



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

F.F.F.
7:00–7:45am
(LINDSY)

OPEN GYM
7:45–10:00am

5-BY-5
10:00–10:45am
(KURT)

OPEN GYM
11:00–5:00pm

PREP
5:00–6:00pm
(LINDSY)

Drop in 2 Win
6:00–6:45pm
(LINDSY)

TRX
7:00–7:45pm
(KURT)

OPEN GYM
7:45–9:00pm

OPEN GYM
7:00–9:00am

OPEN GYM
10:15–5:00pm
(TEEN STRENGTH
4–5pm)

F.F.F.
5:15–6:00pm
(LINDSY)

XTREME
6:00–6:45pm
(LINDSY)

OPEN GYM
7:00–9:00pm

TRX
7:00–7:45am
(CHERI)

OPEN GYM
7:45–11:30am

5-by-5
11:30–12:15pm
(KURT)

OPEN GYM
12:30–5:00pm

PREP
5:00–6:00pm
(LINDSY)

Drop in 2 Win
6:00–6:45pm
(LINDSY)

F.F.F.
7:00–7:45pm
(LINDSY)

OPEN GYM
7:45–9:00pm

OPEN GYM
7:00–6:00pm
(TEEN STRENGTH
4–5pm)

XTREME
6:15–7:00pm
(LINDSY)

OPEN GYM
7:00–9:00pm

OPEN GYM
7:00am–6:00pm

TRX
6:00–6:45pm
(KURT)

OPEN GYM
7:00–9:00pm

OPEN GYM
7:00–9:00 am

F.F.F.
9:15–10:00am
(LINDSY)

OPEN GYM
10:15–7:00pm

OPEN GYM
7:00am–6:45pm

**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

Updated 11/2015



FOR YOUTH DEVELOPMENT™
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FOR SOCIAL RESPONSIBILITY

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

3:00-4:30 pm
(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