



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Outdoor Workout Schedule

November 9 - December 31

## Small Group Trainings/ Open Gym

mon    tues    wed    thur    fri    sat    sun

|   |   |   |  |                                     |   |                                  |
|---|---|---|--|-------------------------------------|---|----------------------------------|
| <b>F.F.F.</b><br>7:00-7:45am<br>(LINDSY)        | <b>OPEN GYM</b><br>7:00-9:00am                              | <b>TRX</b><br>7:00-7:45am<br>(CHERI)            | <b>OPEN GYM</b><br>7:00-6:00pm<br>(TEEN STRENGTH<br>4-5pm) | <b>OPEN GYM</b><br>7:00am-6:00pm    | <b>OPEN GYM</b><br>7:00-9:00 am           | <b>OPEN GYM</b><br>7:00am-6:45pm |
| <b>OPEN GYM</b><br>7:45-10:00am                 |   | <b>OPEN GYM</b><br>7:45-11:30am                 |  |                                     | <b>F.F.F.</b><br>9:15-10:00am<br>(LINDSY) |                                  |
| <b>5-BY-5</b><br>10:00-10:45am<br>(KURT)        | <b>OPEN GYM</b><br>10:15-5:00pm<br>(TEEN STRENGTH<br>4-5pm) | <b>5-by-5</b><br>11:30-12:15pm<br>(KURT)        |  |                                     | <b>OPEN GYM</b><br>10:15-7:00pm           |                                  |
| <b>OPEN GYM</b><br>11:00-5:00pm                 |   | <b>OPEN GYM</b><br>12:30-5:00pm                 | <b>XTREME</b><br>6:15-7:00pm<br>(LINDSY)                   |                                     |   |                                  |
| <b>PREP</b><br>5:00-6:00pm<br>(LINDSY)          | <b>F.F.F.</b><br>5:15-6:00pm<br>(LINDSY)                    | <b>PREP</b><br>5:00-6:00pm<br>(LINDSY)          |  | <b>TRX</b><br>6:00-6:45pm<br>(KURT) |   |                                  |
| <b>Drop in 2 Win</b><br>6:00-6:45pm<br>(LINDSY) | <b>XTREME</b><br>6:00-6:45pm<br>(LINDSY)                    | <b>Drop in 2 Win</b><br>6:00-6:45pm<br>(LINDSY) |  |                                     |   |                                  |
| <b>TRX</b><br>7:00-7:45pm<br>(KURT)             |   | <b>F.F.F.</b><br>7:00-7:45pm<br>(LINDSY)        |  |                                     |   |                                  |
| <b>OPEN GYM</b><br>7:45-9:00pm                  | <b>OPEN GYM</b><br>7:00-9:00pm                              | <b>OPEN GYM</b><br>7:45-9:00pm                  | <b>OPEN GYM</b><br>7:00-9:00pm                             | <b>OPEN GYM</b><br>7:00-9:00pm      |   |                                  |

**Unlimited Small Group Trainings for only \$40.00 per month!**

**Open gym is free!\***

**Training Description:**

**5-by-5:** A basic, full body strength building program that is built around 3 movements: the squat, deadlift, and bench press. These movements, along with other exercises to balance out the physique, will follow a true strength building progression that will result in an overall stronger and bigger body.

**Drop in 2 Win:** Personal training in a small group setting.

**Full Force Fitness (F.F.F.):** A high intensity training designed to bring your strength and conditioning to the next level. Each day is different by offering a mix of weightlifting movements, body weight exercises, cardio (or metabolic) training and gymnastics techniques. **PREP required for this training.**

**PREP:** A 2 week introductory course dedicated to the terminology, concepts of foundational movements, and weightlifting techniques to prepare you for our advanced classes. **Required for F.F.F.** Registration required. Limited to 8 participants per session. Sign up at the Welcome Center. New classes start at the beginning of each month.

**TRX:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

**Xtreme:** A high intensity class that focuses less on weights and more on body weight exercises. A variety of functional movements and exercises will be taught and implemented, ultimately to improve cardiovascular efficiency, strength, and mood.

**\*all classes limited to 12 participants.**

**\*Schedule rotates every 2 months**

VENTURA FAMILY YMCA 3760 Telegraph Road, Ventura, CA 93003 805.642.2131



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# Sports Court Schedule

November 14 - December 31

## Programs and Open Gym

mon tues wed thur fri sat sun

**OPEN HOOPS**

7:00-9:45 am

**VOLLEYBALL**

\*No basketball hoops open  
10:00-12:00pm

**OPEN HOOPS**

12:15-3:45 pm

**YOUTH PROGRAMS- Basketball**

\*No basketball hoops open.  
\*Participants must be registered  
4:00-6:00 pm

**ADULT SCRIMMAGE**

6:15-9:00 pm

**OPEN HOOPS**

7:00-3:00 pm

**SWIM TEAM**

(10 ft Court Open)

**OPEN HOOPS**

4:30-9:00 pm

**OPEN HOOPS**

7:00-9:45 am

**VOLLEYBALL**

\*No basketball hoops open  
10:00-12:00pm

**OPEN HOOPS**

12:15-4:45 pm

**YOUTH PROGRAMS- Basketball**

\*No basketball hoops open.  
\*Participants must be registered  
5:00-7:00 pm

**ADULT SCRIMMAGE**

7:15-9:00 pm

**OPEN HOOPS**

7:00-3:00 pm

**SWIM TEAM**

3:00-4:30 pm  
(10 ft Court Open)

**OPEN HOOPS**

4:30-6:45 pm

**VOLLEYBALL**

\*No basketball hoops open  
7:00-9:00PM

**OPEN HOOPS**

7:00-12:00 pm

**ADULT SCRIMMAGE**

12:00-3:00 pm

**SWIM TEAM**

3:00-4:30 pm  
(10 ft Court Open)

**FAMILY HOOP TIME**

4:30-7:00 pm

**OPEN HOOPS**

7:00-9:00 pm

**OPEN HOOPS**

7:00-11:45 am

**YOUTH PROGRAMS- Volleyball**

12:00-1:15pm

\*No basketball hoops open.  
\*Participants must be registered

**ADULT SCRIMMAGE**

1:15-4:00 pm

**OPEN HOOPS**

4:00-7:00 pm

**OPEN HOOPS**

7:00-10:00 am

**ADULT SCRIMMAGE**

10:00-3:00 pm

**FAMILY HOOP TIME**

3:00-5:00 pm

**OPEN HOOPS**

5:00-7:00 pm

During Open Hoops time, half courts will be set up with 6ft and 10ft hoops. Courts can be reserved in 30 minute increments or used as a drop in basis when free. Basketballs can be checked out from the Welcome Center.

Adult Scrimmage is designated time for any member looking to play basketball. Those participating in **Adult Scrimmage** must be 18 years of age and be YMCA Facility members or admitted with a guest pass. Waivers must be signed by all participants. Scrimmages are played on a drop-in basis and to be played until either one team reaches the score limit of 21, or the time limit of 20 minutes has been reached.

Family Hoop Time is an opportunity to come play with other YMCA families in an open shoot around focused around the kids.

**Volleyball** is on a drop-in basis to all Facility members. Rule sheets are available.

Please adhere to the posted rules. Court hours are subject to change. Court schedule will change every 2 months.

Youth Programs end December 12th.

Updated 11/2015