



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA  
SIMI VALLEY YMCA


# ENRICHMENT CLASSES



...DROP-IN CLASSES: RESERVATION ON APP REQUIRED...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO DROP IN CLASSES SCHEDULED	NO DROP IN CLASSES SCHEDULED	4:45PM - 5:30PM <b>FAMILY YOGA</b> 6+ YEARS MS. KARIN   STUDIO 3	NO DROP IN CLASSES SCHEDULED	NO DROP IN CLASSES SCHEDULED	NO DROP IN CLASSES SCHEDULED

...FALL SESSION 1: 9/12 - 10/22 | REGISTRATION REQUIRED...

<p>3:00PM - 3:30PM <b>LITTLE CRAFTERS*</b> PRESCHOOL MS. NADEEN   STUDIO 2</p> <p>3:20PM - 4:30PM <b>JOE'S BOXING CLUB</b> TEENS 11 - 17 YRS MR. JOE   STUDIO 3</p> <p>3:45PM - 4:30PM <b>PAINTING*</b> COMBO 6 - 11 YRS MS. NADEEN   STUDIO 2</p>	<p>3:20PM - 4:30PM <b>JOE'S BOXING CLUB</b> COMBO 6 - 10 YRS MR. JOE   STUDIO 3</p> <p>3:30PM - 4:15PM <b>BALLET/TAP</b> PRESCHOOL MS. TORI   STUDIO 2</p> <p>4:30PM - 5:15PM <b>HIP HOP</b> COMBO 6 - 11 YRS MS. TORI   STUDIO 2</p>	<p>3:20PM - 4:30PM <b>JOE'S BOXING CLUB</b> TEENS 11 - 17 YRS MR. JOE   STUDIO 3</p> <p>4:00PM - 4:30PM <b>YOGA</b> PRESCHOOL 3 - 5 YRS MS. KARIN   STUDIO 2</p>	<p>3:20PM - 4:30PM <b>JOE'S BOXING CLUB</b> COMBO 6 - 10 YRS MR. JOE   STUDIO 3</p> <p>3:30PM - 4:15PM <b>ACTING &amp; IMPROV</b> COMBO 6 - 11 YRS MS. NADEEN   STUDIO 2</p> <p>4:30PM - 5:15PM <b>LEGO CLUB</b> COMBO 6 - 11 YRS MS. NADEEN   STUDIO 2</p>	<p>NO SESSION-BASED CLASSES SCHEDULED</p>	<p>NO SESSION-BASED CLASSES SCHEDULED</p>
				<p>* CLASS HAS A SUPPLY FEE</p>	
				<p>TO VIEW ALL CURRENT SCHEDULES <b>SCAN HERE</b></p> 	
				<p><b>KIDS' ZONE HOURS</b></p> <p>MON - SAT: 8:00AM - 11:00AM</p> <p>MON - THURS: 4:00PM - 7:00PM</p>	

07/12/2022—SCHEDULE SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK OUR WEBSITE OR APP FOR MOST CURRENT SCHEDULE.



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# ENRICHMENT CLASSES

[www.sevymca.org/enrichment](http://www.sevymca.org/enrichment)



## DROP-IN CLASSES:

- Members continue to use the app to reserve spots in class up to 49 hours in advance
- Classes are an added value to monthly membership fee
- Reserve a spot in class every time you would like your child to join

## SESSION-BASED CLASSES:

- Members must register online in advance for these classes. They are included in your membership.
- Sessions are 6 weeks long
- Child will be registered to participate in the entire 6 weeks of classes.
- Parents will not need to reserve a spot in the class on the app. They can just show up to the class on the days it is scheduled.
- The classes will be progressive with the students displaying skills and knowledge focused on during the 6 weeks.
- Each child may only register for two classes per session.
- We do not allow drop-ins to these classes.
- If the class is full when you register, you will be put on a wait list and we will contact you if a space opens up.

## SUPPLY FEE:

Some of our session-based classes require a supply fee. The fee is just to cover the supplies your child will need during the length of the class. ie: paint brushes and paint for the paint classes.

**BALLET/TAP (Preschool 3-5yrs):** Ballet and tap basic techniques will be taught through creative and energetic songs and activities.

**HIP HOP (Preschool 3-5yrs):** Teaching fun and age-appropriate dance moves, kids will work on coordination, rhythm, and self-confidence!

**LEGO CLUB:** Calling all Lego fanatics! Kids in the club will get creative and hang out with friends all while playing with Legos.

**LITTLE GROOVERS (Baby and Me):** Children will engage in dance and music activities that help them develop their gross motor skills and creative expression.

**SOCCER:** This introductory class will present the rules and fundamental skills of the game aimed to advance player development, promote self confidence, teamwork, and good sportsmanship. The overall aim is for all players to have a positive experience and demonstrate competency in practice and game like scenarios.

**YOGA (Preschool 3-5yrs):** Kids will learn the basics of yoga along with practicing mindfulness, meditation, and relaxation.

**YOUTH FITNESS:** This beginners class is designed to introduce individuals to different areas of fitness aimed to enhance their cardio endurance, muscular strength, and power along with educating students on the proper techniques with regards to warm-up, stretching, and cool down