

SIMI VALLEY FAMILY YMCA



# YOUTH SPORTS SKILLS, DRILLS & COMPETITIONS

FALL 1 SESSION: AUGUST 18 - SEPTEMBER 27  
NO CLASSES 9/1

## FEES:

Member: \$60

Non-Member: \$75



10-17 Years Old				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45 PM - 6:30 PM <b>FLAG FOOTBALL SKILLS, DRILLS &amp; COMPETITION</b> LEVEL 1 COACHES DAVID AND DAVID GRASS FIELD	<b>NO CLASSES</b>	5:45 PM - 6:30 PM <b>SOCCER SKILLS, DRILLS &amp; COMPETITION</b> LEVEL 1 COACHES DAVID AND DAVID GRASS FIELD	5:45 PM - 6:30 PM <b>VOLLEY BALL SKILLS, DRILLS &amp; COMPETITION</b> LEVEL 1 COACHES DAVID AND DAVID GRASS FIELD	<b>NO CLASSES</b>



REGISTRATION  
OPENS 8/4  
at 9AM ONLINE



SIMI VALLEY FAMILY  
3200 Cochran Street, Simi Valley, CA 93065  
Questions? Contact Connie Tibbetts-Milner at [ctibbetts-milner@sevymca.org](mailto:ctibbetts-milner@sevymca.org)





## SKILLS, DRILLS & COMPETITION DESCRIPTIONS

**FLAG FOOTBALL: AGES 10-17yrs,** This class is an exciting, non-contact program that teaches kids the fundamentals of football—passing, catching, route running, defense and teamwork—through fun drills and structured play. With a focus on sportsmanship and skill-building, players build confidence and love for the game in a supportive environment.

**SOCCER: AGES 10-17 yrs,** Class is a fun, skill-building experience where young athletes learn the fundamentals of the game—dribbling, passing, shooting, teamwork and sportsmanship—through engaging drills and friendly scrimmages. This program is designed to support confidence, coordination and a love for the game in a positive, inclusive environment.

**VOLLEYBALL: AGES 10-17 yrs,** This class is a fun, fast-paced program where young athletes learn how to serve, bump, set and spike in a positive, team-focused environment. Players will build strength, coordination and communication skills while learning to love the game—one rally at a time. Great for new players and those ready to level up!



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