



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

AQUATIC AND YOUTH CLASS GUIDE SPRING I 2012

**February 20th -
March 31st
VENTURA FAMILY YMCA**



Registration Begins:
2/4 for Members
2/8 for Prgm. Members

3760 Telegraph Road
Ventura, CA 93003
805 642 2131
ciymca.org/ventura

REGISTRATION INFORMATION

CONTACTS

(805) 642-2131
www.ciyymca.org/ventura

Aquatics Programs
 Amber Stevens- ext 19
 Debbie Marostica- ext 32

Youth Programs
 David Palomares- ext 13

Teen Strength
 Rich Gross- ext 22

Parent's Night Out
 Sarah Savelich- ext 23

Class registration is on a first come first serve basis . Registration forms must be filled out in their entirety (class code, date, and time). Registration forms can be picked up at the Welcome Center.

REGISTRATION: Registrations can be submitted in the following ways:

1. In person at the Ventura Family YMCA
2. *Faxed to (805) 642-1137
3. Online at register.ciyymca.org

CANCELLATIONS

CHANGES

YOUTH AND AQUATIC PROGRAMS, SPORTS LEAGUES, PERSONAL TRAINING AND PARENT'S NIGHT OUT, ETC...

Prior to one week before session \$5.00 Change Fee
 50% Refund and No Credits

One week before the session \$5.00 Change Fee
 No Cancellations and No Credits

After the session has begun \$5.00 Change Fee
 No Cancellations and No Credits

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PARENT / CHILD AQUATICS

members \$25

program \$50

SKIPPER (6 MONTHS – 2 1/2 YEARS)

NON-SWIMMER

TUESDAY	6:30 - 7:00 pm	02101-01
WEDNESDAY	9:30 - 10:00 am	02101-02
THURSDAY	9:00 - 9:30 am	02101-03
SATURDAY	9:00 - 9:30 am	02101-04

PERCH (2 – 3 1/2 YEARS)

ADVANCED

WEDNESDAY	9:00 - 9:30 am	02101-50
SATURDAY	10:30 - 11:00 am	02101-51

GYM & SWIM (6 MONTHS – 18 MONTHS)

CRAWLERS/WALKERS

TUESDAY	10:15 - 11:15 am	02101-21
THURSDAY	10:15 - 11:15 am	02101-22
SATURDAY	9:00 - 10:00 am	02101-23

GYM & SWIM (18 MONTHS – 3 YEARS)

WALKERS/RUNNERS

TUESDAY	10:45 - 11:45 am	02101-24
THURSDAY	10:45 - 11:45 am	02101-25
SATURDAY	9:30 - 10:30 am	02101-26

* Our separate Crawler, Walker and Runner classes will be back with the Spring II sessions!

STROKE WORKSHOPS

\$8

Our swim coaches will be holding 2 more swim workshops in March. Workshops will include observing Olympic swimmers on DVD, discussing all aspects of the stroke including starts, turns and finishes and 75 minutes of stroke development in the pool. Space is limited.

Backstroke and Breaststroke Saturday, March 24th 1:00– 2:30 PM 02601-10

Butterfly and Freestyle Sunday, March 25th 1:00—2:30 PM 02601-11

PRIVATE LESSONS

member \$50 program \$60

All ages are welcome. Includes three - 30 minutes sessions. Days and times are flexible with your schedule. Our instructors will personalize their teachings to meet you or your child's needs. You may register for private lessons at any time.



GROUP SWIM LESSONS

member \$25 program \$50

PRESCHOOL LESSONS (3-5 YEARS)

- PIKE - Non-Swimmer
- EEL - Beginner
- RAY - Intermediate
- STARFISH - Advanced

YOUTH LESSONS (6-13 YEARS)

- POLLIWOG - Beginner Non-Swimmer
- GUPPY - Beginner
- MINNOW - Intermediate
- FISH / FLYING FISH - Advance

All Pike classes are 30 minutes in length. All other levels are 45 minutes.

MONDAY CLASSES - Begins February 20th

	PIKE	EEL	RAY	STARFISH		
9:00 am	02702-01	02703-01				
9:30 am	02702-02					
3:30 pm		02703- 02		02705-01		
4:25 pm	02702-03	02703- 03	02704- 03			
	POLLIWOG	GUPPY	MINNOW	FISH	FLYING FISH	
3:30 pm	02706-01		02708-01		02710-01	
4:25 pm		02707-02				
5:15 pm	02706-03			02709-03		
6:00 pm		02707-04	02708-04			

TUESDAY CLASSES— BEGINS FEBRUARY 21ST

	PIKE	EEL	RAY	STARFISH		
9:00 am	02702-04		02704-04			
9:30 am	02702-05					
2:45 pm	02702-29	02703-05				
3:30 pm	02702-06	02703-06				
4:00 pm	02702-07					
4:30 pm		02703-07	02704-07			
5:30 pm	02702-08			02705-14		
6:00 pm	02702-09					
	POLLIWOG	GUPPY	MINNOW	FISH	FLYING FISH	
5:30 pm		02707-05	02708-05			

WEDNESDAY CLASSES— BEGINS FEBRUARY 22ND

	PIKE	EEL	RAY	STARFISH		
9:00 am	02702-10	02703-09				
9:30 am	02702-11					
3:30 pm	02702-20	02703-10	02704-10			
4:00 pm	02702-12					
4:25 pm	02702-13	02703-11		02705-11		
6:00 pm		02703-12	02704-12			
	POLLIWOG	GUPPY	MINNOW	FISH	FLYING FISH	
3:30 pm	02706-06	02707-06		02709-06		
4:25 pm			02708-07		02710-07	
5:15 pm	02706-09	02707-09	02708-09			

THURSDAY CLASSES— BEGINS FEBRUARY 23RD

	PIKE	EEL	RAY	STARFISH		
9:00 am	02702-14	02703-13		02705-13		
9:30 am	02702-15					
3:30 pm	02702-16	02703-14				
4:00 pm	02702-17					
4:30 pm	02702-30	02703-15	02704-15			
	POLLIWOG	GUPPY	MINNOW	FISH	FLYING FISH	
5:30 pm		02707-10	02708-10	02709-10	02709-10	

FRIDAY CLASSES— BEGINS FEBRUARY 24TH

	PIKE	EEL	RAY	STARFISH		
9:00 am	02702-18		02704-16			
9:30 am	02702-19					

SATURDAY CLASSES— BEGINS FEBRUARY 25TH

	PIKE	EEL	RAY	STARFISH	
9:00 am	02702-21	02703-17	02704-17		
9:30 am	02702-22				
10:00 am	02702-23	02703-18			
10:30 am	02702-24				
11:00 am	02702-25	02703-19		02705-19	
11:30 am	02702-26				
12:00 pm	02702-27	02703-20	02704-18		
12:30 pm	02702-28				
	POLLIWOG	GUPPY	MINNOW	FISH	FLYING FISH
9:00 am		02707-11		02709-11	
10:00 am	02706-12	02707-12	02708-12		
11:00 am	02706-13				02710-13
12:00 pm		02707-14	02708-14		

HOMESCHOOL CLASSES

members \$25 program \$50

SWIM CLASSES

	Tuesday	Wednesday	Thursday
Pike/Eel		1:45 - 2:30 pm 02730-02	11:00 - 11:45 am 02730-03
Polliwog		1:45 - 2:30 pm 02730-04	
Ray/Guppy In Lap Pool	10:00 - 10:45 am 02730-05	2:30 - 3:15 pm 02730-06	10:00 - 10:45 am 02730-07
Minnow/Starfish	11:00 - 11:45 am 02730-08	2:30—3:15 pm 02730-09	
Fish/Flying Fish	10:00 - 10:45 am 02730-10	2:30—3:15 pm 02730-11	10:00 - 10:45 am 02730-12

PE CLASS - 2 classes will be offered

Wednesday	February 22 - March 28	1:00 - 1:45 @ Camino Real Park	03323-01
Thursday	February 23 - March 29	2:00 - 2:45 @ Arroyo Verde Park	03323-02

YOUTH SPORTS

6 WEEK CLASSES - meet 1 time a week

members \$25

program \$50

PEE WEE SPORTS OF ALL SORTS (2-3 YEARS) - *Parent participation required*

February 20 - March 26	Monday	4:30 - 5:00	03106-02
February 22 - March 28	Wednesday	5:00 - 5:30	03106-03

ITTY BITTY SPORTS OF ALL SORTS (3-4 YEARS) - Meets at Anacapa MS field

February 20 - March 26	Monday	5:00 - 5:30	03106-05
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SPORTS OF ALL SORTS I (5-6 YEARS) - Meets at Anacapa MS field

February 21 - March 27	Tuesday	5:00 - 5:45	03106-07
February 23 - March 29	Thursday	4:45 - 5:30	03106-08

SPORTS OF ALL SORTS II (7-10 YEARS) - Meets at Anacapa MS field

February 24 - March 30	Friday	4:00 - 4:45	03106-09
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YOUTH BASKETBALL II (8-12 YEARS) - Meets at Anacapa MS outdoor courts

February 24 - March 30	Friday	4:45 - 5:30	03101-02
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ITTY BITTY T-BALL (3-4 YEARS) - Meets at Anacapa MS field

February 21 - March 27	Tuesday	3:30 - 4:00	03104-03
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YOUTH T-BALL (5-7 YEARS) - Meets at Anacapa MS field

February 21 - March 27	Tuesday	4:00 - 4:45	03104-05
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ITTY BITTY SOCCER (3-4 YEARS) - Meets at Anacapa MS field

February 22 - March 28	Wednesday	3:30 - 4:00	03116-03
February 23 - March 29	Thursday	4:00 - 4:30	03116-04

YOUTH SOCCER I (5-7 YEARS) - Meets at Anacapa MS field

February 22 - March 28	Wednesday	4:00 - 4:45	03116-01
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YOUTH TENNIS (BEGINNER) - TUESDAYS ; Meets at Anacapa MS tennis courts

February 21 - March 27	Ages 5-7	3:30 - 4:15	03112-01
February 21 - March 27	Ages 8-12	4:15 - 5:00	03112-04



YOUTH PROGRAMS

6 WEEK CLASSES

members \$25

program \$50

ITTY BITTY BALLET (2-3 YEARS) *Parent participation required; Community Room*

February 20 - March 26	Monday	3:15 - 4:00	03314-03
February 22 - March 28	Wednesday	10:45-11:30	03314-02

PRE-BALLET (3-4 YEARS) *Community Room*

February 20 - March 26	Monday	4:00 - 4:45	03310-02
February 23 - March 29	Thursday	9:00 - 9:45	03310-04
February 23 - March 29	Thursday	3:15 - 4:00	03310-03

BEGINNING BALLET (5-8 YEARS) *Community Room*

February 20 - March 26	Monday	4:45 - 5:30	03310-08
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INVITATIONAL BALLET (5-8 YEARS) *Instructor approval required; Comm. Room *

February 23 - March 29	Thursday	4:00 - 5:00	03310-07
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YOU CAN DANCE - WEDNESDAYS *Studio*

February 22 - March 28	Ages 7-12	3:30 - 4:15	03315-03
February 22 - March 28	Ages 13 - 18	4:15 - 5:00	03315-04

ITTY BITTY TUMBLING (2 - 3 YEARS) *Parent participation required; Studio*

February 21 - March 27	Tuesday	2:30 - 3:00	03301-01
February 23 - March 29	Thursday	2:30 - 3:00	03301-03

TUMBLING I (3 - 4 YEARS) *Studio*

February 21 - March 27	Tuesday	3:00 - 3:30	03303-01
February 23 - March 29	Thursday	3:00 - 3:30	03303-02

TUMBLING II (5 - 7 YEARS) *Studio*

February 23 - March 29	Thursday	3:30 - 4:15	03303-05
February 23 - March 29	Thursday	4:15 - 5:00	03303-06

BEGINNING GYMNASTICS I (7 - 10 YEARS) *Studio*

February 21 - March 27	Tuesday	3:30 - 4:15	03303-07
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BEGINNING CHEERLEADING (6 - 10 YEARS) *Studio*

February 21 - March 27	Tuesday	4:15 - 5:00	03309-02
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TAE KWON DO - TUESDAYS *Community Room*

February 21 - March 27	Ages 4-6	3:30 - 4:15	03207-01
February 21 - March 27	Ages 7-12	4:15 - 5:00	03207-02

YOUTH PROGRAMS

BEGINNING ART (7 – 10 YEARS) *Community Room*

February 22 - March 28

Wednesday

5:00 - 5:45

01108-01

STRENGTH CLASSES

TEEN STRENGTH 4 WEEK CLASS Free

Feb. 21st— March 15th

Tuesday and Thursday

4:00 - 5:00

01201-04

PARENT'S NIGHT OUT

Parents Night Out is a way for you and your child to have an evening out. While you drop off your child for dinner, activities, arts and crafts and a movie, you have the chance for a night out, or a quiet night in. Each event features a family oriented movie with related activities and staff who are CPR and First Aid certified. Join us for the following nights, movies are posted on the web.

Ages 3-12 Children **MUST** be potty trained.

Contact Sarah Savelich for more information.

805.642.2131 ext. 23 Sarah.Savelich@ciymca.org



FEBRUARY 20	Friday	6:00-9:30 pm	08403-04	\$15.00
MARCH 2	Friday	6:00-9:30 pm	08403-05	\$15.00
MARCH 16	Friday	6:00-9:30 pm	08404-06	\$15.00
MARCH 30	Friday	6:00-9:30 pm	08404-07	\$15.00

Check out www.goodsensemedia.org to read up on the event movies. Registration includes movie, dinner, snacks and other activities. Fees are \$15 per child, and \$10 for each additional sibling. Registration must take place no later than 4:00 pm the event date. Registration can not take place at that door due to staff / child ratios. Registrations can be made at the YMCA.



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FRIENDS FOREVER!

Adventure Guides

YMCA Adventure Guides is a parent-child program designed to help foster a lifetime of understanding and companionship and to strengthen the relationship between children and parents.

Upcoming Events:

Winter Snow Camp: February 10-12

February Meeting: February 27th 6:30 PM

Pinewood Derby: March 25th

Contact:

Amber Stevens

642-2131 Ext 19

