

# REIMAGINE THE Y

SUMMER '21 ADULT AND YOUTH  
PROGRAM GUIDE



## VENTURA FAMILY YMCA

**SESSION DATES: June 21st– August 14th**



**REGISTRATION DATES!**

**Members: April 17th**

**Non-Members: April 21st**

# 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.
- 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



# YOUTH WELLNESS

## 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

June 22 - August 10      Tuesday      5:30pm-6:15pm      Instructor: Stephan      Location: Arroyo Verde Park

## 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

June 23 - August 11      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)

June 25— August 13      Friday      3:00pm-3:45pm      Instructor: STAFF      Location: Outdoor Turf

### FIELD FUN & PLAY (8-12 YEARS)

June 25— August 13      Friday      4:00pm-4:45pm      Instructor: STAFF      Location: Outdoor Turf

members \$70

non-members \$130

# ADAPTIVE PROGRAMS

## ADAPTIVE MOVEMENT (3- 12 YEARS)

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.

June 25 - August 13      Friday      5:00pm-6:00pm      Instructor: Stephan      Location: Outdoor Turf

members \$30

non-members \$30

# YOUTH SPORTS

## SOCCER

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.

### ITTY BITTY SOCCER (3- 4 YEARS)

June 22 - July 15	Tue/Thur	3:30pm-4:00pm	Instructor: Gavin Location: Anacapa Field
July 20 - August 12	Tue/Thur	3:30pm-4:00pm	Instructor: Gavin Location: Anacapa Field
June 23—August 11	Wed	3:30pm-4:00pm	Instructor: Gavin Location: Anacapa Field

### YOUTH SOCCER (5- 7 YEARS)

June 22 - July 15	Tue/Thur	4:15pm-5:00pm	Instructor: Gavin Location: Anacapa Field
June 23—August 11	Wednesday	5:15pm-6:00pm	Instructor: Gavin Location: Anacapa Field
July 20—August 12	Tue/Thur	4:15pm-5:00pm	Instructor: Gavin Location: Anacapa Field

### YOUTH SOCCER (8- 12 YEARS)

June 23 - August 11	Wednesday	4:15pm-5:00pm	Instructor: Gavin Location: Anacapa Field
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## BASKETBALL

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.

### ITTY BITTY BASKETBALL (3- 4 YEARS)

June 21 - July 14	Mon/Wed	3:30pm-4:00pm	Instructor: Gavin Location: SportsPlex
July 19 - August 11	Mon/Wed	3:30pm-4:00pm	Instructor: Gavin Location: SportsPlex
June 24—August 12	Thur	4:15pm-4:45pm	Instructor: Gavin Location: SportsPlex

### YOUTH BASKETBALL (5- 7 YEARS)

June 21 - July 14	Mon/Wed	4:15pm-5:00pm	Instructor: Gavin Location: SportsPlex
June 24-August 12	Thurs	5:15pm- 6:-00pm	Instructor: Gavin Location: SportsPlex
July 19—August 11	Mon/Wed	4:15pm-5:00pm	Instructor: Gavin Location: SportsPlex

### YOUTH BASKETBALL (8- 12 YEARS)

June 21 - July 14	Mon/Wed	5:15pm-6:00pm	Instructor: Gavin Location: SportsPlex
June 24-August 12	Thursday	6:15pm-7:00pm	Instructor: Gavin Location: SportsPlex
July 19-August 11	Mon/Wed	5:15pm-6:00pm	Instructor: Gavin Location: SportsPlex

members \$70

non-members \$130

# YOUTH SPORTS

## T-BALL

Our instructors will work with your child to develop basic skills in t-ball! Join us for this fun class to learn more about the sport!

### ITTY BITTY T-BALL (2-4 YEARS)

ACTIVE parent participation required

June 22– August 10 Tuesday 10:00am–10:30am Instructor: STAFF Location: Anacapa Field

### YOUTH T-BALL (5-7 YEARS)

June 22– August 10 Tuesday 10:45am–11:30am Instructor: STAFF Location: Anacapa Field

## 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

June 26– August 7 Saturday 9:15am–9:45am Instructor: Seamus Location: Blanche Reynolds Park

### SPORTS OF ALL SORTS (5-7 YEARS)

June 26– August 7 Saturday 10:00am–10:45am Instructor: Seamus Location: Blanche Reynolds Park

### SPORTS OF ALL SORTS (8-12 YEARS)

June 26– August 7 Saturday 11:00am–11:45am Instructor: Seamus Location: Blanche Reynolds Park

## FLAG FOOTBALL

Our instructors will work with your child to develop basic skills in flag football! Join us for this fun class to learn more about the sport!

### YOUTH FLAG FOOTBALL (5-7 YEARS)

June 22– August 10 Tuesday 3:30pm–4:15pm Instructor: STAFF Location: Anacapa Field

### YOUTH FLAG FOOTBALL (8-12 YEARS)

June 22– August 10 Tuesday 4:30pm–5:15pm Instructor: STAFF Location: Anacapa Field

members \$70

non-members \$130

# DANCE & MARTIAL ARTS



## MARTIAL ARTS

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.

### TAE KWON DO (5-7 YEARS)

June 24– August 12      Saturday 10:00am-10:45am      Instructor: Yvonne      Location: Community Room

### TAE KWON DO (8-12 YEARS)

June 24– August 12      Saturday 11:00am-11:45am      Instructor: Yvonne      Location: Community Room

## DANCE

This class introduces the basics of dance positions and movements with the help of music and imagination!

### ITTY BITTY BALLET (2-4 YEARS)

ACTIVE parent participation required

June 21— August 9      Monday      3:30pm-4:00pm      Instructor: Alina      Location: Studio 2

July 20-August 12      Tues/Thu      11:00am-11:45am      Instructor: Alina      Location: Studio 2

### BALLET (5-8 YEARS)

June 21— August 9      Monday      4:30pm-5:15pm      Instructor: Alina      Location: Studio 2

July 20-August 12      Tues/Thu      12:00pm-12:45pm      Instructor: Alina      Location: Studio 2

### HIP-HOP (5-8 YEARS)

June 22— August 10      Tues      4:00pm-4:45pm      Instructor: Katie      Location: Studio 2

## TUMBLING

This is a class that introduces the basics of gymnastics for your little ones!

### ITTY BITTY TUMBLING (2-4 YEARS)

ACTIVE parent participation required

June 22 - August 10      Tuesday      2:00pm-2:30pm      Instructor: STAFF      Location: Studio 2

June 24 -August 12      Thursday      1:00pm-1:30pm      Instructor: STAFF      Location: Studio 2

June 26-August 14      Saturday      10:45-11:15am      Instructor: STAFF      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.



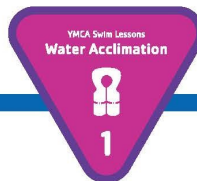
### B / WATER EXPLORATION

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

## 2-WEEK SESSIONS

Classes meet Monday, Tuesday, Wednesday and Thursday.

### PRESCHOOL SWIM CLASSES (AGES 3-5)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
9:00 AM	OPEN			OPEN
10:00 AM				
11:00 AM			OPEN	
12:00 PM	OPEN	OPEN		

### SCHOOL AGE SWIM CLASSES (AGES 6-12)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5/6
9:00 AM				OPEN	
10:00 AM			OPEN		OPEN
11:00 AM	OPEN				
12:00 PM		OPEN			

### SESSION DATES

- Session #1: June 21-July 1
- Session #2: July 5-July 15
- Session #3: July 19-July 29
- Session #4: August 2-August 12

### PRICING:

Member: \$70

Non Members:  
\$130

# OUR PURPOSE IS DEEPER THAN A POOL

## 4-WEEK SESSIONS

Classes meet Monday/Wednesday OR Tuesday/Thursday.

### MONDAY/WEDNESDAY - PRESCHOOL SWIM CLASSES (AGES 3-5)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
3:00 PM		OPEN		
4:00 PM	OPEN		OPEN	OPEN
5:00 PM				
6:00 PM				

### MONDAY/WEDNESDAY - SCHOOL AGE SWIM CLASSES (AGES 6-12)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5/6
3:00 PM	OPEN		OPEN		
4:00 PM				OPEN	
5:00 PM	OPEN	OPEN			
6:00 PM		OPEN	OPEN		OPEN

### TUESDAY/THURSDAY - PRESCHOOL SWIM CLASSES (AGES 3-5)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
3:00 PM	OPEN			OPEN
4:00 PM	OPEN	OPEN		
5:00 PM	OPEN		OPEN	
6:00 PM		OPEN		

### SESSION DATES

Session #1: June 21-July 15  
 Session #2: July 19-August 12

### PRICING:

Member: \$70  
 Non Members:  
 \$130

**OUR PURPOSE IS DEEPER THAN A POOL**

## 8-WEEK SESSIONS

Classes meet Friday OR Saturday.

**Members:**  
\$70  
**Non Members:**  
\$130

### FRIDAY - PRESCHOOL SWIM CLASSES (AGES 3-5)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
9:00 AM	OPEN			OPEN
10:00 AM			OPEN	
11:00 AM	OPEN			
12:00 PM		OPEN		

### FRIDAY - SCHOOLAGE SWIM CLASSES (AGES 6-12)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5/6
9:00 AM				OPEN	
10:00 AM			OPEN		
11:00 AM		OPEN			
12:00 PM					OPEN

### SATURDAY - PRESCHOOL SWIM CLASSES (AGES 3-5)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4
9:00 AM	OPEN			
10:00 AM	OPEN		OPEN	OPEN
11:00 AM		OPEN		
12:00 PM	OPEN	OPEN		

### SATURDAY - SCHOOLAGE SWIM CLASSES (AGES 6-12)

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5/6
9:00 AM	OPEN		OPEN		
10:00 AM				OPEN	
11:00 AM		OPEN	OPEN		
12:00 PM					OPEN

**SESSION DATES:** Session #1: June 26-August 14



# OUR PURPOSE IS DEEPER THAN A POOL

## PARENT/CHILD SWIM-STAGE A/B 6 MONTHS TO 3 YEARS (Parent Required In Water)

	Stage A	Stage B
Tuesday	6:00 PM	6:45 PM
Wednesday	9:15 AM	8:30 AM
Thursday	9:15 AM	8:30 AM
Saturday	9:15 AM	8:30 AM

**PRICING:**  
Member: \$35  
Non Members: \$65

### SESSION DATES

Session #1: June 21-July 17  
Session #2: July 19-August 14

## DOLPHIN'S SWIM TEAM

6 YEARS TO 16 YEARS (Tryout Required for New Swimmers)  
All swimmers meet on the SportsCourt for dryland.

Novice	Tues/Thurs 3:00-4:00 pm
Intermediate	Tues/Thurs 3:45-5:00 pm
Juniors	Tues/Thurs 4:45-6:00 pm

**PRICING:**  
Member: \$125  
Non Members: \$175



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# NOT JUST KID STUFF

## Adult Swim Lessons

### DID YOU KNOW...?

- You can learn to swim at any age.
- Aquatics exercises minimize harm to your joints while providing a full body cardio workout.

**Register for our adult swim lesson today! For more information visit [ciymca.org/Ventura](http://ciymca.org/Ventura).**

#### Details

June 22 - August 13

Tues 7-7:45pm

OR

Fri 10-10:45am

\$70 members

\$130 non-members



# 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

### VENTURA FAMILY YMCA

3760 Telegraph Road, Ventura, CA 93003  
805.642.2131 • [ciymca.org/Ventura](http://ciymca.org/Ventura)



# In Shape Summer 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:** June 21st– August 14th

**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

[kate.bucey@ciymca.org](mailto:kate.bucey@ciymca.org)