

FALL 1
AUGUST 18 – SEPTEMBER 27



ADULT ENRICHMENT

SESSION BASED-CLASSES

WEDNESDAY

**ADULT PROFESSIONAL
DEVELOPMENT
3:45PM – 4:30PM
STEPHANIE
JACK'S RM**



FRIDAY

**TAPPY HOUR FOR ADULTS
5:00PM – 5:45PM
KARINA
STUDIO**

**INTRO TO BALLROOM DANCE
6:00PM – 6:45PM
XAVIERA
STUDIO**

SATURDAY

**KIDS AGAIN ARTS & CRAFT FOR
ADULTS
11:00AM – 11:45PM
ELA
JACK'S RM**

**REGISTRATION OPEN
JULY 30 at 9:00am**

**SCHEDULE SUBJECT TO
CHANGE AT ANY TIME.
PLEASE CHECK THE YMCA
APP FOR UPDATED
CHANGES.**



Simi Valley Family YMCA
3200 Cochran Street, Simi Valley, CA 93065 | 805.583.5338
Questions? Connie Tibbetts-Milner at ctibbetts-milner@sevymca.org



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ADULT ENRICHMENT CLASS DESCRIPTIONS

ADULT PROFESSIONAL DEVELOPMENT

This class is a supportive and skill-building course designed to help adults at any stage of their career journey. Whether you are looking for a job, aiming for a promotion, re-entering the workforce or simply seeking to grow in your current role, this class offers practical tools to help you move forward with confidence. Participants will explore topics like resume writing, interview skills, communication, time management and goal setting, all in a collaborative environment that encourages growth and real-world application.

TAPPY HOUR FOR ADULTS

This is a lively, low-pressure tap dance class for adults who want to move, groove and make some joyful noise! Whether you are brand new to taping or brushing off your old shoes, this class focuses on rhythm, footwork and fun combinations in an upbeat, encouraging environment. No fancy footwork required; just bring your enthusiasm and let's make some tap magic, one shuffle at a time!

INTRO TO BALLROOM DANCE

This class is a fun and welcoming class for adults ready to step into the world of ballroom—no partner required! You will learn the basics of styles like waltz, foxtrot and rumba while building confidence, rhythm and poise. Whether you are dancing alone or pairing up in class, this supportive environment makes it easy to move at your own pace, have fun and enjoy the music. This program is ideal for those who are just starting out or those who want to explore something new!

KID AGAIN: ARTS & CRAFTS

This class offers a stress-free creative experience for grown-ups seeking to rekindle their inner child by using paint, glue and their imagination. Each session offers a new hands-on project, ranging from nostalgic crafts to playful art pieces designed to spark creativity, laughter and relaxation. You do not need any prior experience, just a willingness to have fun and potentially get messy. Let's make something wonderful, just because we can!

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