

REIMAGINE THE Y

SPRING 2021 ADULT AND YOUTH
PROGRAM GUIDE



VENTURA FAMILY YMCA

**SESSION DATES: April 12th– June 7th
(8 weeks)***

***No Class Monday, May 31 (Make-Up Classes Scheduled)**

REGISTRATION DATES!

Members: March 20th

Non-Members: March 24th

SAFETY & PROCEDURES

To ensure the safety of our program participants we have made the following modifications to our youth programs:

- Under county health guidelines, swim instructor may teach in the water with students. We are offering options that allow you to be in the water with your child, or our instructor to be in the water with your child. These classes are marked accordingly.
- 6ft. social distancing will be maintained per guidelines.
- Sports will follow all current safety protocols regarding game play. Skills and conditioning classes will be offered if/when interactive play is not allowed.
- Each participant will be assigned their own equipment to eliminate shared equipment among participants. You are encouraged to bring your own equipment.
- All equipment will be properly disinfected before and after each class.
- Participants must bring their own mat for the yoga and adaptive movement classes.
- YMCA instructors will wear a mask at all times.
- Each participant will participate in a health screening prior to their class.



CANCELLATIONS

Prior to two weeks before class 100% Refund

Two weeks before the class No Cancellations and No Credits

After the session has begun No Cancellations and No Credits



NEW PROGRAMS

CROSS COUNTRY RUNNING (8- 16 YEARS)

Youth Cross Country is a program for kids who enjoy running and want to improve their abilities. The program is designed for kids between the ages of 8 and 16. Kids can use this class to get in shape for other races or sports like soccer and basketball, or participate just for fun!

April 13 - June 1 Tuesday 3:00pm-3:45pm Instructor: Stephan Location: Arroyo Verde Park

FAMILY HIKING & NATURE EXPLORATION (ALL AGES)

Explore Ventura's beautiful backcountry while learning more about the environment, stewardship, and local ecosystems! Walks/Hikes take places at Arroyo Verde Park and range from 0.5-2.0 miles.

April 13 - June 1 Tuesday 4:00pm-4:45pm Instructor: Stephan Location: Arroyo Verde

PARENT /CHILD YOGA (5- 12 YEARS)

Enjoy the benefits of yoga as a family! This class will introduce the basics of yoga while emphasizing core strength, flexibility, balance, and concentration.

April 14 - June 2 Wednesday 3:00pm-3:45pm Instructor: Sarah Location: Outdoor Turf

KID'S FITNESS CLUB (8- 12 YEARS)

Enjoy the benefits of aerobics exercise while having fun! Aerobic exercise is important for kids. It helps keep their heart, lungs, and blood vessels healthy.

April 14 - June 2 Wednesday 4:00pm-4:45pm Instructor: Max Location: Outdoor Turf

FIELD FUN & PLAY

This class will focus on kids achieving and maintaining a level of physical fitness for health and performance. Kids will establish personal fitness goals through interactive activities and creative field play, which may include obstacle courses, relays and class Olympics.

FIELD FUN & PLAY (5-7 YEARS)

April 16— June 4 Friday 4:00pm-4:45pm Instructor: Jason Location: Anacapa Field

FIELD FUN & PLAY (8-12 YEARS)

April 16— June 4 Friday 5:00pm-5:45pm Instructor: Jason Location: Anacapa Field

members \$70

non-members \$130

YOUTH SPORTS

SPORTS OF ALL SORTS

Our instructors will take the participants through a variety of different sports to help them acquire a taste for all of them, while allowing them to gain knowledge about each sport.

ITTY BITTY SPORTS OF ALL SORTS (2-4 YEARS)

ACTIVE parent participation required

April 17- June 5 Saturday 9:00am-9:30am Instructor: Seamus Location: Blanche Reynolds Park

SPORTS OF ALL SORTS (5-7 YEARS)

April 17- June 5 Saturday 9:45am-10:30am Instructor: Seamus Location: Blanche Reynolds Park

SPORTS OF ALL SORTS (8-12 YEARS)

April 17- June 5 Saturday 10:45am-11:30am Instructor: Seamus Location: Blanche Reynolds Park

SOCCER SKILLS AND CONDITIONING

This class will help perfect your child's basic motor skills. We want all children to understand the rules of the game and establish their confidence as an athlete.

SOCCER SKILLS AND CONDITIONING (5- 7 YEARS)

April 15 - June 3 Thursday 4:00pm-4:45pm Instructor: STAFF Location: Anacapa Field

SOCCER SKILLS AND CONDITIONING (8- 12 YEARS)

April 15 - June 3 Thursday 5:00pm-5:45pm Instructor: STAFF Location: Anacapa Field

BASKETBALL SKILLS AND CONDITIONING

Have your child work with experienced coaches to develop their basketball skills in an environment that encourages praise and positive reinforcement. The fundamentals of basketball like dribbling, shooting as well as conditioning are the focus of this program.

BASKETBALL SKILLS AND CONDITIONING (5 - 7 YEARS)

April 13 - June 1 Tuesday 4:00pm-4:45pm Instructor: STAFF Location: SportsCourt

BASKETBALL SKILLS AND CONDITIONING (8 - 12 YEARS)

April 13 - June 1 Tuesday 5:00pm-5:45pm Instructor: STAFF Location: SportsCourt

members \$70

non-members \$130



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING CHARACTER ONE PITCH AT A TIME

Youth T-Ball League

Youth T-ball is one of the most popular sports at the YMCA. We are excited to offer a youth t-ball league for your child! Our program provides a safe environment for your child to learn the fundamentals of t-ball and the opportunity to compete against their peers. Your child's youth and character development are a priority in our program. Divisions 2 and 3 will be coach pitch and incorporate the tee as appropriate.

DETAILS

One practice and one game per week.
Games are held on Saturday mornings.

HEALTH/SAFETY INFO

Per CDPH guidelines, t-ball is considered a moderate contact sport. Outdoor moderate contact sports can be played in the red tier. With an adjusted case rate of 14 per 100,000 or less, outdoor moderate contact sports are permitted in the purple tier.

PRICE

\$100 Members / \$125 Non-Members

DATES

April 17 - June 12

VENTURA FAMILY YMCA
3760 Telegraph Road, Ventura, CA 93003
805.642.2131 • ciymca.org/Ventura





LEARNING TOGETHER

ADAPTIVE PROGRAMS

At the Y, we strive to be inclusive and to provide programs for all kids. Our Adaptive Programs provide opportunities for fun, socialization, and physical activity for youth with special needs.



QUESTIONS?

Jason.Najera@ciymca.org
805.642.2131 Ext. 2119

Adaptive Movement

April 16th— June 4th

Friday's

Ages (8-12) 3pm—3:45pm

Ages (3-7) 4pm—4:45pm

Cost: \$30

Register starting March 24th online
or in person

Adaptive Swim Lessons

1:1 Private Swim Lesson with our
certified staff.

Instructors can teach in the water
with your child or from the deck with
a parent in the water.

Registration on-going thru
Jason Najera

DANCE & MARTIAL ARTS



MARTIAL ARTS (No Class Mon, May 31. Make-up scheduled Mon, June 7 at regular time.)

One of the most popular martial arts in the world available here at the YMCA! Participants will learn self-defense skills, discipline and self-control to help your child build self-confidence.

KARATE (8-12 YEARS)

April 12— June 7* Monday 4:00pm-4:45pm Instructor: Marcell Location: Outdoor Turf

TAE KWON DO (5-7 YEARS)

April 16- June 4 Saturday 10:15am-11:00am Instructor: Yvonne Location: Community Room

DANCE (No Class Mon, May 31. Make-up scheduled Mon, June 7 at regular time.)

This is a class that introduces the basics of dance positions and movements with the help of music and a little imagination!

ITTY BITTY HIP HOP (2-4 YEARS) ACTIVE parent participation required

April 13 - June 1 Tuesday 3:15pm-3:45pm Instructor: Katie Location: Studio 2

HIP HOP (5-7 YEARS)

April 13 - June 1 Tuesday 4:00pm-4:45pm Instructor: Katie Location: Studio 2

ITTY BITTY BALLET (2-4 YEARS) ACTIVE parent participation required

April 12— June 7* Monday 2:15pm-2:45pm Instructor: Alina Location: Studio 2

BALLET (5-7 YEARS)

April 12— June 7* Monday 3:00pm-3:45pm Instructor: Alina Location: Studio 2

BALLET (8-12 YEARS)

April 12— June 7* Monday 4:00pm-4:45pm Instructor: Alina Location: Studio 2

ITTY BITTY JAZZ (2-4 YEARS)

April 14 - June 2 Thursday 3:00pm-3:30pm Instructor: Alina Location: Studio 2

JAZZ (5-7 YEARS)

April 14 - June 2 Thursday 3:45pm-4:30pm Instructor: Alina Location: Studio 2

members \$70

non-members \$130



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

OUR PURPOSE IS DEEPER THAN A POOL

PRESCHOOL SWIM CLASSES (AGES 3-5) Parent In Water

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
Tuesday	5:00 PM	3:00 PM		
Wednesday			4:00 PM	
Thursday	6:00 PM	5:00 PM		3:00 PM
Saturday	8:00 AM 1:00 PM	12:00 PM		

SCHOOL AGE SWIM CLASSES (AGES 6-12) Parent In Water

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
Monday		3:00 PM*		
Wednesday			3:00 PM	
Thursday				3:00 PM
Saturday			9:00 AM	8:00 AM

*No class on Monday, May 31. Make-up scheduled on June 7 at regular class time.

All swim lessons on this page will **require a parent in the water** with the child.

Per county guidelines, our instructors are able to resume in-water instruction in the red tier. For your convenience, we will continue to offer swim lessons with our instructors out of the water.

PRICING:

Member: \$70

Non Members:
\$130

OUR PURPOSE IS DEEPER THAN A POOL

PRESCHOOL SWIM CLASSES (AGES 3-5) No Parent in Water

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
Tuesday	3:00 PM		4:00 PM	
Wednesday	4:00 PM	5:00 PM	6:00 PM	
Thursday	5:00 PM	4:00 PM		
Saturday	9:00 AM 12:00 PM	11:00 AM	10:00 AM	10:00 AM

SCHOOL AGE SWIM CLASSES (AGES 6-12) No Parent In Water

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	Stage 5/6
Tuesday					4:00 PM
Wednesday	3:00 PM				5:00 PM
Thursday		3:00 PM	6:00 PM	6:00 PM	4:00 PM
Saturday		12:00 PM	11:00 AM	11:00 AM	10:00 AM 1:00 PM

All swim lessons on this page are with the **instructor in the water** with your child.

Per county guidelines, our instructors are able to resume in-water instruction in the red tier. We are excited to offer our traditional swim lesson experience for your children!

PRICING:

Member: \$70

Non Members:
\$130



OUR PURPOSE IS DEEPER THAN A POOL

PARENT/CHILD SWIM

6 MONTHS TO 3 YEARS (Parent Required In Water)

Monday	9:00 AM*	9:45 AM*
Wednesday	9:00 AM	9:45 AM
	6:00 PM	
Thursday	6:00 PM	
Saturday	8:15 AM	9:00 AM
	11:00 AM	1:30 PM

PRICING:
Member: \$70
Non Members: \$130

DOLPHIN'S SWIM CONDITIONING

6 YEARS TO 12 YEARS

*Swimmers must pass Stage 5/6 before enrolling.

Monday & Wednesday	2:00 PM*	6:00 PM*
Tuesday & Thursday	2:00 PM	5:00 PM

PRICING:
Member: \$100
Non Members: \$160

*No class on Monday, May 31. Make-up scheduled on June 7 at regular class time.

C'MON IN! THE WATER'S FINE!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Private Swim Lessons

SIGN UP TODAY!

Providing consistency, reliability, and getting results is the hallmark of our private lesson program. Whether you are a fearful beginner, need stroke refinement, or even want to work on your speed, we have an instructor for you.

All ages welcome! Instructor can teach from the deck (parent in water required) or be in the water with your child(ren)!

Includes (3)-30 minute lessons
Members: \$90 / Non-members: \$150

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SENIOR TRX TRAINING WITH LAUREN!



TRX TRAINING is a revolutionary method of leveraged body weight exercises. The lightweight, TRX system delivers fast, effective, total-body workouts. It helps you build strength, flexibility, endurance and a strong core.

You can push yourself to the next level or choose the modified movements for beginners and/or members with limitations or restrictions.

Get ready to REACH RESULTS WITH TRX TRAINING! This is an 8 week class and is limited to 8 participants.

LOCATION: UPSTAIRS HALLWAY

DATE: APRIL 15TH-JUNE 3RD

TIME: THURSDAY 12:15PM-1:00PM

COST: \$100 FOR THE EIGHTWEEK SESSION

SUSPENSION TRAINING WITH NICOLE!



SUSPENSION TRAINING is a revolutionary method of leveraged body weight exercises. The lightweight system delivers fast, effective, total-body workouts. It helps you build strength, flexibility, endurance and a strong core.

You can push yourself to the next level or choose the modified movements for beginners and/or members with limitations or restrictions.

Get ready to REACH RESULTS WITH SUSPENSION TRAINING! This is an 8 week class and is limited to 8 participants.

LOCATION: UPSTAIRS HALLWAY

DATE: APRIL 13TH-JUNE 1ST

TIME: TUESDAY AT 8:45AM-9:30AM

COST: \$100 FOR THE SIX WEEK SESSION



In Shape Spring Fit Camp

Max will guide 8 committed participants through an 8 week boot camp that combines HIIT, agility, core conditioning and flexibility resulting in improved overall fitness and strength. Become faster, leaner and healthier through both exercise and nutrition education. Don't miss this opportunity to transform your fitness!

LOCATION: Outdoor Workout Area

DATE: April 12th-June 5th

TIME: Saturdays 8:15 am and Mondays at 5:00 pm with Max

COST: \$200.00 for the 8 WEEK SESSION twice a week

HOW TO REGISTER: Sign up Online or register at the Welcome Center Group is limited to eight participants so secure your spot today!

Questions? contact:

Kate Bucey at

805.642.2131 x2127 or