

Clippard Family YMCA Program Menu

Session Dates

Summer I	(5 weeks)	June 7-July 10
Summer II	(5 weeks)	July 12-Aug. 14
Fall I	(8 weeks)	Aug. 30-Oct. 23
Fall II	(8 weeks)	Oct. 25-Dec. 18

Program Registration

Summer I & II

YMCA Members	May 10th
Program Participants	May 17th

Fall I & II

YMCA Members	Aug. 9th
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Fall I

Program Participants	Aug. 16th
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Fall II

Program Participants	Oct. 11th
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Contact Information

In person or
mail-in to: Clippard Family YMCA
8920 Cheviot Road
Cincinnati, OH 45251

Phone: (513) 923-4466

Fax: (513) 923-3796

Online www.myyonline.org

New full day option available
for your child.

Preschool Learning Center

Fees: Full Day / 5 days / Week
\$145 / Week

Type	Ages	Days	Time
Full	3-5	M-F	6:30am-6:00pm

Our licensed preschool offers a well-rounded education centered on the YMCA values of Caring, Honesty, Respect and Responsibility. Activities focus on the Ohio Early Learning Standards and are geared toward building creativity, self esteem and cooperation. Curriculum is from 9:00am to 3:00pm.



NEW!

ActivTrax is now available at the Clippard Family YMCA. ActivTrax is a revolutionary, web-based virtual trainer program that takes the guesswork out of your workout – and it's free. Contact the Fitness Center Staff to get started on ActivTrax today!

Health & Fitness

FREE for YMCA Members
\$80 Program Participant Pass (10 visits/pass)
(Updated schedule available online or at the Welcome Center.)

Group Fitness

Class	Day	Time
Cardio	M,W,F	8:30-9:15am
Strength	M,W,F	9:15-9:45am
Strength	T,Th	8:45-9:30am
Strength	T,Th	7:00-7:30pm
Cardio Combo	T,Th	9:30-10:30am
Step	M,W,F	9:45-10:30am
Step	T,Th	6:15-7:00pm
Core & Ball	M	10:30-11:00am
Step 101	M	11:00-11:30am
Silver Sneakers II	T,Th	10:30-11:30am
Silver Sneakers I	T,Th	11:30-12:30pm
Kickboxing	M,W	5:30-6:15pm
Kickboxing	Sat	10:30-11:30am
Step & Sculpt	Sat	8:30-9:30am
Zumba	T,Th	7:30-8:25pm
Zumba	Sat	11:30-12:30pm

Pilates/Yoga

Class	Day	Time
Pilates	M,W	5:45-6:45am
Pilates	W,F	10:30-11:30am
Pilates	M,W	6:15-7:15pm
Pilates	Sat	9:30-10:30am
Yoga	M,W	7:15-8:15pm

Aquatic Group Fitness

Class	Day	Time
Aqua Fitness	M,W,F	9:00-9:55am
Aqua Fitness	M,W	7:05-8:00pm
Aqua Combo	T,Th	9:00-9:55am
Variety Pack	T,Th	6:00-6:55pm
Variety Pack	Sat	9:00-9:55am
Aqua Stride	T,Th	10:00-10:30am
Arthritis Program	M,T,Th	1:00-2:00pm
Active Older Adult	M,W,F	11:05-12:00pm
Deep Water Aerobics	T	7:15-8:00pm
Deep Water Aerobics	W	11:15-12:00pm
Back to Basics 101	S June 12	8:30am

Cycling

Class	Day	Time
Group Cycling	T,Th	5:45-6:30am
Group Cycling	T,Th	9:30-10:15am
Group Cycling	T,Th	7:15-8:00pm
Group Cycling	M,W,F	9:00-9:45am
Group Cycling	M,W	7:00-7:45pm
Group Cycling	Sat	7:30-8:30am

Personal Training & Nutrition

One-on-One	1 (1 hour)	\$45
One-on-One	6 (1 hour)	\$240
Two-on-One	1 (1 hour)	\$68
Two-on-One	6 (1 hour)	\$372
½ Hour	1	\$30
½ Hour	6	\$150
Fitness Assessment	(1 hour)	\$45
Nutrition	1 (1 hour/visit)	\$45
Nutrition	3 (1 hour/visit)	\$120

Summer Camp Registration Fee

\$25 / Summer

Preschool Camp

\$74 Member/AM/Week

\$89 Program Participant/AM/Week

\$145/Full Day/Week

Ages	Dates	Days	Time
3-5	Jun. 7-Aug. 27	M-F	9:00-12:00pm
3-5	Jun. 7-Aug. 27	M-F	6:30-6:00pm

Traditional Day Camp

\$142 Member/Full Day/Week

\$173 Program Participant/Full Day/Week

Grades	Dates	Days	Time
K-5	Jun. 7-Aug. 27	M-F	9:00-4:00pm

Adventure Camp

\$142 Member/Full Day/Week

\$173 Program Participant/Full Day/Week

Grades	Dates	Days	Time
6-9	Jun. 7-Aug. 27	M-F	9:00-4:00pm

Counselor in Training Program

Interview Process Required

\$40 Member/Week

\$58 Program Participant/Week

Ages	Dates	Days	Time
14-15	Jun. 7-Aug. 27	M-F	9:00-4:00pm

Pre and Post Camp Care

\$27 Member/Pre or Post Only/Week

\$32 Program Participant/Pre or Post Only/Week

\$48 Member/Both Pre & Post/Week

\$63 Program Participant/Both Pre & Post/Week

Ages	Dates	Days	Time
K-9	Jun. 7-Aug. 27	M-F	6:30-9:00am 4:00-6:00pm

Youth Sports Camps

Fees: \$90/Member

\$126/Program Participant

Camp	Ages	Dates	Time
Soccer	6-9	June 21-25	9:00-12:00pm
Beg. Volleyball	6-12	June 21-25	9:00-12:00pm
Volleyball Club	11-16	June 21-25	1:00-4:00pm
Tennis	6-12	July 5-9	9:15-12:15pm
Gymnastics	6-12	July 26-30	9:00-12:00pm
Basketball	6-11	July 19-23	9:00-12:00pm
Basketball	11-16	July 19-23	1:00-4:00pm

Camp Swim Lessons

Fees: \$25/Member/Week

\$35/Program Participant/Week

Swim Lessons

Parent/Child & Preschool

\$27/Session/Member

\$53/Session/Program Participant

Youth

\$31/Session/Member

\$62/Session/Program Participant

Adult

Free/Session/Member

\$30/Session/Program Participant

Class	Day	Time
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Parent/Child & Preschool

Parent/Child	M	6:30-7:00pm
Parent/Child	W	6:30-7:00pm
Parent/Child	Sat	10:00-10:30am
Parent/Child	Sat	10:30-11:00am
Blowfish	M	9:30-10:00am
Blowfish	T	9:30-10:00am
Blowfish	Th	9:30-10:00am
Blowfish	Sat	9:30-10:00am
Pike/Eel	M	10:00-10:30am
Pike/Eel	M	6:00-6:30pm
Pike/Eel	T	10:00-10:30am
Pike/Eel	T	6:00-6:30pm
Pike/Eel	T	6:30-7:00pm
Pike/Eel	W	10:00-10:30am
Pike/Eel	W	6:00-6:30pm
Pike/Eel	Th	10:30-11:00am
Pike/Eel	Sat	10:00-10:30am
Pike/Eel	Sat	10:30-11:00am
Ray/Starfish	M	10:30-11:00am
Ray/Starfish	M	6:30-7:00pm
Ray/Starfish	T	10:30-11:00am
Ray/Starfish	W	10:30-11:00am
Ray/Starfish	W	6:30-7:00pm
Ray/Starfish	Th	10:30-11:00am
Ray/Starfish	Sat	11:00-11:30am

Youth

Polliwog	M	6:00-6:45pm
Polliwog	T	11:00-11:45am
Polliwog	T	7:00-7:45pm
Polliwog	W	10:00-10:45am
Polliwog	W	6:00-6:45pm
Polliwog	Sat	10:00-10:45am
Guppy	M	6:15-7:00pm
Guppy	W	6:15-7:00pm
Guppy	Th	10:00-10:45am
Guppy	Sat	10:45-11:30am
Minnow	M	6:00-6:45pm
Minnow	Th	10:45-11:30am
Minnow	Sat	10:00-10:45am
Fish	Sat	10:45-11:30am
Fit Kids	T	6:15-7:00pm

Adult

8:00-8:45pm

Private Swim Lessons

One Student	\$79/Member
	\$158/Program Participant
Two Students	\$131/Member
	\$210/Program Participant
Three Students	\$158/Member
	\$237/Program Participant

*Five 1/2 hour sessions

Long Course Swim Team

Fees: \$75* 1st Child

\$65* 2nd Child

\$55* 3rd Child

*Membership required.

Ages	Dates	Days	Time
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5-18	Apr. 13-July 11	TBD	TBD
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Free Family Programs

Program	Day	Time
Wacky Water Games	May 7	7:00pm
Family Fun Night	May 14	7:00pm
Wacky Water Games	May 21	7:00pm
Wacky Water Games	June 4	7:00pm
Wacky Water Games	June 18	7:00pm
Family Open House	June 19	TBD
Wacky Water Games	July 2	7:00pm
Wacky Water Games	July 16	7:00pm
Family Fun Night	July 30	7:00pm
Wacky Water Games	Aug. 6	7:00pm
Wacky Water Games	Aug. 20	7:00pm

Free Member

Wellness Seminars

Program	Day	Time
*Fibromyalgia	May 19	6:00-7:00pm
*Muscular Skeletal Disorders	June 21	6:00-7:00pm

*Dinner & Learn (Registration at the welcome center required. Spots limited.)

Ladies Day Out

Fees: \$20 / Member
\$25 / Program Participant

Date	Day	Time
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Aug. 11	Wed.	11:00am-3:00pm
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Rentals & Birthdays

Celebrate your birthday or any special occasion with the Clippard Family YMCA. Parties may be held on Friday evening, Saturday or Sunday afternoon. We have packages to accommodate any size party.

Arrangements can be made to meet your specific needs. Call today for further information and availability, (513) 923-4466.

Preschool Gymnastics

Fees: \$28/Session/Member

\$46/Session/Program Participant

Class	Day	Time
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Baby Basics	T	6:15-6:45pm
Tumbling Tots	T	6:50-7:35pm
Bounders	T	7:40-8:25pm

Progressive Gymnastics

Fees: \$34/Session/Member

\$55/Session/Program Participant

Class	Day	Time
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Rollers	Th	6:15-7:00pm
Swingers	Th	7:10-8:05pm

Martial Arts - Judo

Fees: \$27/Session/Member

\$56/Session/Program Participant

Class	Day	Time
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Judo	Sat	8:30-10:30am
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Martial Arts - Tae Kwon Do

Fees: \$34/Month/Member

\$63/Month/Program Participant

Class	Day	Time
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Tae Kwon Do	T,Th	6:00-7:00pm
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Youth Sports Leagues

Fees: \$44/Session/Member

\$88/Session/Program Participant

Sport	Ages	Dates	Day
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Soccer	3-7	Aug. 28-Oct. 16	Sat
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Dance

Fees: \$190 / Year / Class

\$160 / Year / 2nd Class

\$95 / Year / 3rd Class

50% off second or third class

*Additional costume fees

**Starts Sept. 7 and ends with
recital in Spring**



CLIPPARD FAMILY YMCA REGISTRATION

Summer I: June 7 – July 10th (5 weeks)
Summer II: July 12 – August 14th (5 weeks)

Clippard Family YMCA
8920 Cheviot Road
Cincinnati, OH 45251
(513) 923-4466 • (513) 923-3796 (fax)
www.myY.org



SUMMER REGISTRATION DATES

Members registration begins May 10 for Summer I and II
 Program Participant registration begins May 17 for Summer I and II

Participant's Name: _____

Age: _____ Birth Date: _____ Gender: Male or Female T-shirt size (sports) _____

Parent's Name: _____ Parent's Birthdate: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____ Cell Phone: _____

Please circle if you are interested in volunteering for any of the following:

Sports Coach Sports Assistant Coach Spirit Parent Other _____

Circle: Summer I Summer II

Class: Day: _____ Time: _____ Fee: _____

Circle: Summer I Summer II

Class: _____ Day: _____ Time: _____ Fee: _____

Payment Method: Cash _____ Check # _____ Total Fees: \$ _____

Credit Card # _____ Type: Visa MC AE Exp. _____

WAIVER

I understand that the YMCA of Greater Cincinnati assumes no responsibility for injuries or illness which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise, or any other activity at the YMCA. I expressly acknowledge on behalf of myself and my heirs that I assume the risk of any and all injuries and illness, which may result from my participation in these activities. I hereby release and discharge the YMCA of Greater Cincinnati, its agents, servants, and employees from any and all claims for injury, death, loss, or damage, which I may suffer as a result of my participation in these activities.

I understand that the YMCA of Greater Cincinnati is not responsible for personal property lost or stolen while using YMCA facilities or while on YMCA premises.

I give my permission to the YMCA of Greater Cincinnati to use photographs, film footage, audio, or video tape recordings, which may include my image or voice for purposes of promoting and interpreting YMCA programs and services to the general public.

I will adhere to the YMCA Code of Conduct. I understand that the YMCA of Greater Cincinnati will hold me accountable to the Code of Conduct, and may restrict my access to the YMCA upon breach of the code.

ACCEPTANCE

I acknowledge the Waiver set forth above and, being in sympathy with the mission statement of the YMCA, hereby accept the policies and procedures of the YMCA of Greater Cincinnati.

Parent Signature: _____ Date: _____

United Way Reporting Purposes ONLY: PROGRAMS MAY BE PARTIALLY FUNDED THROUGH UNITED WAY DOLLARS. TO HELP THE YMCA IN OUR REPORTING WE REQUEST THE FOLLOWING INFORMATION. (CONFIDENTIAL.)

Participant's Race: ___ White/Caucasian ___ Black/African American ___ Asian ___ Multi-Racial ___ American Indian ___ Appalachian ___ Hispanic ___ Native Hawaiian/Pacific Island ___ Other What county do you live in? _____ Do you live in the city limits of Cincinnati? _____

Parent/Guardian Place of Employment: _____ Do you live in the city of Middletown? _____

Household Income: ___ \$0-\$9,999 ___ \$10,000-\$14,999 ___ \$15,000-\$24,999 ___ \$25,000-\$35,000 ___ \$35,000+

Total number of people in your household _____

Office Use: Fee: _____ Receipt #: _____

Date: _____ Staff Name: _____