

# GAMBLE-NIPPERT YMCA PROGRAM MENU

| Session Dates        |  |
|----------------------|--|
| Winter I             | Jan 4 - Feb 20   |
| Winter II            | Feb 22 - Apr 10  |
| Spring               | Apr 12 - May 29  |
| Program Registration |  |
| Members              | Monday, December 7   |
| Program Members      | Monday, December 7   |
| Contact Information  |  |
| Address              | Gamble-Nippert YMCA<br>3159 Montana Ave.<br>Cincinnati, OH 45211 |
| Phone                | (513) 661-1105   |
| Fax:                 | (513)389-3833  |
| Weather Hotline:     | (513)588-0255  |
| Online:              | <a href="http://www.myy.org">www.myy.org</a>                     |

| Facility Hours        |                |
|-----------------------|----------------|
| Monday - Friday       | 5:00am-10:00pm |
| Saturday              | 6:00am-7:00pm  |
| Sunday                | Noon-7:00pm    |
| Side Entrance Hours   |                |
| Monday - Friday       | 7:00am-10:00am |
|                       | 3:00pm-6:30pm  |
| Saturday              | 8:30am-Noon    |
| Sunday                | CLOSED         |
| Childwatch Hours      |                |
| Monday - Friday       | 8:30am-2:30pm  |
|                       | 4:30pm-8:30pm  |
| Saturday              | 8:30am-12:30pm |
| Sunday                | CLOSED         |
| Holiday Hours         |                |
| <b>New Year's Eve</b> |                |
| Thursday, December 31 | 5:00am-4:00pm  |
| <b>New Year's Day</b> |                |
| Friday, January 1     | 9:00am-1:00pm  |
| <b>Easter Sunday</b>  |                |
| Sunday, April 4       | Closed         |

| Teen Programs  |                     |                               |
|----------------|---------------------|-------------------------------|
| Program        | Price               | Day/Time                      |
| Urban Dance    | \$10*<br>*per month | W/F<br>7:00pm-8:00pm          |
| Teen Achievers | Free                | 2nd & 4th TH<br>6:00pm-7:30pm |

| Sports Programs             |                                    |                 |
|-----------------------------|------------------------------------|-----------------|
| Program                     | Price                              | Dates           |
| <b>Lil' Dribblers</b>       |                                    |                 |
| 3-4 years                   | \$37/\$65                          | Jan 9 - Feb 27  |
|                             | Registration Dates: Dec 1 - Dec 31 |                 |
| <b>Co-ed Basketball</b>     |                                    |                 |
| 3-9 years                   | \$37/\$65                          | Jan 9 - Feb 27  |
|                             | Registration Dates: Dec 1 - Dec 31 |                 |
| <b>Co-ed Indoor Soccer</b>  |                                    |                 |
| 3-9 years                   | \$37/\$65                          | Jan 9 - Feb 27  |
|                             | Registration Dates: Dec 1 - Dec 31 |                 |
| <b>Co-ed Outdoor Soccer</b> |                                    |                 |
| 3-9 years                   | \$37/\$65                          | Apr 10 - May 22 |
|                             | Registration Dates: Feb 8 - Mar 31 |                 |
| <b>Co-ed Flag Football</b>  |                                    |                 |
| 7-15 years                  | \$37/\$65                          | Apr 10 - May 22 |
|                             | Registration Dates: Feb 8 - Mar 31 |                 |

| Gymnastics Lessons            |           |     |             |
|-------------------------------|-----------|-----|-------------|
| Class                         | Price     | Day | Time        |
| <b>Preschool Gymnastics</b>   |           |     |             |
| 3-4 years                     | \$30/\$50 | M/W | 4:15-4:45pm |
| <b>Progressive Gymnastics</b> |           |     |             |
| 5 years and up                | \$40/\$65 | M/W | 4:45-5:45pm |

| Dance Programs                             |           |     |               |
|--|-----------|-----|---------------|
| Class                                      | Price     | Day | Time          |
| <b>Tumbling/Creative Movement</b>          |           |     |               |
| 2-3 years                                  | \$25/\$30 | S   | 9:15-10:00am  |
| <b>Beginner Tap, Ballet &amp; Tumbling</b> |           |     |               |
| 4-6 years                                  | \$35/\$40 | S   | 10:00-11:00am |
| <b>Tap, Ballet &amp; Tumbling</b>          |           |     |               |
| 7-10 years                                 | \$35/\$40 | S   | 11:00am-noon  |

| Enrichment Programs                |                      |     |               |
|------------------------------------|----------------------|-----|---------------|
| Class                              | Price                | Day | Time          |
| <b>Home School Art</b>             |                      |     |               |
| 5-12 years                         | \$20/\$42            | M   | 11:00-Noon    |
| <b>Home School Gym and Swim</b>    |                      |     |               |
| 5-12 years                         | \$20/\$42            | M/W | Noon-2:00pm   |
| <b>Lil Lions</b>                   |                      |     |               |
| 2-5 years                          | \$25/\$35            | T   | 9:00-9:30am   |
|                                    |                      | T   | 9:30-10:00am  |
| <b>Munchkin Music &amp; Messes</b> |                      |     |               |
| 2-4 years                          | \$40/\$60*           | T   | 10:00-11:00am |
|                                    | *plus \$5 supply fee |     |               |
| <b>Preschool Gym and Swim</b>      |                      |     |               |
| 3-5 years                          | \$20/\$42            | TH  | 9:45-10:45am  |

| Childcare                           |                            |                        |
|-------------------------------------|----------------------------|------------------------|
| Class                               | Price                      | Day / Time             |
| <b>School Age Child Care (SACC)</b> |                            |                        |
| Grades K - 6                        |                            | M-F                    |
| Before Only                         | \$35*                      | 6:30am-9:00am          |
| After Only                          | \$55*                      | 2:30pm-6:00pm          |
| Both                                | \$80*<br>*per week         |                        |
| <b>School's Out Days</b>            |                            | 6:30am-6:00pm          |
| SACC PP                             | Add. \$10*                 |                        |
| Members/PP                          | \$20/\$30*<br>*per day     |                        |
| <b>Part Day Preschool</b>           |                            |                        |
| 3-5 years                           | \$85/\$110*<br>*per month  | T/TH<br>9:00am-Noon    |
| <b>Pre K Class</b>                  |                            |                        |
| 4-5 years                           | \$175/\$210*<br>*per month | M/W/F<br>9:00am-1:00pm |
| <b>Full Day Preschool</b>           |                            |                        |
| 3-5 years                           | \$160*<br>*per week        | M-F<br>6:30am-6:00pm   |

| Summer Camp                                  |        |               |
|--|--------|---------------|
| Program                                      | Price* | Time          |
| <b>Registration begins Saturday, March 6</b> |        |               |
| <b>ACA Accredited Summer Day Camp</b>        |        |               |
| 6-12 years, age 5 if kindergarten graduate   |        |               |
| Member                                       | \$119  | 9:00am-4:00pm |
| Non-Member                                   | \$149  | 9:00am-4:00pm |
| <b>Pre and Post Camp Care</b>                |        |               |
| 6-12 years, age 5 if kindergarten graduate   |        |               |
| Pre Camp Care                                | \$10   | 6:30-9:00am   |
| Post Camp Care                               | \$10   | 4:00-6:00pm   |
| Pre and Post                                 | \$20   |               |
| *Prices are per week                         |        |               |

| Youth Sports Camps   |             |               |
|----------------------|-------------|---------------|
|                      | Price*      | Time          |
| 6-12 years           |             |               |
| Full-Day             | \$124/\$164 | 9:00am-4:00pm |
| Half-Day             | \$65/\$75   | 1:00pm-4:00pm |
| *Prices are per week |             |               |

| Martial Arts - Tae Kwon Do |                          |                    |
|----------------------------|--------------------------|--------------------|
|                            | Price                    | Day/Time           |
| 6 years and up             | \$30/\$40*<br>*per month | T/F<br>6:15-7:45pm |

# WINTER/SPRING 2010

| Session Dates        |  |
|----------------------|--|
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| Health & Fitness                  |      |               |
|-----------------------------------|------|---------------|
| Members: Free                     |      |               |
| Non-Members: \$75 / session       |      |               |
| * indicates pay as you go classes |      |               |
| Group Fitness                     |      |               |
| Class                             | Day  | Time          |
| Circuit Training                  | M    | 9:15-10:00am  |
| Gentle Motion*                    | M/W  | 10:20-11:20am |
| Gentle Yoga                       | M    | 11:45-12:45pm |
| Tai Chi                           | M    | 1:00-2:00pm   |
| Pilates                           | M/W  | 5:45-6:45pm   |
| Cardio/Ball                       | M/W  | 7:00-8:00pm   |
| Muscle Pump                       | M/W  | 8:05-9:05pm   |
| SS Muscular Strength*             | T    | 9:00-9:45am   |
| Muscle Pump                       | T/TH | 10:00-11:00am |
| Pilates                           | T/TH | 11:30-12:30pm |
| Step & Strengthen                 | T/TH | 12:45-2:00pm  |
| Cardio/Strength                   | T/TH | 6:00-7:30pm   |
| Yoga                              | T    | 7:35-8:35pm   |
| Core Conditioning                 | W    | 8:45-9:30am   |
| Low Impact Dance                  | W    | 9:45-10:15am  |
| Fitness Yoga                      | W    | 11:45-12:45pm |
| SS Muscular Strength*             | W    | 1:00-1:45pm   |
| SS Cardio Circuit II*             | TH   | 9:00-9:45am   |
| NIA Seminar                       | TH   | 7:35-8:35pm   |
| Low Impact Dance                  | F    | 9:30-10:15am  |
| SS Muscular Strength*             | F    | 10:30-11:15am |
| Yoga Pilates Ball                 | F    | 11:30-12:30pm |
| Step Aerobics                     | S    | 8:45-9:30am   |
| Muscle Pump                       | S    | 9:35-10:35pm  |
| Yoga Pilates Ball                 | S    | 10:30-11:30am |

| Aquatic Group Fitness    |       |               |
|--------------------------|-------|---------------|
| Stretch                  | M/W/F | 8:15-9:00am   |
| Taste of Aquatic Fitness | M/W/F | 9:00-10:00am  |
| Aquacise                 | M/W/F | 10:00-10:45am |
| Silver Splash            | M/W/F | 10:45-11:45am |
| Cardio Run               | T/TH  | 9:00-9:45am   |
| Deep Water Splash        | S     | 9:00-9:45am   |

| Swim Lessons                |     |               |
|-----------------------------|-----|---------------|
| Members: \$25 / Session     |     |               |
| Non-Members: \$75 / Session |     |               |
| Class                       | Day | Time          |
| Parent Child (6-36 months)  |     |               |
|                             | T   | 6:30-7:00pm   |
|                             | W   | 6:15-6:45pm   |
|                             | TH  | 10:45-11:15am |
|                             | S   | 10:30-11:00am |
| Preschool (3-5 years)       |     |               |
| Pike                        | M   | 10:30-11:00am |
|                             | M   | 4:30-5:00pm   |
|                             | M   | 5:00-5:30pm   |
|                             | T   | 10:15-10:45am |
|                             | T   | 10:45-11:15am |
|                             | T   | 6:00-6:30pm   |
|                             | T   | 6:30-7:00pm   |
|                             | W   | 4:30-5:00pm   |
|                             | W   | 5:00-5:30pm   |
|                             | W   | 6:15-6:45pm   |
|                             | TH  | 10:45-11:15am |
|                             | S   | 9:45-10:15am  |
|                             | S   | 10:30-11:00am |
|                             | S   | 11:00-11:30am |
| Eel                         | M   | 10:30-11:00am |
|                             | M   | 4:30-5:00pm   |
|                             | M   | 5:00-5:30pm   |
|                             | T   | 10:15-10:45am |
|                             | T   | 10:45-11:15am |
|                             | W   | 4:30-5:00pm   |
|                             | W   | 6:15-6:45pm   |
|                             | S   | 10:30-11:00am |
|                             | S   | 11:00-11:30am |
| Ray / Starfish              | M   | 11:00-11:30am |
|                             | M   | 5:15-5:45pm   |
|                             | T   | 10:45-11:15am |
|                             | S   | 10:30-11:00am |

| Personal Training     |       |
|-----------------------|-------|
| One-on-One (One Hour) |       |
| 1 Session             | \$45  |
| 6 Sessions            | \$240 |
| Two-on-One (One Hour) |       |
| 1 Session             | \$68  |
| 6 Sessions            | \$372 |
| 1/2 Hour              |       |
| 1 Session             | \$30  |
| 6 Sessions            | \$150 |
| My Y Fitness          |       |
| Member                | \$100 |
| Non-Member            | \$125 |

| Swim Lessons                |     |               |
|-----------------------------|-----|---------------|
| Members: \$25 / Session     |     |               |
| Non-Members: \$75 / Session |     |               |
| Class                       | Day | Time          |
| Youth (6-12 years)          |     |               |
| Polliwog                    | M   | 4:30-5:15pm   |
|                             | T   | 6:00-6:45pm   |
|                             | W   | 4:30-5:15pm   |
|                             | S   | 9:45-10:30am  |
|                             | S   | 11:00-11:45am |
| Guppy                       | M   | 5:30-6:15pm   |
|                             | T   | 6:45-7:30pm   |
|                             | W   | 5:30-6:15pm   |
|                             | S   | 9:45-10:30am  |
|                             | S   | 11:00-11:45am |
| Minnow                      | M   | 5:30-6:15pm   |
|                             | T   | 7:00-7:45pm   |
|                             | W   | 5:30-6:15pm   |
|                             | S   | 9:45-10:30am  |
| Fish / Flying Fish          | M   | 5:30-6:15pm   |
|                             | T   | 7:00-7:45pm   |
|                             | S   | 9:45-10:30am  |
| Shark / Porpoise            | M   | 5:30-6:15pm   |
|                             | T   | 7:00-7:45pm   |
|                             | S   | 9:45-10:30am  |
| Adult & Teen                |     |               |
| Beginner                    | S   | 9:00-9:45am   |
| Intermediate                | M   | 7:00-7:45pm   |
|                             | S   | 9:00-9:45am   |
| Private Swim Lessons        |     |               |
| Members: \$75               |     |               |
| Non-Members: \$150          |     |               |
| *Five 1/2 hour sessions     |     |               |