

YOUR GUIDE TO FUN



MEMBERS
SAVE
on programs and
YMCA Camp Ernst

JANUARY - APRIL 2017 | PROGRAM GUIDE CLIPPARD FAMILY YMCA

PROGRAM MAKE UP POLICY: In the event that we have to cancel a group swim lesson due to pool closures, or programs due to unforeseen issues, the make up policy will be:
1 cancelled class = 1 make up class
2 cancelled classes = 1 make up class and 1 class credit
3 cancelled classes = 1 make up class and 2 class credits

In the event that a participant is unable to attend a class for any reason, we cannot guarantee a makeup class or class credits. Credits will be issued to the participant's YMCA account at the end of each session.

**TWO WAYS
TO REGISTER**



ONLINE
myY.org/register



IN PERSON
Registration forms and packets
available at the Welcome Center

YMCA OF GREATER CINCINNATI

SWIM LESSONS

Parent and Child | Member: \$40, Non-member: \$80
 Preschool | Member: \$40, Non-member: \$80

*Session rates adjusted for holidays



| | Session Name | Days | Session Time | Segment |
|------------------|-------------------------|--------|---------------------|---------|
| PARENT AND CHILD | Skip 6 mo-3 yrs | Mon. | 6:00 pm - 6:30 pm | ● ● |
| | | Tues. | 9:00 am - 9:30 am | ● ● |
| | | Sat. | 9:35 am - 10:05 am | ● ● |
| | Perch 1-3 yrs | Wed. | 6:00 pm - 6:30 pm | ● ● |
| BEGINNER | Pike 3-5 yrs | Mon. | 6:35 pm - 7:05 pm | ● ● |
| | | Tues. | 9:35 am - 10:05 pm | ● ● |
| | | Tues. | 6:00 pm - 6:30 pm | ● ● |
| | | Thurs. | 5:45 pm - 6:15 pm | ● ● |
| | | Sat. | 10:10 am - 10:40 am | ● ● |
| INT. | Eel 3-5 yrs | Mon. | 7:10 pm - 7:40 pm | ● ● |
| | | Tues. | 6:00 pm - 6:30 pm | ● ● |
| | | Thurs. | 6:20 pm - 6:50 pm | ● ● |
| | | Sat. | 10:45 am - 11:15 am | ● ● |
| ADV. | Ray/Starfish 3-5 yrs | Thurs. | 6:55 pm - 7:25 pm | ● ● |
| | | Thurs. | 6:55 pm - 7:25 pm | ● ● |
| | | Sat. | 11:20 am - 11:50 am | ● ● |
| | | Sat. | 11:20 am - 11:50 am | ● ● |

Registration online
myY.org/register

beginning: Members: December 10 | Non-members: December 20

- Segment 1: January - February
- Segment 2: March - April

Progressive | Member: \$50 Non-member: \$100

*Session rates adjusted for holidays

| | Session Name | Days | Session Time | Segment |
|------|-----------------------|---------------------|---------------------|---------|
| BEG. | Polliwog 6-12 yrs | Tues. | 6:35 pm - 7:20 pm | ● ● |
| | | Thurs. | 5:45 pm - 6:30 pm | ● ● |
| | | Sat. | 9:15 am - 10:00 am | ● ● |
| INT. | Guppy 6-12 yrs | Tues. | 6:35 pm - 7:20 pm | ● ● |
| | | Thurs. | 6:35 pm - 7:20 pm | ● ● |
| | | Sat. | 10:15 am - 11:00 am | ● ● |
| | Minnow 6-12 yrs | Wed. | 6:35 pm - 7:20 pm | ● ● |
| Sat. | | 11:05 am - 11:50 am | ● ● | |
| ADV. | Sandshark 6-12 yrs | Mon. Wed. | 6:15 pm - 7:00 pm | ● ● |

SANDSHARK

Member: \$60, Non-member: \$100

The advanced beginner who has no concern of getting their face wet or being submerged. The child can swim 150 feet or 50 yards without assistance. This class will refine their primary strokes and begin to learn the skills for more advanced swim strokes. This class will prepare swimmer for Swim Team.

SKI

For our parent/child swimmer combos. Your child must have solid head control and be able to sit upright with support from the hands. Kicking, breathing and body control are covered. We will work on your child's growing independence, as well as teach purposeful movements in the water with visual and verbal cues.

PERCH

At 19 months of age, your child should run and jump. At this stage, your child is encouraged to explore their aquatic environment and their own skills with the assistance of their parent or guardian. The goal for this level includes propelling oneself through the water and the transition to the preschool levels.

PIKE

The beginner swimmer; children who are first being exposed to water or have a concern of getting their face wet or being submerged are best placed in this level. In these classes the instructor will work with your child to gain comfort in the water while working on basic swimming skills.

EEL

In this level, your child must be comfortable in the water; they will jump in the water and have no concern of getting their face wet or submerging. The instructor will work with your child to move from a vertical swim position to a horizontal swimming position.

RAY / STARFISH

Your child is able to swim independently and at least 15 feet or 5 yards, without any floatation device. We will work to improve stroke form and endurance for both front crawl and backstroke and continue to progress their primary strokes. Upon completion of the Starfish level, your child will be able to swim both front crawl and backstroke. They will comfortably be swimming 75 feet or 25 yards without assistance.

POLLIWOG

This level is for the beginner swimmer; children who are first being exposed to water, are concerned with getting their face wet, or being submerged. In these classes the instructor will work with your child to gain comfort in the water while working on basic swimming skills.

GUPPY

The advanced beginner who has no concern of getting their face wet or being submerged. The child can swim 75 feet or 25 yards without assistance. This class will refine their primary strokes and begin to learn the skills for more advanced swim strokes.

MINNOW

The intermediate swimmer. Your child must be able to swim 50 yards on their front and back without a flotation device, and with refined rotary breathing. We will teach your child the beginnings of sidestroke, breaststroke, and elementary backstroke. They will also learn how to swim the dolphin kick.

MORE TO LOVE



MORE SWIM LESSONS

Adapted | Member: \$40, Non-member: \$80
 Adult / Teen | Member: \$25, Non-member: \$50

| Session Name | Session Dates | | Session Time | |
|-------------------------|---------------|--------|--------------|-------------------|
| Adapted 3+ yrs | 1/10 | - 2/28 | Tues. | 6:30 pm - 7:00 pm |
| | 3/7 | - 4/25 | Tues. | 6:30 pm - 7:00 pm |
| Adult / Teen 13+ yrs | 1/12 | - 3/2 | Thurs. | 7:25 pm - 8:10 pm |
| | 3/9 | - 4/27 | Thurs. | 7:25 pm - 8:10 pm |

ADAPTED SWIMMING

Ages 3 and and up. This is a course designed for those who have a disability that needs special attention that may be difficult to get in a group lesson. Individual or small group lessons are provided by both paid and volunteer staff. Instructions are based on the needs of the participant.

ADULT/TEEN

This program is designed for teen & adult swimmers of all abilities and with all swimming backgrounds. Each workout is flexible, so that experienced swimmers are challenged, and those newer to the water have to become comfortable and learn the sport.

YOUTH SPORTS

Sports: Member: \$60, Non-member: \$100

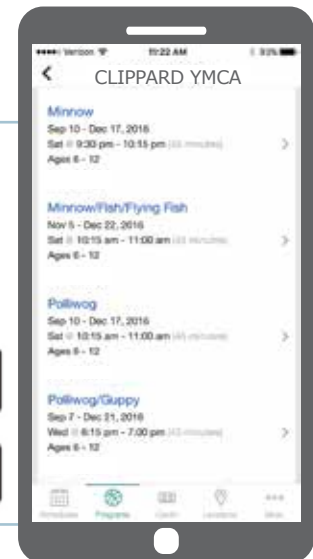
| Session Name | Dates | Days |
|-----------------------------|------------|------|
| Winter Basketball 3-4 yrs | 1/7 - 2/25 | Sat. |
| Winter Basketball 5-6 yrs | 1/7 - 2/25 | Sat. |
| Winter Basketball 7-9 yrs | 1/7 - 2/25 | Sat. |
| Winter Basketball 10-12 yrs | 1/7 - 2/25 | Sat. |
| Winter Basketball 13-16 yrs | 1/7 - 2/25 | Sat. |

YMCA OF GREATER CINCINNATI

Download the app

Available on the App Store

ANDROID APP ON Google play



BASKETBALL

This co-ed instructional league is for athletes between the ages of 7-9 . Practices will be held one day during the week and games will be held on Saturdays. Games will be played at Clippard or Powel Crosely YMCA. Volunteer coaches are needed for each team.

VOLLEYBALL

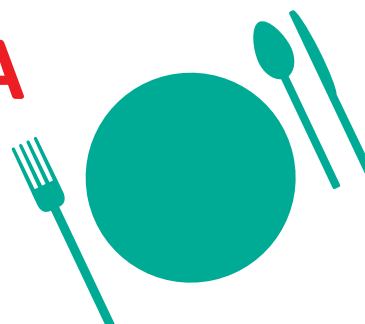
3/18/2017 - 5/6/2017

The YMCA of Greater Cincinnati recreational volleyball program is for children (boys and girls) between the ages of 8 and 12. This recreational volleyball league is meant to introduce the game of volleyball and to teach basic skills. Everyone plays and there are no tryouts. Practices are once a week, with at least one match played on Saturdays. Some games may be played against other YMCA of Greater Cincinnati teams. Volunteer Coaches needed.

BREAKFAST WITH SANTA

December 3
 9-11 a.m.

For tickets, register at the Welcome Center



FOREVER YOUNG

Programs for members at the Clippard Family YMCA
and Colerain Senior Center



COLERAIN SENIOR CENTER

4300 Springdale Road
Cincinnati, Ohio 45251

SAVE THE DATES!

Open to the Community.

Valentine Senior Social

Held on Wednesday, February 15.

Marti-Gra Dance

Friday, March 3 from 6 p.m. until 9 p.m.

Health & Wellness Expo

Wednesday, May 17 from 11 a.m. until 2 p.m.

NEW *Bus Trips Available to CSC members

Call 513-923-5050 to Register Today!!

January 13th Cincinnati Art Museum Tour-

Impressionism collection

10a.m.-2p.m. \$5 per person

(bring \$15 for lunch at the Museum Café)

March 24th Cincinnati Art Museum Tour- Modern
Art Collection

10a.m.-2p.m. \$5 per person

(bring \$15 for lunch at the Museum Café)

April 28th Trip to the Movie Theater

10:30a.m.-2:00p.m.

Movie to be determined.

Council on Aging Meals (COA) Available M-F at

Noon. Registration is required by 11 a.m. day
prior.

Transportation available for pick up or drop off
M-F for Colerain Township residence only. Regis-
tration is required by 11 a.m. day prior.

Shopping Tuesday available on Tuesday from 9:30
a.m. until 12:30 a.m. for Colerain Township resi-
dence only. Registration is required by 11 a.m.
day prior.

Due to high volume of Forever Young Senior
Programs please view our calendars at
www.MyY.org and www.colerain.org or contact
Nora A. Dashley, Program Director at
513-923-4466 or 513-245-5850 [ndash-
ley@MyY.org](mailto:ndashley@MyY.org)

Blood Pressure Checks

Tuesday, January 10, February 14, March 14 and April 11
10 a.m. until 11 a.m.

Life Line Screening

Friday, February 17

8 a.m. until 5 p.m.

Drumming Program

Tuesday, February 28, March 28 & April 25
2 p.m. until 3 p.m.

Breakfast with the Arts 4 Life

Tuesday, February 7, March 7 and April 4
10:30 a.m. until 11:15 a.m.

Bingo

1st, 2nd & 4th Wednesday of each month

10:30 a.m. until 2:30 p.m.

Crafts and Coffee

Monday, January 9, February 13, March 13 and April 10
10:30p.m. until 11:30 a.m.

Sewing Program

2nd and 4th Wednesday of each month

Noon until 3

Comfort Quilts Program

Thursday, Jan. 19, Feb. 16, Mar. 16 and Apr. 20

1 p.m. until 4 p.m.

The program benefits the children connected with the
Ronald McDonald House/Cincinnati. Open to all!

Crochet For a Cause

3rd Thursday of each month, January 19, February 16,
March 16 and April 20

1 p.m. until 4 p.m.

The program benefits young mother's newborn/child
connected with Pathways Home. Open to all!

Clavinova Connection Program Level I

Thursday from 2 p.m. until 3 p.m.

Clavinova Connection Program Level II

Thursday from 1 p.m. until 2 p.m.

Seasonal Movie

(Quarterly), February 23rd, May 25th, August 31st,
November 30th beginning at 1pm.

Walking Rewards Program

Every Thursday

9 a.m. until 10:15 a.m.

FOREVER YOUNG

Programs for members at the Clippard Family YMCA
and Colerain Senior Center



CLIPPARD FAMILY YMCA 8920 Cheviot Road
Cincinnati, Ohio 45251

*Healthy U

Chronic Disease Management Educational Series

Monday, March 6, 13, 20, 27 and April 3 & 10
10 a.m. until 12:30 p.m.

Program held at Sanctuary Pointe Retirement, 11501
Hamilton Avenue, 45231. Registration Required at
the Clippard Family Y and Sanctuary Pointe.

IPad/Tablet 101 Training Program

Tuesday, April 4, 11, 18 and 25
1 p.m. until 2 p.m.

Winter Bingo

Tuesday, March 7
1 p.m. until 3 p.m.

Wise Book Club

Held on the 1st Friday of each month
beginning at 12:45

Comfort Quilts Program

3rd Thursday of each month, January 19, February
16, March 16 and April 20
1 p.m. until 4 p.m.

The program benefits the children connected with the
Ronald McDonald House/Cincinnati. Open to all!

Crochet For a Cause

3rd Thursday of each month, January 19, February
16, March 16 and April 20
1 p.m. until 4 p.m.

The program benefits young mother's newborn/child
connected with Pathways Home/Cincinnati. Open to
all!

Pickleball

Held each Sunday
1 p.m. until 4 p.m. Registration Required at the
Clippard Family Y 513-923-4466.

SAVE THE DATES!

Open to the Community.

Events held at the Colerain Senior & Community Center.

Valentine Senior Social

Held on Wednesday, February 15.

Marti-Gra Dance

Friday, March 3
6 p.m. until 9 p.m.

Health & Wellness Expo

Wednesday, May 17
11 a.m. until 2 p.m.

WE LOOK FORWARD TO SEEING YOU!

Nora A. Dashley,

Program Director – Seniors

Clippard Family YMCA

8920 Cheviot Road, Cincinnati, Ohio 45251

P: 513-923-4466 E: ndashley@MyY.org

Colerain Senior Center

4300 Springdale Road, Cincinnati, Ohio 45251

P: 513-923-5050 E: ndashley@MyY.org

Due to high volume of Forever Young Senior Programs please view our calendars at www.MyY.org and
www.colerain.org or contact Nora A. Dashley, Program Director at 513-923-4466 or 513-923-5050
ndashley@MyY.org

YMCA CAMP ERNST

SUMMER CAMP SESSIONS

ages 6-15

Register at myYcamp.org

| | Session | Session Dates | Add-on options |
|--|---------|------------------|------------------------------------|
| Boys and girls, ages 6 to 15, enjoy week long overnight sessions from Sunday until Saturday during June, July, and beginning of August. Campers stay in cabins with top notch counselors and enjoy all the fun activities Camp Ernst has to offer, including the lake, ropes course and traditional camp activities. | Week 1 | June 11-17 | Trail Ride |
| | Week 2 | June 18-24 | Ranch Camp, Young Guns, Trail Ride |
| | Week 3 | June 25-July 1 | Trail Ride |
| | Week 4 | July 2-8 | Trail Ride |
| | Week 5 | July 9-15 | Ranch Camp, Young Guns, Trail Ride |
| | Week 6 | July 16-22 | Trail Ride |
| | Week 7 | July 23-29 | Ranch Camp, Young Guns, Trail Ride |
| | Week 8 | July 30-August 5 | Ranch Camp, Young Guns, Trail Ride |
| | Week 9* | August 6-12 | *Reserved for military kids' camp |

Y-member: \$520, Non-member: \$610

INTRO TO OVERNIGHT AND HALF WEEK

ages 5-9

| | |
|------------------------------------|---|
| Half Week 1 and 2 Intro A and B | August 6-9 and 9-12 August 7-8 and 10-11 |
|------------------------------------|---|

First-time campers, ages five to nine, can try the 24 hour-long Intro to Overnight Camp. Half Week camp is for any camper, ages five to nine, who want to stay a few more days! In both programs, campers stay in a cabin with counselors, eat camp meals and sample a variety of camp activities.

Intro to Overnight: \$85, Half Week \$315

SPECIALTY RANCH CAMP

ages 10-15

| | | |
|------------------|----------------|--------------------|
| Equine Adventure | June 11-17 | (ages 10-12) |
| Equine Adventure | June 25-July 1 | (girls ages 12-15) |
| Equine Adventure | July 16-22 | (girls ages 10-12) |
| Advanced Riders | August 6-12 | (girls ages 12-15) |

For the serious horse enthusiasts our Equine Adventure and Advance Riders camp allows campers to spend majority of their time at the barn advancing their riding skills and enjoying the trails that Camp Ernst has to offer.

Y-member: \$600, Non-member: \$690

RANCH CAMP ADD ONS

Ranch campers ages 10-15 will get to spend 3 hours a day at the barn and will rotate between group lessons, arena and trail rides, and barn chores. Young Gun campers ages 7-9 will enjoy a tailored horse experience for three days of their week. They will spend 1 1/2 hours with the horses learning all the basics, including how to ride, groom, and saddle.

Ranch Camp: \$95, Young Guns: \$70

WOMEN'S WELLNESS WEEKEND

September 22-24, 2017

We offer participants a menu of activities to meet nearly every interest. Enjoy quality time with friends new and old, try a few new activities, and enjoy some peaceful time for yourself. Activities will include horseback riding, high ropes course, lake activities, hiking, yoga, stress release, health and fitness sessions, crafts, and so much more!

Y-member: \$150, Non-member: \$140

OPEN HOUSE SUNDAYS

April 2, May 7, June 4

A great opportunity for families to check out all YMCA Camp Ernst has to offer. Try some activities, meet counselors, and get to know camp! From 1-4pm on select Sundays.

CAMPER WEEKENDS

ages 6-15

Spring Fling April 7-9, 2017

A way for seasoned or first time campers, ages 6-15 to experience a week's worth of camp fun squished into a weekend!

Y-member: \$115, Non-member: \$125

KID'S NIGHT OUT

ages 6-15

Kid's Night Out 1: February 10-11, 2017

Kid's Night Out 2: March 10-11, 2017

A way for seasoned or first time campers, ages 6-15 to experience a week's worth of camp fun squished into a weekend!

Y-member: \$115, Non-member: \$125

RANCH DAYS

ages 9-15

| | |
|--------------|----------------|
| Ranch Day 1: | March 25, 2017 |
| Ranch Day 2: | May 6, 2017 |

Brush up on your skills before summer or get an introduction to the Ranch Camp program. Campers will rotate between arena riding, trail riding and ground training. From 9:45am-3:15pm.

Cost: \$40,

FAMILY CAMP WEEKENDS

| | |
|---------------|---------------------|
| Memorial Day: | May 27-29, 2017 |
| Labor Day: | September 2-4, 2017 |