm Thu 4:45-5:25pm Sat 12:15-12:55pm  
Wed 5:00-5:40pm Fri 7:00-7:40pm

## Shark

Children must be able to swim 100 yards front crawl with bi-lateral breathing and backstroke, sidestroke and breaststroke and swim 50 yards butterfly. They will be introduced to the inverted breaststroke, trudgen crawl and over arm sidestroke and continue to refine all previous skills.

Mon 4:15-4:55pm Thu 4:45-5:25pm  
Wed 5:00-5:40pm Sat 12:15-12:55pm

## Youth & Teen Instruction- Beginner

For ages 9-16 who have little swimming experience.  
Wed 3:30-4:10pm

## Youth Instruction-Intermediate

For ages 10-16 who can swim one length of the pool non-stop on their front and back. Focus on endurance and front, back and sidestroke.  
Tues 4:00-4:40pm

# Youth Swim Lessons

## Swim Club Ages 9-18

Enjoy a less competitive environment than swim team, while still reaping the benefits of a coached workout. The focus will be endurance, stroke technique, starts, turns and training drills.

### Level I

Participants must be able to swim 50 yards non-stop using front and back crawl.

Fri 3:15-4:00pm

**Family Members: \$60 Non-members: \$116**

**Youth Members: \$88**

### Level II

Participants must be able to swim 100 yards non-stop front crawl, backstroke and 50 yards breaststroke in good form and have a basic knowledge of butterfly.

Mon & Wed 3:30-4:15pm

**Family Members: \$92 Non-members: \$180**

**Youth Members: \$137**

### Level III

Participants must be able to swim all four competitive strokes for the distance indicated with mastered form: Front crawl 200 yards, backstroke and breaststroke 100 yards, butterfly 25 yards.

Tues & Thu 4:00-5:00pm

**Family Members: \$108 Non-members: \$210**

**Youth Members: \$160**

## Home School Swim Lessons

**Beginner** Designed for home schooled children.

Will teach proper strokes, floating and diving while building confidence in the water.

Thu 12:45-1:25pm

**Intermediate** Designed for home schooled children who can already swim 25 yards front and back crawl without flotation.

Thu 12:00-12:40pm

**Family Members: \$43 Non-member: \$94**

**Youth Members: \$70**

## Summer Swim Team

Tryouts April 12 to April 15!

Contact Mark Taffe at [mtaffe@ymcaboston.org](mailto:mtaffe@ymcaboston.org) for more information.

## Swim Team Prep Course

This program is designed to prepare children of all ages and levels for competitive swimming. This course will be taught by the professional coaching staff at the Burbank Y. The emphasis of this course will be on improving swim technique in all four competitive strokes and starts and turns.

Tues/Fri 4:45-5:45pm

**Family Members \$125 Non-members: \$225**

**Youth Members: \$175**

## Bluefins 10 & Under

### "Spring Training" **NEW**

Want to keep training in the spring without the commitment of swimming US long course? Emphasis will be on lap drills and improving stroke skills. This program will be taught by the BYB coaching staff. Tryouts required for anyone not currently a BYB team member.

March 1 to June 10

Mon/Wed/Thu 5:00-6:00pm

**Family Members: \$275 Non-members: \$375**

**Youth Members: \$325**

## Swim Like a Swimmer ©

12-Week Swim Clinic

Learn how to swim for triathlon in a group setting. The clinic includes a 2-hour initial comprehensive stroke analysis, a 12-week customized swim program, 3 x 1-hour check-ins and unlimited access to the coach during the session. Each swimmer will receive a DVD of underwater and surface film of their freestyle stroke at the first and last clinics.

**Member: \$175**

**Non-member \$200**

## Swim Like a Swimmer ©

### Private Swim Program

Learn how to swim for a triathlon. One on one sessions are for those who want to improve their swim to compete in a triathlon or open water events.

Deanna Pomfret, a USA Triathlon certified coach, can help you prepare in the pool and in open water.

<b>Fee</b>	<b>Member</b>	<b>Non-member</b>
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<b>1 Session</b>	<b>\$50</b>	<b>\$75</b>
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<b>3 Sessions</b>	<b>\$150</b>	<b>\$185</b>
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<b>6 Sessions</b>	<b>\$250</b>	<b>\$300</b>
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# Adult Sports / Health & Wellness

## Fitness Fusion

A blend of Yoga and Pilates. Train your core muscles while using a variety of equipment and gentle yoga poses. The heat is on for this class.

Tues 7:30-8:25pm

**Family Members: \$25      Non-Members: \$80**

**Adult Members: \$40**

## Personal Training

### Personal Training Packages:

Introduction Package (three 30 minute sessions) **\$60**

Introduction Package (three 60 minute sessions) **\$150**

\*An introductory training package may be purchased by a non-member one time. In order to continue training after the introductory package a membership is required. See rates below.

### One-On-One Sessions

# of Sessions	Length of Session	Price per person
One	30 minutes	\$45
Three	30 minutes	\$126
Six	30 minutes	\$240
Twelve	30 minutes	\$444
Twenty-four	30 minutes	\$792
One	60 minutes	\$60
Three	60 minutes	\$171
Six	60 minutes	\$330
Twelve	60 minutes	\$624
Twenty-four	60 minutes	\$1,152

### Group Sessions

# of Sessions	Length of Session	Price per person
One	30 minutes	\$26
Three	30 minutes	\$72
Six	30 minutes	\$132
Twelve	30 minutes	\$240
One	60 minutes	\$35
Three	60 minutes	\$99
Six	60 minutes	\$192
Twelve	60 minutes	\$360

## Performance Cycling

Experience a dynamic power-based workout specific to the needs of a cyclist and tri-athlete with performance based feedback on power, cadence, and heart rate.

Wed 6:45-8:00pm w/Rex

Sun 5:00-6:15pm w/Dawn

Mon 10:30-12:00pm w/Dawn

**Family Members: \$75      Non-Members: \$150**

**Adult Members: \$95**

## Pedal and Pump

30 minute cycle ride and 30 minutes of certified personal training.

Tues/Thu 9:15-10:30am with Michelle

**Family Members: \$55      Non-Members: \$100**

**Adult Members: \$70**

## Ultimate Boot Camp

Challenge yourself with drills and exercises. This class will be held in the gym.

Tues 9:30-10:30am Diana

Thu 9:30-10:30am Dawn

One time per week

**Family Members: \$25      Non-Members: \$100**

**Adult Members: \$35**

Two times per week

**Family Members: \$40      Non-Members: \$150**

**Adult Members: \$55**

## Burbank Running Club

ALL LEVELS WELCOME. We will work on improving form, speed and our cardio endurance.

Mon 9:30-10:30am

Wed 9:30-10:30am

Fri 9:30-10:30am

**Members: \$15**

**Non-Members: \$40**

## Triathlon Training

Prepare for the upcoming triathlon season. All levels welcome.

Mon 7:30-9:00pm

**Family Members: \$35      Non-members: \$100**

**Adult Members: \$50**

## Burbank YMCA TRI-OUT:

### Race Triathlon Simulation Series

Open to all ability levels and distances. Each event will include a triathlon training simulation; indoor pool swim, bike and run on a marked course. Events will also include a short, medium and long course option.

Sun, Feb. 21 (duathlon only - bike begins at 10:00am)

Sun, March 28 (swim begins at 9:00am)

Sun, April 18 (swim begins at 9:00am)

Sun, May 2 (swim begins at 9:00am)

**Members: \$15 per event**

**Non-members: \$30 per event**

**Save 10% when you sign up for all 3 dates.**

## Starter Fitness

This program is designed to get a non-member started in a fitness program at the Burbank YMCA. This is a nice introduction to a fitness routine that you can continue for a lifetime!

Tues/Thu, 9:30-10:30am    Tues/Thu, 6:00-7:00pm

**Non-Members \$75**

# Adult Sports / Health & Wellness

## Yo-Cy with Jen

Class begins with 10-minutes of Yoga flow then continues with a 40-minute indoor cycling class and ends with another 10-minutes of Yoga flow. Space is limited to 20 participants.

Tues 6:00pm Thu 6:00pm

**Family Members: \$30 for one class, \$50 for 2 classes**

**Adult Members: \$45 for one class, \$75 for 2 classes**

**Non-members: \$100 for one class, \$150 for 2 classes**

## Lifestyle Nutrition with Courtney Little

Courtney Little is a Clinical Nutritionist and owner of Lifestyle Nutrition. With Lifestyle Nutrition, you will learn realistic health and nutritional information that does not require you to count calories, "points" or eliminate food groups from your diet.

Wednesday, March 10, 10:00-11:00am

Wednesday, March 24, 7:00-8:00pm

Wednesday, April 14, 6:30-7:30pm

**Family Members: \$10/lecture**

**Adult Members: \$15/lecture**

**Non-Members \$25/lecture**

## Team Training Challenge

You and your teammates will be guided through 8 weeks of an intense fitness and nutrition program that will be fun, motivating and challenging! Regardless of your current level of fitness, we encourage you to participate in this program if you are completely committed to making a healthy lifestyle change. Space is limited. Team Training Challenge begins April 26th and ends June 19th. Come to our info night on Tuesday, April 13th from 7-8pm.

**Members: \$175/person**

**Non-Members: \$260/person (includes 8 weeks of membership)**

## Women's Health And Wellness

### Prenatal Yoga-Pump

Experience a fun, exciting class for mothers to be. This class will get your body and mind fit to deliver.

Sun 6:00-6:45pm

**Family Members: \$30**

**Non-Members: \$75**

**Adult Members: \$45**

### Fit Moms

This is a great class for new Moms or seasoned Moms looking to get in shape and get motivated.

Sun 5:00-6:00pm with Catarina

**Family Members: \$30**

**Non-Members: \$75**

**Adult Members: \$45**

## Women on Weights

Shape and sculpt those hard to reach places while you increase your strength for every day living. Class is taught by a certified personal trainer.

Tues/Thu 5:30-6:30am with Michelle

Mon/Wed 9:15-10:00am with Theresa

**Family Members: \$15**

**Non-Members: \$100**

**Adult Members: \$25**

## Men's Health and Wellness Y Pump for Men

Y PUMP is a barbell class that strengthens your entire body. This class will challenge all major muscle groups by using exercises like squats, presses, lifts and curls.

Wed 5:30-6:15am

**Members: FREE**

**Non-Members: \$100**

## Medically Based Wellness Total Control

Proven in medical research to promote flatter abs, give women better bladder control, improve sex life and help women sleep better at night. Appropriate for women of all ages, life stages and fitness levels.

The next class will begin on Monday, April 26th.

Mon/Wed 10:15-11:30am

**Family Members: \$100**

**Non-Members: \$180**

**Adult Members: \$140**

## Vtrim™ Weight Loss Program

Vtrim™ is designed not as a diet, but as a way to change your relationship with food and exercise.

The Vtrim™ approach is the clinical gold-standard for weight loss. For class locations and additional information on Vtrim, please contact Jerri Pratt at [jpratt@ymcaboston.org](mailto:jpratt@ymcaboston.org) or 617.927.8080

## Active Older Adult Fitness Young @ Heart

An 'at your own pace' exercise program will be designed and may include the use of a treadmill, bike, and strength equipment. Emphasis is on strengthening muscles, flexibility, and balance.

Tues/Thu 10:30-11:25am

**Members: \$40**

**Non-Members: \$75**

## Adult 4 on 4 Basketball League

Thursday and Sunday evening Leagues. Teams supply their own jersey with numbers on back. The league begins in March. Space is limited.

**Cost: \$750 per team**

# Group Exercise Program

One of the many benefits of a Burbank YMCA membership includes over 50 FREE group exercise classes per week! Check out all of the classes we offer below and for the most up-to-date schedule please visit the Burbank YMCA Branch at [www.ymcaboston.org/burbank](http://www.ymcaboston.org/burbank). For more information on the Burbank YMCA group exercise program, please contact Diana at [dganz@ymcaboston.org](mailto:dganz@ymcaboston.org) or 781.909.7402.

## Aerobic Classes

Kickboxing, Muscle Pump, Step, 20/20/20, Nia, Low Impact Aerobics, Cycling, Cardio Circuit.

## Spirit, Mind, Body Classes

Mat Pilates, Nia, Gentle Hatha Yoga, Vini Yoga, Power Yoga I and II

## Progressive Classes

These classes are free for members, but are progressive over 8 weeks and require registration. After second week, members can no longer register for these classes and must wait until the next session to begin the class.

Gentle Hatha Yoga	Mon 7:30-8:45pm
Stott Pilates I	Wed 9:30-10:25am
Stott Pilates II	Thu 10:30-11:30am
Tai Chi	Thu 7:00-8:00pm
Nia	Tues & Thu 6:30-7:25pm

**Non-member rate \$90/session for one class.**

## Aerobics/Spirit, Mind, Body Pass

Are you not yet a member of the Burbank YMCA, but would love to take our group exercise classes? Are you a regular participant in our group exercise program and have wanted to bring your friends in to take a class? Now nonmembers can purchase a Burbank YMCA Group Exercise Pass! The Group Exercise Pass allows you to pick a class and enjoy it for eight weeks. At the end of the eight weeks if you decide you want become a member and take advantage of all the FREE group exercise classes, present your Group Exercise Pass and we will give you a 50% discount on the joining fee!

**Fee: \$90 for eight weeks (Group Exercise Pass is only valid for classes FREE to members. All other classes have a different listed fee).**

# Youth / Teen Health & Wellness

<b>Family Member: \$53</b>	<b>Non-member: \$95</b>
<b>Youth Member: \$78</b>	unless otherwise noted

Children under the age of 13 are not permitted in the fitness department outside of a YMCA supervised fitness class. Teens 13 years and older are allowed to workout in the fitness department without a parent. In order to do so, all teens must go through a Fitlinx Orientation. For more information about the youth and teen fitness opportunities here at the Burbank YMCA contact Diana at 781.909.7402 or [dganz@ymcaboston.org](mailto:dganz@ymcaboston.org).

## Teen Personal Training

Work with one of our trainers to improve your fitness. Learn new exercises, gain tips, and become motivated.

<u>Members</u>	<u>Non-Members</u>
\$37/hr	\$47/hr
\$175/pkg of 5hr sessions	\$225/pkg of 5hr sessions
\$320/pkg of 10hr sessions	\$420/pkg of 10hr sessions

## Youth and Teen Bootcamp

This program will increase aerobic endurance and strength through calisthenic drills, strength training, kickboxing, pool workouts, and so much more!!!

### Youth/Teen Bootcamp

Mon	4:00-4:45pm (8-12yrs)
Mon	5:00-5:45pm (13-18yrs)
Sat	11:00-12:00pm (8-15 yrs)

**Once per week: Fees listed above**

### **Twice per week**

<b>Members: \$90</b>	<b>Non-Members: \$175</b>
<b>Youth Members \$135</b>	

### **Three per week**

<b>Members: \$130</b>	<b>Non-Members: \$250</b>
<b>Youth Members: \$190</b>	

# Youth / Teen Health & Wellness

<b>Family Member: \$53</b>	<b>Non-member: \$95</b>
<b>Youth Member: \$78</b>	unless otherwise noted

## Youth Recess

This class incorporates childhood games such as dodge ball, duck duck goose and foursquare into a full body workout. Class is taught by instructors with special expertise and training.

Tues 3:30-4:15pm with Joanne

Fri 6:30-7:25pm (This is a Family Recess Class- standard rates apply) with Olga

## Saturday Strength Training (8-12yrs)

Theresa, Burbank YMCA personal trainer, will give your child a challenging workout in the fitness center by using a combination of the cardio, strength and free weight equipment. Theresa will teach your child how to exercise safely with proper technique.

Sat 12:00-1:00pm

## Yoga Kids (Ages 5-8)

Yoga Kids is designed to build your child's flexibility, coordination, balance, core strength, focus, and clarity. Class will include animal poses, balloon breathe, warrior stances, volcano eruptions, friendship circles, relaxation techniques and more.

Mon 4:45-5:30pm

## Teen Group Cycling

Get a great workout after school while having fun and listening to great music! Youth must be 5 feet or taller to participate.

Mon 4:00-4:30pm

Thu 4:00-4:30pm

**Family Members: FREE**

**Non-members: \$75**

**Youth Members: FREE**

**price is per class**

# Family Health & Wellness

## Family Yoga (6+ yrs)

Yoga has proven to encourage concentration, positive thinking, confidence, self-esteem and self-expression in children. This class introduces yoga through poses inspired by nature and animals accompanied with colorful stories.

Sun 4:00-4:45pm

**Family Members: \$53**

**Youth Members: \$78**

**Non-members: \$95**

## Family Zumba

Get into the groove and move, move, move! Get movin' with Family Zumba as fitness becomes fun with this Latin dance workout that will leave you sweating and smiling!

Sat 4:00-4:45pm

**Family Members: \$53**

**Youth Members: \$78**

**Non-members: \$95**

# Specialty Programs

## Private Guitar Lessons (All ages)

All levels and ages welcome. Instruments provided or bring your own. Time slots available after school and evenings. For more information contact John Leary at [jleary@ymcaboston.org](mailto:jleary@ymcaboston.org).

**8 half hour lessons**

**8 one hour lessons**

**Family member: \$120**

**Family member: \$235**

**Youth/Teen Member: \$150**

**Youth/Teen member: \$250**

**Non-Members: \$175**

**Non-Member: \$290**

## Intro to Billiards (ages 8-14)

Visit our game room and learn to play some eight ball! Class size is limited to 8.

Sat 12:00-12:45pm

**Family Members: \$35**

**Non-members: \$65**

**Youth Members: \$55**

## Mother & Daughter Knitting

Learn the basics of knitting while getting in some family time! Supplies will be provided.

Wed 6:30-8:00pm

**Family Members: \$40**

**Non-members: \$75**

**Youth Members: \$60**

## Intro to Chess (ages 7-10)

**NEW**

Learn to conquer the chess board in this class. No experience needed!

Wed 6:00-6:45pm

**Family Member: \$30**

**Non-member: \$50**

**Youth Member: \$40**

# Specialty Programs

## Scrapbooking for Kids (ages 6-10) **NEW**

Cut, paste, glue and design your very own scrapbook! Basic supplies will be provided. Participant must supply photographs.

Tues 6:00-6:45pm

**Family Member: \$53**

**Non-member: \$95**

**Youth Member: \$78**

## Exploring the

## Solar System (ages 7-10) **NEW**

Explore the planets and moons that make up our solar system. You will learn about and create your own solar system!

Mon 6:00-6:45pm

**Family Member: \$53**

**Non-member: \$95**

**Youth Member: \$78**

# Computer Learning Center

## Computers for Kids - Programming, Animation, Games & Logical Thinking (ages 8-10, including 6th grade)

Develop logical thinking skills and have fun creating and animating characters and scenes. Each week we will build on what was learned the previous week.

Tue 6:00-7:00pm

**Family Members: \$75**

**Non-Members: \$135**

**Youth Members: \$105**

## Scratch Computer Club (ages 8-12)

Continue working on Scratch Projects under supervision of instructor. To join you must have taken Computer Programming for Kids or have prior instructor approval.

Thu 6:00-7:00pm

**Family/Youth Members: \$50 Non-members: \$60**

# Preschool & Youth Enrichment

**Family Member: \$53**

**Non-member: \$95**

**Youth Member: \$78**

**unless otherwise noted**

## Alphabet Soup (2-3 yrs)

Learn the alphabet with crafts, stories and songs.

Tue 10:00-10:45am

## Craft and a Sport (3-5 yrs)

Enjoy a sport related craft, followed by playing the sport. A new sport each week!

Mon 11:00-11:45am

## Messy Play (2-3 yrs w/parent)

Introduce your child to the joy of messy hands through painting, watercolors, chalk, play dough, glitter and glue. Smocks or old clothes required.

Thu 9:00-9:45am

Fri 9:00-9:45am

## Little Picassos (2-4 yrs)

Explore your artistic side with use of oil paints, pastels, charcoal and watercolors.

Wed 11:00-11:45am

## World of Animals (ages 2-4)

Every week will be a new adventure in learning about an animal. Come on a safari to learn elephants or take an arctic trip to see penguins!

Fri 10:00-10:45am

## Little Chef (3-5 yrs)

Learn how to make quick and easy healthy snacks!

Mon 12:00-12:45pm

Sat 12:00-12:45pm **NEW TIME**

## Superhero Story and a Craft (2-4 yrs)

Listen to a story, then create a related craft!

Wed 10:15-11:00am

## Creatures of the Sea (2-4 yrs)

Each week discover a new creature from the ocean with crafts and stories.

Tues 11:00-11:45am

## Marvelous Music (2-4 yrs)

Play instruments, sing songs and create your own beats and rhythms.

Tues 10:00-10:45am

Fri 11:00-11:45am

Sat 11:00-11:45am **NEW TIME**

## Science Exploration (4-5 yrs)

Explore the world of science with fun activities.

Mon 10:00-10:45am

Thu 10:00-10:45am

## Prehistoric Times (ages 2-4)

Learn about dinosaurs and create your own fossils in this class.

Tue

11:00-11:45am

# Preschool & Youth Enrichment

<b>Family Member: \$53</b> <b>Youth Member: \$78</b>	<b>Non-member: \$95</b> unless otherwise noted
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## World of Disney (ages 3-5)

Read your favorite Disney stories followed by a magical craft!

Mon	11:00-11:45am
Fri	10:00-10:45am
Sat	10:00-10:45am

## Tumble Tots (1-2 yrs)

Toddlers learn and refine motor skills and social skills with active assistance from parents.

Mon 10:00-10:45am	Thu 10:00-10:45am
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## Shake, Rattle & Roll

Games, obstacle courses and activities on the mats.

Mon 9:15-10:00am (2-3 yrs w/ parent)
Thu 11:00-11:45 am (2-3 yrs w/ parent)

## Karate (5-11yrs)

Build strength, confidence, character and self-esteem. Karate helps children by increasing concentration and setting goals which can improve performance at school. (Optional: test when ready to progress to next colored belt- \$30)

Tues 4:15-5:00pm	Youth Karate (7-11yrs)
Thu 4:15-5:00pm	Youth Karate (7-11yrs)
Sat 12:00-1:00pm	All Levels

## Ballet Program

Sat 1:30-2:15pm	Pre-Ballet and Creative Movement (3-4yrs)
Sat 2:15-3:00pm	Pre-Ballet and Creative Movement (3-4yrs)
Sat 3:00-3:45pm	Ballet IA (5-6yrs)

## Baby Time (6-18 months)

Come enjoy time with your babies and learn songs, play on the mats and meet new friends.

Wed	9:00-9:30am
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## Burbank YMCA Cheer Team (5-9 yrs)

RAH RAH RAH!!! Kids will be learning cheers, teamwork, tumbling and basic stunts. The cheer team will put on a performance for parents during the last week of the session.

Wed	4:30-5:15pm (5-9yrs)
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## Magic Class (Ages 8-14)

This course will explore many types of magic using simple props (i.e. cards, newspaper, etc). Magician Pete Jackson will teach you some unique tricks and illusions!

Wed	5:00-5:45pm
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# Preschool & Youth Sports

<b>Family Member: \$53</b> <b>Youth Member: \$78</b>	<b>Non-member: \$95</b> unless otherwise noted
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## Gym and Swim

Progressive programming with half hour in the gym and half hour in the pool that will increase flexibility, motor skills, coordination, strength, and self-confidence.

Wed	9:30-10:30am (18-36 months w/ parent in water).
Wed	10:30-11:30am (3-5 yrs No Parent in the water)

## Intro to Sports w/parent (2-3 yrs)

Your little sports fan will learn ball skills and exercise in this class.

Tues 9:15-9:45am	Sat 8:30-9:00am
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<b>Family Member: \$30</b> <b>Youth Member: \$45</b>	<b>Non-members: \$60</b>
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## Mini All Stars (ages 3-4)

This class offers a different sport every week.

Mon 1:00-1:45pm	Thu 12:00-12:45pm
Tues 10:00-10:45am	Fri 10:00-10:45am

## KinderSports (ages 4-5)

Participate in a new sport each week while getting some exercise.

Mon 10:00-10:45am	Thu 1:00-1:45pm
Wed 11:00-11:45am	Fri 1:00-1:45pm

## Soccer (ages 3-5)

Learn fundamentals, basic soccer skills, and have a great time!

Tues 12:00-12:45pm	Fri 11:00-11:45am
Wed 10:00-10:45am	Fri 4:00-4:45pm
Wed 3:30-4:15pm	

# Preschool & Youth Sports

**Family Member: \$53**

**Non-member: \$95**

**Youth Member: \$78**

unless otherwise noted

## T-Ball (ages 3-5)

Practice your swing, learn to field, and run the bases.

Mon 4:00-4:45pm Thu 3:00-3:45pm

Tues 11:00-11:45am Fri 10:00-10:45am

## Preschool Floor Hockey

Learn the basics of floor hockey.

Mon 11:00-11:45am Tue 3:00-3:45pm

## Jr. Celtics Basketball

The Jr. Celtics program will emphasize sportsmanship, youth wellness and teamwork while developing basketball skills in a non-competitive environment. Class sizes are limited.

## Jr. Celtics Little Hoopsters (ages 4-5)

Tues 4:00-4:45pm Sat 10:15-11:00am

Thu 11:00-11:45am Sun 12:45-1:30pm

Fri 12:00-12:45pm

## Jr. Celtics

Tues 6:00-6:45pm (ages 6-8)

Wed 4:30-5:15pm (ages 6-8)

Fri 3:00-3:45pm (ages 6-8)

Sat 11:15-12:00pm (ages 6-8)

Sat 12:15-1:00pm (ages 9-11)

## Broomball (ages 4-6)

This class combines elements of soccer and hockey. Practice stick-handling and shooting while playing with a broom!

Mon 12:00-12:45pm Thu 10:00-10:45am

## Flag Football (ages 6-9)

Are you ready for some flag football?

Thu 5:00-5:45pm

## Sports Sampler (ages 6-8)

Enjoy playing a different sport each week.

Mon 6:00-6:45pm

## Soccer (ages 6-8)

Practice dribbling, passing and scoring goals.

Mon 5:00-5:45pm

## Lacrosse (ages 6-9)

Learn how to stickhandle, shoot, and pass.

Wed 5:30-6:15pm

## Sports Leagues

### Soccer League (ages 3-5)

Basic drills will be taught before each game and each player will receive his or her own shirt along with an award. Program will be held indoors.

Sun 12:00-12:45pm

### T-Ball League (ages 3-5)

Basic fundamental drills like throwing, hitting and fielding are taught. Each player will receive their own YMCA T-Ball shirt! Program will be held indoors.

Sat 9:15-10:00am

### Floor Hockey League (ages 6-9)

Basic drills will be taught before the start of each game. Players will also receive a participant award and his or her own shirt.

Tues 5:00-5:45pm

**Family Members: \$56**

**Non Members: \$100**

**Youth Members: \$82**

## Vacation Sports Week

### April Vacation Sports Week

Ages 6 to 10 years

Tuesday, April 20 to Friday, April 23

9:00am to 12:00pm

Tues: Jr. Celtics Basketball; Wed: Soccer; Thurs: Floor Hockey; Fri: Jr. Celtics Basketball.

**Cost: \$35 per day or \$130 per week.**

# Registration Form

Walk-in registration begins at 8:30am. Registration is on a first-received basis. Mail-in, Fax, Drop-off and On-line registrations are entered in the order they are received on the appropriate day (members reg./non-members reg.). Please mail or fax in registrations to the address or fax number listed on the back cover. Financial assistance is available through our YMCA "Membership For All" and "Access" programs. Call the Y for more info.

1. The YMCA reserves the right to make schedule changes to adequately serve our membership or to cancel classes due to low enrollment
2. We do not confirm registrations. Please note the time and date of your first class.
3. In cases where classes are filled when we receive your registration, we will notify you to try and arrange an alternate class.
4. Full payment must be made when you register. We cannot reserve spaces without full payment. Checks may be made out to the Burbank YMCA.
5. **There is a \$5 processing charge on all cancellations and transfers.**

## Registration Dates

Sunday, February 7th - Member Drop Off/ Mail In/ Fax In

Monday, February 15th - Member Walk-In/ Online Registration

Monday, February 22nd - Non-member Walk-In Registration

PARTICIPANT'S NAME \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_

Please check this box if you have a new address.

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE # \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

How did you hear about us? (circle one)

NEWSPAPER      FRIEND      DROVE BY      YELLOW PAGES      RECEIVED BROCHURE IN MAIL

OTHER \_\_\_\_\_

CLASS NAME \_\_\_\_\_

FIRST CHOICE - DAY \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

SECOND CHOICE - DAY \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

CLASS NAME \_\_\_\_\_

FIRST CHOICE - DAY \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

SECOND CHOICE - DAY \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

MEMBERSHIP TYPE (circle one): Family Member    Youth / Preschool Member    Non-member

ADD MEMBERSHIP FEE (circle one)    RENEW    NEW    FEE \_\_\_\_\_

YES! I want to support the annual REACH OUT campaign, add \$ \_\_\_\_\_ to my total due.

Total amount to be charged (add all classes, membership, and Reach Out donation) \$ \_\_\_\_\_

METHOD OF PAYMENT: CHECK \_\_\_\_\_ AMOUNT ENCLOSED \$ \_\_\_\_\_

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

Attach additional paper for more than one registration.



36 ARTHUR B. LORD DRIVE  
READING, MA 01867



## Burbank YMCA Summer Camps Summer Camp Starts Monday, June 28th!

- Outdoor Camps
- Preschool Camps (1/2 Day and Full Day)
- Field Trip Camps
- Sports Camps
- Leadership Camps

**SIGN UP FOR CAMP BEFORE  
APRIL 1, 2010 TO RECEIVE FREE  
PRE AND POST CARE!**

Learn more at a Summer Camp Open House:

Thursday, February 25, 5:00 – 7:00pm

Saturday, February 27, 9:00am – 12:00pm

Saturday, March 13, 10:00am – 12:00pm

Tuesday, March 23, 5:30pm – 7:00pm

Sunday, March 28, 10:00am – 12:00pm



For more information visit [www.ymcaboston.org/burbank](http://www.ymcaboston.org/burbank)  
to download a Summer Camp Brochure or call 781.944.9622!

781.944.9622

MAIN LINE

781.942.1130

FAX

**Burbank**

