



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

**YARROW FAMILY YMCA**

# ENRICHMENT CLASSES



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

## MONDAY

10:30AM - 11:00AM  
**LITTLE GROOVERS**  
BABY & ME  
MS. TORI | STUDIO 1

## TUESDAY

NO DROP IN CLASSES  
SCHEDULED

## WEDNESDAY

10:30AM - 11:00AM  
**LITTLE GROOVERS**  
BABY & ME  
MS. TORI | STUDIO 1

## THURSDAY

NO DROP IN CLASSES  
SCHEDULED

## FRIDAY

NO DROP IN CLASSES  
SCHEDULED

## SATURDAY

9:30AM  
**FAMILY FIT (8 YEARS & UP)**  
JARRETT & NATHAN  
STUDIO 3

10:30AM  
**FAMILY ZUMBA**  
IDA | STUDIO 4  
ONLY OFFERED:  
9/17, 10/15, 11/18 & 12/17

...FALL 1 SESSION 2: 9/12 - 10/22 | REGISTRATION REQUIRED...

3:30PM - 4:15PM  
**DRAWING/CARTOONING**  
COMBO 6 - 11 YRS  
MR. LOU | STUDIO 1

4:30PM - 5:15PM  
**PAINTING\***  
COMBO 6 - 11 YRS  
MR. LOU | STUDIO 1

10:30AM - 11:00AM  
**DUPLO CLUB**  
PRESCHOOL  
MS. TORI | STUDIO 1

3:00PM - 3:45PM  
**LITTLE CRAFTERS**  
PRESCHOOL  
MS. NADEEN | STUDIO 1

4:00PM - 4:45PM  
**TAP**  
COMBO 6 - 11 YRS  
MS. KIM | STUDIO 3

4:00PM - 4:45PM  
**LET'S EXPLORE (STEAM)\***  
COMBO 6 - 11 YRS  
MS. NADEEN | STUDIO 1

5:00PM - 5:45PM  
**BALLET**  
COMBO 6 - 11 YRS  
MS. KIM | STUDIO 3

5:00PM - 5:45PM  
**LEGO CLUB**  
COMBO 6 - 11 YRS  
MS. NADEEN | STUDIO 1

3:30PM - 4:15PM  
**COOKING MASTERS\***  
PRESCHOOL  
MS. NADEEN | STUDIO 1

4:15PM - 4:45PM  
**SOCCER SKILLS & DRILLS**  
PRESCHOOL  
MS. SABRINA | TURF

4:45PM - 5:30PM  
**COOKING MASTERS\***  
COMBO 6 - 11 YRS  
MS. NADEEN | STUDIO 1

5:00PM - 5:45PM  
**SOCCER SKILLS & DRILLS**  
COMBO 6 - 11 YRS  
MS. SABRINA | STUDIO 3

9:45AM - 10:15AM  
**BALLET/TAP**  
PRESCHOOL  
MS. TORI | STUDIO 1

10:30AM - 11:00AM  
**PRESCHOOL FUN**  
PRESCHOOL  
MS. TORI | STUDIO 1

3:00PM - 3:30PM  
**HIP HOP**  
PRESCHOOL  
MS. TORI | STUDIO 4

3:30PM - 4:15PM  
**DRAWING/CARTOONING**  
COMBO 6 - 11 YRS  
MR. LOU | STUDIO 1

4:30PM - 5:00PM  
**BASKETBALL SKILLS & DRILLS**  
PRESCHOOL  
MS. SABRINA | GYM

4:30PM - 5:15PM  
**PAINTING\***  
COMBO 6 - 11 YRS  
MR. LOU | STUDIO 1

4:30PM - 5:15PM  
**CREATIVE DANCE FUSION**  
COMBO 6 - 11 YRS  
MS. KIM | STUDIO 4

5:15PM - 5:45PM  
**BASKETBALL SKILLS & DRILLS**  
PRESCHOOL  
MS. SABRINA | GYM

5:30PM - 6:15PM  
**HIP HOP**  
COMBO 6 - 11 YRS  
MS. KIM | STUDIO 4

NO SESSION-BASED  
CLASSES SCHEDULED

9:00AM - 9:45AM  
**SOCCER SKILLS & DRILLS**  
COMBO 6 - 11 YRS  
MS. SABRINA | TURF

9:30AM - 10:15AM  
**FAMILY FIT**  
8 YEARS & UP

10:00AM - 10:30AM  
**SOCCER SKILLS & DRILLS**  
PRESCHOOL  
MS. SABRINA | TURF

10:30AM - 11:00AM  
**FAMILY ZUMBA**  
MS. IDA | STUDIO 4  
ONLY OFFERED ON:  
9/17, 10/15, 11/18 & 12/17

\* CLASS HAS A SUPPLY FEE

TO VIEW CURRENT SCHEDULES  
**SCAN HERE**



### KIDS' ZONE HOURS:

MON - SAT:  
8AM - 12PM

MON - THURS:  
2:45PM - 7PM

09/12/2022—SCHEDULE SUBJECT TO CHANGE AT ANY TIME.



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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

**BALLET (Combo 6-11 yrs):** Introduction to classical ballet technique, etiquette, and terminology. Dancers will develop foundational concepts of ballet such as coordination, alignment, strength, flexibility, and musicality. Curriculum will progress with basic ballet steps and simple choreography.

**BALLET/JAZZ (Preschool 3-5yrs):** Your little dancer will enjoy expressing themselves through movement in this fun introductory class. This curriculum is designed to introduce basic movements of ballet and jazz techniques. Dancers will enjoy learning basic ballet and jazz technique and terminology through movement, creative activities, and games.

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

**COOKING MASTERS (Preschool 3-5yrs/Combo 6-11 yrs):** Cooking is an exciting class that can help young children learn and practice some basic math concepts and build language skills. Students in our cooking class will get creative with food and learn about the importance of a healthy lifestyle. This class will encourage independence and exploration with flavors and new tastes.

**CREATIVE DANCE FUSION (Combo 6-11 yrs):** Built on the techniques of ballet and jazz. Layered with the techniques and stylized movements of contemporary, lyrical, and modern. Students will be encouraged to discover and express personal style, creativity, and emotion through progressive choreography and improvisation exercises. Emphasis on expression, rhythm, spatial awareness, and body control.

**DRAWING/CARTOONING (Combo 6-11 yrs):** Learn drawing techniques and draw some of your favorite cartoons and characters. All you need is a pencil and paper!

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

**JAZZ (Combo 6-11 yrs):** Builds on basic movements introduced in Ballet/Jazz combination class. The curriculum is driven by ballet and various styles of jazz technique. Students will experience a more structured class with age-appropriate stretches, and progressive combinations. Emphasis on building confidence, performance skills and complex movement patterns.

**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.

**LITTLE CRAFTERS (Preschool 3-5yrs):** Learn fine motor skills, color knowledge, self-expression, and much more with exciting craft projects.

**MUSICAL THEATER (Combo 6-11 yrs):** This fun, interactive class will build on basic movements introduced in Ballet and Jazz. The curriculum introduces more stylized movements, and a structured class environment. Emphasis on Broadway jazz varieties, performance skills and building confidence through patterns and steps that increase in complexity.

**PRESCHOOL FUN (Preschool 3-5yrs):** In this fun and engaging class for 3-5 year-olds, children will get a chance to listen to stories, sing songs, learn something new, move their bodies, and interact with their peers. Join us for all the best of preschool condensed into a 30-minute class!

**SOCCER SKILLS & DRILLS (Preschool 3yrs/ Combo 6-11 yrs):** 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.

**STORY TIME and SHOW & TELL (Preschool 3-5yrs):** Paired with a story, children will get a chance each class to show their peers something from home that makes them excited. This helps build preschoolers' language and communication skills while boosting their self-confidence.

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