

YARROW FAMILY YMCA



YOUTH SPORTS SKILLS, DRILLS & COMPETITIONS

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

FEES:

Member: \$60

Non-Member: \$75



| ROOKIES 3-5 Years Old | | | | | |
|--|---|--|--|------------|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | 2:30 PM - 3:15 PM T-BALL MR. TROY YMCA TURF | 4:45 PM - 5:30 PM PICKLEBALL MR. RYAN GYM | | |
| 6-11 Years Old | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 4:15 PM - 5:00 PM PICKLEBALL SKILLS, DRILLS & COMPETITION MR. MATT & MR. RYAN GYM | 3:30 PM - 4:15 PM ELITE, AGILITY & CONDITIONING STARS MR. MATT GYM | 3:30 PM - 4:15 PM BASEBALL SKILLS, DRILLS & COMPETITION MR. TROY YMCA TURF | 5:45 PM - 6:30 PM BALL HOCKEY SKILLS, DRILLS & COMPETITION MR. RYAN YMCA ASPHALT | NO CLASSES | 10:00AM - 10:45 AM BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 1 MR. MATT GYM |
| 5:15 PM - 6:00 PM BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 1 MR. MATT GYM | 5:15 PM - 6:00 PM SOCCER SKILLS, DRILLS & COMPETITION MS. JAI YMCA TURF | | | | 10:45AM - 11:30 AM BASKETBALL SKILLS, DRILLS & COMPETITION LEVEL 2 MR. MATT GYM |

YARROW FAMILY YMCA

31105 Thousand Oaks Blvd., Westlake Village, CA 91362
Questions? Contact Ryan Grabow at rgrabow@sevymca.org



SKILLS, DRILLS & COMPETITION DESCRIPTIONS

ROOKIE T-BALL: AGES 3-5yrs, Class is an introduction to T-ball designed for our preschoolers. Players will be introduced to the basics of hitting from a tee, catching, throwing and running bases. Each 45-minute session is carefully crafted to support early motor development, hand-eye coordination and confidence, all while having fun.

ROOKIE PICKLEBALL: AGES 3-5yrs, This class is an introduction to pickleball designed for our preschoolers. Players will explore the basics of pickleball through imaginative games and activities that focus on paddle control, movement, and coordination—all at a pace perfect for little learners. Each 45-minute session is carefully crafted for preschoolers. Equipment provided. Parents are encouraged to participate alongside their children.

BALL HOCKEY SKILLS, DRILLS & COMPETITION: AGES 6-11yrs, This class is a fun and fast-paced introduction to outdoor ball hockey! No experience needed; just bring a positive attitude, sneakers, and a willingness to play and learn. Players will develop key hockey skills such as stickhandling, passing, shooting, and basic defensive positioning, all while building speed, coordination, and confidence. Each session also emphasizes teamwork, communication, and sportsmanship. Every class ends with an exciting scrimmage where kids can apply their skills in a fun, game-like environment.

BASKETBALL LEVEL 1: AGES 6-11 yrs, This class is an introduction to the sport of basketball. No playing experience necessary; just come with a good attitude and a willingness to learn and have fun! This class focuses on introducing the game and progressively teaches the fundamentals of basketball (passing, shooting, dribbling, offense and defense introduction) while also building life skills (teamwork, respect, determination, dedication, drive and confidence).

BASKETBALL LEVEL 2: AGES 6-11 yrs, Prior organized team playing experience is required (or a level 2 recommendation from Y coaches). Players in level 2 should have prior knowledge/experience with layups, dribbling, controlling the ball, shooting and defense. This class builds and further develops the player's skills (ball handling, defensive and offensive strategies, positioning, shooting form and shot selection). Class will also build the player's athletic skill range, with agility, strength and conditioning and/or speed drills integrated into each class. Players in Level 2 will also continue to work on teamwork, respect, resilience, confidence, dedication and most importantly, having fun!

ELITE AGILITY & CONDITIONING STARS: AGES 6-11 yrs, This is a fun and fast-paced training class designed to help kids build speed, strength, balance and overall athletic ability, perfect for young movers and future all-stars. Each 45-minute session features drills and exercises focused on agility, footwork, coordination and endurance. No prior experience is necessary. No prior experience is required; just bring sneakers, a water bottle, and a willingness to work hard and have fun!

PICKLEBALL: AGES 6-11 yrs, Class is an introduction to the sport of pickleball! No playing experience necessary; just come with a good attitude and a willingness to learn and have fun! Players will develop essential skills like paddle control, serving, rallying and court positioning, while also building teamwork, strategy and self-confidence. At the end of each session, players will participate in a friendly scrimmage to practice their skills in a game environment.

SOCCER: AGES 6-11 yrs, Class is an introduction to the sport of soccer. No playing experience necessary, just come with a good attitude and a willingness to learn and have fun! Players will learn the fundamentals of soccer, including dribbling, passing, shooting and basic defense, while also developing essential life skills like teamwork, sportsmanship, determination and confidence. We will end each session with a scrimmage to put all we have learned into action.

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