

GROW WITH US



PROGRAM GUIDE September–December, 2018 GAMBLE–NIPPERT YMCA

GYMNASTICS

August 20 – Oct 12 and October 15– December 8

8 classes over 2 months

	Days	Session Time
Preschool Gymnastics	Mon.	5:00 PM
	Wed.	5:00 PM
Rollers	Mon.	5:30 PM
	Wed.	5:30 PM
Swingers	Mon.	6:15 PM
Kippers	Mon. Wed.	5:00 PM

Preschool | Ages 3–4 years

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

Progressive | Ages 5–12

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

SWINGERS (Member: \$50, Non-member: \$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, Non-member: \$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, Non-member: \$70)
Monday, Wednesday, Friday 5–8 pm
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)
Monday, Wednesday, Friday 5–8 pm
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.
Aug 25 – Oct 13 and Oct 20 – Dec 8 (Member: \$40, Non-member: \$45)

TAP and BALLET – Ages: 4–7
Saturdays 10– 11 a.m.
Aug 25 – Oct 13 and Oct 20 – Dec 8 (Member: \$45, Non-member: \$50)

TAP, BALLET, and TUMBLING – Ages: 8–12
Saturdays 11 a.m. – Noon
Aug 25 – Oct 13 and Oct 20 – Dec 8 (Member: \$45, Non-member: \$50)


Youth Sports

SOCCER
August 20 – October 20 ages 3–9
Y-members | \$60 Non-member | \$100

BASKETBALL
October 22 – December 22 ages 3–12
Y-members | \$60 Non-member | \$100

TWO WAYS TO REGISTER

 **ONLINE**
myY.org/register

 **IN PERSON**
at the
Welcome Center

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

**YMCA of
Greater
Cincinnati
App**

Browse on
Mobile

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.

SWIM LESSONS

8 classes 1/week
8 classes 2/week
Y-members : \$45 | Non-member \$90

Once a week
September - October
November - December

Twice a week
running each month

STARTERS

GAMBLE-NIPPERT YMCA



A: WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment.

YMCA of
Greater
Cincinnati
App



Browse on Mobile

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.

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



ONLINE
myY.org/register



IN PERSON
at the
Welcome Center

Parent Child: 6mo. - 3 years	Days	Time (30 mins)
A Water Discovery	Sat.	9:30 AM

Preschool: 3 - 5 years	Days	Time
1 Water Acclimation (30 mins)	Mon.	5:00 PM
	Mon.	6:00 PM
	Wed.	5:00 PM
	Wed.	6:00 PM
	Sat.	10:00 AM
	Tues. Thurs.	5:00 PM
2 Water Movement (30 mins)	Tues. Thurs.	6:00 PM
	Mon.	5:00 PM
	Mon.	6:00 PM
	Wed.	5:00 PM
	Wed.	6:00 PM
	Sat.	10:00 AM
Tues. Thurs.	5:00 PM	
Tues. Thurs.	6:00 PM	

School Age: 5 - 12 years	Days	Time
1 Water Acclimation (30 mins)	Mon.	5:30 PM
	Sat.	10:30 AM
	Tues. Thurs.	5:30 PM
	Wed.	5:30 PM
2 Water Movement (30 mins)	Mon.	5:30 PM
	Sat.	10:30 AM
	Tues. Thurs.	5:30 PM
	Wed.	5:30 PM
3 Water Stamina (30 mins)	Mon.	6:30 PM
	Sat.	11:10 AM
	Tues. Thurs.	6:30 PM
	Wed.	6:30 PM
4 Stroke Introduction (40 mins)	Mon.	6:30 PM
	Sat.	11:10 AM
	Tues. Thurs.	6:30 PM
	Wed.	6:30 PM
5 Stroke Development (40 mins)	Mon.	6:30 PM
	Sat.	11:10 AM
	Tues. Thurs.	6:30 PM
	Wed.	6:30 PM

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. 6 pm Tuesdays

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.

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.