

2010 COURSE DESCRIPTIONS

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YFITNESS

Equipment Orientations – Hour-long orientations to the Health and Fitness Center are offered on a daily basis when it's convenient for you. To schedule an appointment, call 661-1105.

Teen Fit – The Teen Fit program provides teens with the necessary education and practical experience to live healthier lives through cardiovascular fitness, strength training, basic knowledge of anatomy, flexibility, nutrition, and injury prevention. Teens, ages 13-15, are required to complete this course for access to the Health and Fitness Center. Teens learn to properly operate all fitness equipment, design workouts, exercise safely and effectively, basic healthy nutritional information, and much more.

P.O.W. (Path of Wellness)

Do you want to learn more about fitness and nutrition? Do you want to change your lifestyle and enjoy the benefits of being healthy? Through P.O.W. you will

learn the benefits of fitness and nutrition and how to include them in your daily routine. This is a six-week program that begins with a nutrition seminar that leads into your first fitness consultation. After the first week you will meet once or twice a week with a personal trainer to monitor your progress and make changes as needed.

Personal Training – A personal trainer will provide individual instruction throughout your entire workout session. This is an excellent benefit if you are:

- In need of a more advanced or sport-specific program
- A graduate of the P.O.W. program
- Have special needs/considerations
- Would benefit from immediate feedback and frequent changes in your workout

Our qualified trainers will evaluate your fitness level and design a specific program for you based on your goals.

My Y Fitness – My Y Fitness was designed for health seekers who don't want or need the full attention of a personal trainer, but still benefit from an individually developed workout routine. The program begins with a one-on-one meeting with a personal trainer to discuss your goals and desired outcomes. Your personalized fitness routine is then developed to match your goals. After nine weeks, you will meet again with your trainer to check your progress and reformulate your personalized routine.

YGROUP EXERCISE

Current Group Exercise class schedules are available at the Member Service Desk.

Outreach Fitness Classes – If you are interested in having a fitness class brought to your place of employment, school or organization, please contact the Program Director.

Cardio/Ball – This program combines high & low, easy-to-follow steps for 35 minutes of cardiovascular conditioning. The stability ball is used to incorporate upper body and core muscle strengthening for a total body workout.

Cardio and Strength – One and one-half hour combination of cardio and muscular strength exercises.

Circuit Training – An energetic workout that combines cardio segments and strength work.

Fitness Yoga – Explore the spirit, mind and body connection of basic fitness yoga: strength, relaxation and flexibility.

Gentle Yoga – A traditional yoga class that provides modifications on postures, gentle flexibility, as well as strength and relaxation.

YogaPilates Ball – The stability ball is used to strengthen and stretch the core muscles. Helps improve balance through yoga and pilates exercises.

Tai Chi – Body and mind in harmony, an ancient Chinese exercise that features increased longevity, focus and memory. Reduces stress. Improves balance and gait pattern.

Nia – Draws from dance arts, martial arts and healing arts to create purposeful movement that will help you grow and learn.

Gentle Motion – This is a chair exercise program that promotes flexibility, range of motion, strength, endurance, balance and coordination. Drop-in classes. PAY AS YOU GO available to non-YMCA members.

Low Impact Dancing – 45 minutes of slow, easy-to-follow, dance moves.

Muscle Pump – This class concentrates on isolating all muscles with and without free weights. Class starts with a warm up then stretching followed by isolation work and combination of all the major muscle groups.

Pilates – Builds stamina, improves core muscle control and relieves stress.

Step Aerobics – A high intensity, low impact aerobic program for men and women. The program involves stepping up and down on an adjustable platform while simultaneously performing upper body movements.

Step and Strength – 45 minutes of step aerobics combined with toning exercises. You will get a tight, toned body in this class.

WorkoutExpress – A 30 minute workout for the person on the go or just wanting to mix it up. Wake up your morning with a variety of cardio, strength and core conditioning.

Core Conditioning – 45 minutes of strength work for your abdominals, obliques and back.



SilverSneakers – Muscular Strength & Range of Movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. PAY AS YOU GO available to non-YMCA members.

Cardio Circuit SilverSneakers – Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

YAQUATICS

YSWIM LESSONS

PRESCHOOL LESSONS (ages 3-5 years)

PARENT/CHILD (Ages 6 mo-2 years) - No skills necessary. Parent/Child is a water adjustment class. Responsible adult must be in the water with the child.

PIKE – Never had swim lessons or very little swimming instruction.

EEL - Must be able to paddle without assistance 5 feet, and float on back and front. Must be able to jump into the deep end and swim out to teacher.

RAY – Must be able to paddle front and back 15 feet without assistance.

STARFISH – Must be able to swim front crawl with rotary breathing 20 feet. Must be able to swim 20 feet on back.

PROGRESSIVE LESSONS (ages 6-12)

POLLIWOG – Never had swim lessons or very little swimming instruction.

GUPPY – Must be able to paddle on front and back 25 meters (length of pool) without assistance, back and front float. Must be comfortable in deep water.

MINNOW – Must be able to do basic breaststroke, front crawl with correct flutter kick and rotary breathing, and backstroke 25 meters.

FISH – Must be able to tread for one minute in deep water. Must be able to do 25 meters front crawl (freestyle),

backstroke, breaststroke, elementary backstroke, and side stroke. Must be able to dive off the side. Must have Completed Minnow level.

FLYING FISH – Must be able to tread in deep water for three minutes. Must be able to swim 50 meters front crawl (freestyle), backstroke, breaststroke, elementary backstroke and side stroke. Must complete 25 meters butterfly. Must dive off side. Must have completed Fish level.

SHARK – Must be able to complete all of the Flying Fish level skills.

ADULT BEGINNER – Adults/Teens with very little to no swimming experience.

ADULT INTERMEDIATE – Adults/Teens interested in improving efficiency and strokes. Ideal for tri-athletes.

Homeschool Swim & Gym

One hour in the gym playing games and learning sports and one hour of lessons in the swimming pool with a certified swim instructor.

Adapted Lessons

Teaching individuals with disabilities to swim. Includes swim meets, the Special Olympics and the Dolan Method for Autism. Call Mary Dolan for registration and medical clearance forms (467-9539).

Private Lessons

One-half hour session classes are scheduled with a qualified instructor to work one-on-one with children, adults and special needs.

High School Swim Conditioning

Improve your overall strength function and muscular endurance while refining your stroke technique.

YMCA Lifeguard Training

After successful completion of the YMCA's On the Guard II program, lifeguards will have the knowledge and skills to lifeguard not only pools, but waterfront and water parks as well.

Prerequisites include:

- Minimum age of 16 prior to end date
- Long shallow dive and swim 500 yards; 100 yards front crawl, 100 yards sidestroke, 100 yards breaststroke, 100 yards sidestroke with 1 arm forward and 100 yards inverted breaststroke with one arm on stomach.
- Tread water for two minutes legs only
- Surface dive and swim underwater 15 feet

CPR for the Professional Rescuer and First Aid included in class.

YSWIM TEAMS

Swim Team

The Y offers a swim team, both winter and summer, designed to help young people to grow and develop mentally, physically and spiritually. Winter teams organize in September and continue through February or March. The training program consists of instruction in the four competitive strokes, starts, turns, and an increase in endurance, strength, flexibility and speed training. The program is team and individual goal-oriented with emphasis on developing team spirit, sportsmanship and self-discipline.

Synchronized Swim Team

The Cincinnati YMCA Synchronators is a competitive synchronized swim team for girls in grade school through high school.

Good basic swimming skills are a plus. Sign-ups are encouraged in June through September as the season begins in the fall. The Synchronators are a nationally ranked team that participates fully in state, regional and USA national competitions. Our program includes strength training, conditioning, figure and routine skills. Teamwork and creativity are integral aspects of this sport.

YWATER EXERCISE

Stretch Without Strain - Exercise designed for the person with arthritis, stiff joints and little flexibility. **Great class for beginners and seniors.** Arthritis Foundation sanctioned.

Aquacise (No music) Easy exercise program in the water. No swimming ability necessary. Great class for beginners and seniors.

SilverSplash - Activate your aqua exercise urge for variety! LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability required, and a SilverSplash kickboard is used to develop strength, balance and coordination.

PM Splash Combo Highly concentrated aerobic endurance program for those wanting to improve muscle tone. Equipment and high-energy music complement workout.

Cardio Run Designed to emphasize the muscular system. Class will utilize various aquatic equipment to improve strength, endurance and tone. Exercise to music.

Taste of AquaFit A different device emphasized every day on strength, toning, interval training, water walking, and jogging. All abilities welcome.

Deep Water Workout A co-ed, recreational water workout that is done suspended by a flotation device in the deep water.

YSPORTS

The YMCA Youth Sports Philosophy is "Kids first, winning second." We put the children and the importance of their having a good time and a positive experience above the need to win at any cost. At the YMCA, everyone plays and everyone wins. Our programs are generally non-competitive, instructional and geared toward the development of the whole child.

BASKETBALL

Lil' Dribblers - Ages 3-4 – Boys and girls are invited to learn the fundamentals of basketball, such as dribbling, shooting, passing and basic game concepts. Parents are welcome to join in the fun with their children.

BASKETBALL LEAGUE

Ages 3-9 – This is an instructional basketball program for boys and girls where the focus is on skill development, building self-esteem, character development and having FUN!

CO-ED FLAG FOOTBALL

Ages 7-15 – This exciting YMCA flag football program provides players the opportunity to learn football individual and team skills. Teams will practice once a week with games on Saturdays. Games will be held at different YMCAs.

T-BALL/COACH PITCH

Lil' Hitters – Ages 3-4 – The Lil' Hitters program gives children the opportunity to develop fundamental skills of baseball, such as hitting, catching and throwing. Parents are encouraged to join in with their children.

T-Ball/Coach Pitch Leagues – An instructional program for boys and girls with the focus on skill development, building self-esteem, character development and having FUN!

SOCCER

Lil' Kickers – Ages 3-4 - Boys and girls are invited to learn the fundamentals of soccer such as dribbling, shooting and other game concepts. Parents are also welcome to kick along with their children.

Soccer League

An instructional soccer program for boys and girls ages 3-9. The focus is on skill development, building self-esteem, character development and having FUN! Program is parent-coached. Practices and games are held on the same day. The number of teams determines game schedule.

RACQUETBALL

Classes – Beginners learn basic strokes and rules of play. Advanced Beginners/Intermediates work on higher-level skills, power, control and game strategy. Ages 9 to adult. Small classes ensure personal attention. Call Scott Bolinger at 941-4350 for details.

Private Lessons – Contact Scott Bolinger at 941-4350.

Adult Leagues – Round-robin competition. Co-ed singles competition is available on scheduled evenings, flexible days or flexible evenings. Many skill levels offered from Beginner to A. Weekly matches with assigned opponents will challenge you and introduce you to "new" players and are lots of fun.

Preschool Gym Class

Lil Lions (Ages 2-5)

This Gym class is designed as an introduction to Preschool that develops coordination skills, balance and group interaction. Children will have fun while wiggling, climbing, rolling, running and interacting with others.

Progressive Gymnastics

Co-ed classes based on the National YMCA Progressive Gymnastics and U.S.A.G. programs. Key skills include tumbling, apparatus (beam, bars and vault), strength, coordination and flexibility!

The classes are taught during team practice so qualified instructors and team-coaching staff will teach your child. Further, your child will get an upfront look at gymnastics at the next skill level.

Preschool Gymnastics (Ages 3 & 4)

Learn basic skills on all apparatus, including coordination skills, strength & balance. Parents must be present during classes.

Girls' Gymnastics Team

Foster team spirit, good sportsmanship and the YMCA philosophy of combining spirit, mind and body for a well-rounded individual! Team members compete at levels 4 through 9 (floor, bars, beam and vault) with other Y teams in Championships, Zone, Regional and National meets. Must be YMCA member to participate on the team. Kids can try out for team or pre-team to compete for the upcoming season or work on their skills for the next session. For more information, contact Jeni Dillenburger at 608-5320. Must be YMCA member to participate.

Tae Kwon Do Karate

Students will find emphasis placed on overall self-improvement, self-control and discipline, as well as physical fitness and self-defense, balance, flexibility and strength. Tae Kwon Do training is appropriate for anyone interested in an approach to fitness that includes body, mind and spirit. Students should be at least six years old to begin training. Taught by I.K. Kim Karate.

BIRTHDAY PARTIES

Birthday Party packages are available. Have up to 20 guests for swimming and fun. Book your date as soon as possible, all dates are first come first serve. Ask Aquatic Director for additional information. Payment requested at time of reservation. All children 16 & under will be water tested.

FACILITY RENTALS

Rooms for special events or meetings are available. Full facility rentals for overnights are also available. Contact Aquatic Director for more information.

Special Events

Check with the branch about upcoming events.

Y SCHOOL AGE CHILD CARE

BEFORE & AFTER SCHOOL CHILD CARE

The Gamble-Nippert YMCA offers morning and afternoon childcare for children Kindergarten through sixth grade. Our licensed program offers large motor skill development, group activities, snack time and small motor development. Our curriculum also incorporates YMCA character development values, special events and clubs that offer educational enrichment.

We pick up or coordinate pickups from other area schools. Check with the Service Desk to see if your school is on the list. We accept vouchers.

To register, simply come to the Front Desk and ask for a School Age Enrollment Packet.

SCHOOL'S OUT

Sign up your child for School's Out Days on prearranged school in-service days or vacation days. Check with the front desk for the schedule. Gamble-Nippert YMCA follows the calendar for Cincinnati Public Schools. For snow days, please call 588-0255 to verify whether or not the school's out program is available.

Fun activities and group games will be scheduled. Pack a lunch for your child, morning and afternoon snacks will be provided.



Y PRESCHOOL

PART DAY PRESCHOOL

Enroll your child in the best-kept secret on the west side! Our preschool program offers different options for 3, 4 and 5 year olds, including specialized swim lessons. Weekly themes and learning centers make science, dramatic play, art, music and water play a fun experience. See the Service Desk for more information.



FULL DAY PRESCHOOL

Our Full Day Preschool Program is a big hit! This childcare is offered through the school year and summer months. Ages 3-5. This program includes swimming lessons through the school year, a morning snack and an afternoon snack. We accept vouchers.

Summer Camp

The Gamble-Nippert YMCA is a great place for kids to experience the best of summer. Summer campers will have fun, learn, and make new friends in a character-enriching environment. Weekly themes such as Mystical Magic, Gross Me Out, Games Galore and more make each week exciting and interesting for summer campers! The additional pre and post camp hours create a flexible summer for parents.

Summer Camp is accredited through the American Camp Association.

What parents can expect:

- A developmentally appropriate program for ages 6 through 12, age 5 if Kindergarten graduate.
- Qualified, well-trained staff.
- Fun and exciting programs.
- A variety of daily activities based on weekly themes.
- A focus on the character values of caring, honesty, respect and responsibility.
- Convenient times and locations.

Ages 6-12, age 5 if Kindergarten graduate.



YOUTH SPORTS CAMPS

Available for a variety of ages and skill levels, these camps are designed for players to learn fundamentals of different sports in a fun, non-competitive environment. Players will work on specific skills and learn teamwork and sportsmanship.

Art Classes

Munchkin Music & Messes (2-5)

Class is designed as a short introduction to organized preschool activities such as crafts, food experiences, stories, games, songs and social interaction. All classes meet in the window room in the lower level. Children will sing, tell stories, paint and get to know each other through this fun, theme-oriented, hour-long class.

Home School Art – Art class learning basic art concepts.

Coed Dance & Tumbling

Tumbling w/Creative Movmnt

Ages 2-3 years old - Children will work on balance, strength and coordination while providing an excellent background in gymnastics.

Tap, Ballet & Tumbling

Ages 4-10 years old - 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. Classes taught by Judy Link Dance Studio.

Urban Dance – Boys and Girls 5-17 years old

This class pushes young dancers to the limit, showcasing their versatility and maturity in dance. While still maintaining the fun and enthusiasm of a youth dance company, this class impresses a professional attitude that may advance them to the next level.

CLUBS

Women's Club - The Y Women's Club is a social and service organization of the Gamble-Nippert YMCA. Members participate in monthly luncheon meetings on the 2nd Friday of each month from September to May. Members take turns helping fix lunch once a year. We usually have a speaker or some entertainment after lunch, followed by a short business meeting. We have a good time, and we feel good about assisting those in need.