

GROW WITH US



PROGRAM GUIDE January – April, 2018 GAMBLE-NIPPERT YMCA

GYMNASTICS

January 8 – March 2 and March 5 – April 27

8 classes over 2 months

	Days	Session Time
Preschool Gymnastics	Tues.	4:15 pm - 4:45 pm
	Thurs.	4:15 pm - 4:45 pm
Rollers	Tues.	4:45 pm - 5:30 pm
	Thurs.	4:45 pm - 5:30 pm
Swingers	Thurs.	5:30 pm - 6:30 pm
Kippers	Mon. Wed.	4:15 pm - 5:15 pm

Preschool | Ages 3-4 years

PRE-SCHOOL GYMNASTICS (Member: \$35, Regular: \$60)
Children learn about flexibility, coordination, and basic gymnastic skills.

Progressive | Ages 5-12

ROLLERS (Member: \$45, Regular: \$75)
For the beginning gymnast who has little or no gymnastics experience.

SWINGERS (Member: \$50, Regular: \$80)
Must be able to do forward and backward rolls, a backbend, handstand on the floor, jump to front support on bars. Approval required.

KIPPERS (Member: \$60, Regular: \$90)
Must have completed Swingers or equivalent and be able to do round offs, and a forward roll on the balance beam. Approval required.

PRE TEAM (Member: \$70, Regular: \$70)
Focuses on correct technique and form of more advanced gymnastics skills and dance. Introduces gymnasts to competitive moves. These gymnasts do not compete.

GYMNASTICS TEAM (Members: \$90)
Fosters both team spirit and good sportsmanship allowing team members to compete with other Y teams in regional, zone and championship meets. Creates well-rounded, confident young adults who understand the power of the physical and the mental aspects of gymnastics. Must be a YMCA member.

DANCE

Dancers will work on basic movements while learning to follow directions. The children will perform the routines they learn on the last day of class each session

TUMBLING WITH CREATIVE MOVEMENT – Ages: 2-4
Saturdays 9:15 – 10 a.m.
Jan 13 – March 3 (Member: \$40, Regular: \$45)

TAP and BALLET – Ages: 4-7
Saturdays 10- 11 a.m.
Jan 13 – March 3 (Member: \$45, Regular: \$50)

TAP, BALLET, and TUMBLING – Ages: 8-12
Saturdays 11 a.m. – Noon
Jan 13 – March 3 (Member: \$45, Regular: \$50)

JUNIOR BEARCATS

BASKETBALL
January 8 – March 3 ages 3-12

Y-members | \$60 Non-member | \$100
This instructional league will teach your child the fundamentals of basketball and basic game concepts.



SOCCER

April 9 – June 2 ages 3-12
Y-members | \$60 Non-member | \$100 Registration opens in February

TWO WAYS TO REGISTER

 **ONLINE**
myY.org/register

 **IN PERSON**
at the
Welcome Center

Beginning:
December 10 for Y- members,
December 20 for non-members

YMCA of Greater Cincinnati App

Browse on Mobile

ADULT PROGRAMS

ADULT BASKETBALL – Ages 18+
Sundays 3 – 7 p.m. January 13 – March 3 \$300
Gamble Nippert is starting our own basketball league. This league is open everyone, members and non-members alike. Must be at least 18 years of age. Each team can have up to 7 players on a team. 8 week league with a tournament to follow.

PERSONAL TRAINING

Work directly with a certified personal trainer each time you exercise. Great way to stay motivated or to add to your fitness routine. See staff for offerings.

RACQUETBALL

Adult Leagues – Round-robin competition. Co-ed singles competition is available on scheduled evenings, flexible days or flexible evenings. Weekly matches with assigned opponents will challenge you and introduce you to “new” players.

SWIM LESSONS

Offered: January 8 – March 3 and March 5 – April 28

Pricing: Y-members | \$45
Non-member | \$90 8 classes over 2 months



GAMBLE-NIPPERT YMCA

STARTERS



A: WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment.

Sat. 9:30 am - 10:00 am

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SWIM BASICS



1: WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.



2: WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.



3: WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKE



4: STROKE INTRODUCTION

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.



5: STROKE DEVELOPMENT

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.



6: STROKE MECHANICS

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Preschool: 3 - 5 years	Days	Time (30 mins)
1 Water Acclimation	Mon.	5:00 pm
	Mon.	6:00 pm
	Thurs.	5:00 pm
	Thurs.	6:00 pm
	Sat.	10:00 am
	Sat.	10:00 am
2 Water Movement	Mon.	5:00 pm
	Mon.	6:00 pm
	Thurs.	5:00 pm
	Thurs.	6:00 pm
	Sat.	10:00 am
	Sat.	10:00 am
3 Water Stamina	Mon.	6:00 pm
	Thurs.	6:00 pm
	Sat.	10:00 am
School Ages: 5 - 12 years	Days	Time (30 mins)
1 Water Acclimation	Mon.	5:30 pm
	Thurs.	5:30 pm
	Sat.	10:30 am
2 Water Movement	Mon.	5:30 pm
	Thurs.	5:30 pm
	Sat.	10:30 am
3 Water Stamina	Mon.	6:30 pm
	Thurs.	6:30 pm
	Sat.	11:10 am
4 Stroke Introduction (40 mins)	Mon.	6:30 pm
	Thurs.	6:30 pm
	Sat.	11:10 am
5 Stroke Development (40 mins)	Mon.	6:30 pm
	Thurs.	6:30 pm
	Sat.	11:10 am

TWO WAYS TO REGISTER

Beginning December 10 for Y- members, December 20 for non-members



ONLINE
myY.org/register



IN PERSON
at the Welcome Center

KID'S CLUB



Monday through Friday
8:30 a.m. – 1:30 p.m.
4:30 p.m. – 8:30 p.m.
Fridays closes at 7 p.m.

Saturday
8:30 a.m. – 12:30 p.m.

For children whose parents are participating in YMCA programs and remain on the premises. 2-hour limit per day.

TIGERSHARK/GATOR SWIM TEAM

The team competes at YMCA and USA Swimming meets on the local, regional and national levels. Progressive practice groups are designed for swimmers of all levels, ages 6-18. For more information, please visit the website: pcytigersharks.com

ADAPTIVE SWIM LESSONS

Monday 2-3, 3-4pm. \$15 per month. September through May.

ADULT SWIM LESSONS

Please contact the Welcome Center for Adult Swim Lessons.

SYNCHRONIZED SWIM TEAM

7-18 years old – The mission of our team is to provide an opportunity for young people to participate in synchronized swimming to foster skillful aquatic ability, team spirit, motivation, and sportsmanship. Contact Head Coach Ginny Jasontek at ginsynch@gmail.com.

PRIVATE LESSONS

Ask about Private Swim lesson options for all ages! 30 minute or 1 hour options.

NUTRITION PROGRAM

Nine weeks beginning January 10 | Noon-1:30 p.m. or 6-7:30 p.m.

Presented by the Expanded Food and Nutrition Education Program of the Ohio State University, this class will introduce families to new ways to incorporate more fruits and vegetables into their diet and teach how to stretch food dollars through the month while maintaining a healthy diet.

FUN2BFIT is a program designed to meet the needs of overweight children and their families in surrounding communities. Children will have the opportunity to participate in a weekly 1-hour group exercise session led by YMCA staff. All activities are tailored to the age and capabilities of the children enrolled. Ages 7-12, Thursdays 6 - 7 p.m. Free to members, \$20 per month for community.

PROGRAM MAKE UP POLICY: We will do everything possible to ensure that all classes are held when scheduled. If more than one class must be canceled, due to unforeseen circumstances, a class credit will be issued. In the event that a participant is unable to attend a class for any reason, we cannot guarantee a make up class or class credit. Credits will be issued to the participant's YMCA account at the end of each session.