

## General Information

### WELCOME TO YMCA PROGRAMS

The Clippard Family YMCA is a great place to get involved in a variety of programs to strengthen your spirit, mind, and body. We offer a wide variety of programs for all age ranges, physical abilities, and interests, and continually adapt our programs to reflect the desires of our members. Whether you are taking a program for the first time, or have been involved with our programs for years, we have something just for you!

### PROGRAM REGISTRATION

#### When are the programs offered?

Most programs at the Clippard Family YMCA are run by session. For a list of sessions, program days, times, and prices, please refer to the seasonal Program Menu, available online at [www.myy.org](http://www.myy.org) or at the Clippard Family YMCA.

#### How do I enroll?

Enrolling in programs is fast and easy! **Members** can visit us online at [www.myyonline.org](http://www.myyonline.org) or in person to register, and **program participants** register in person.

#### How do I set up an online account?

The first time you set up an online account, you need 3 important pieces of information:

1. The Facility Access Code (FAC) of the primary member.
2. The Date of Birth of the primary member
3. A valid credit card.

(Don't know your FAC? Call us at 923-4466 and we can help!)

Once you set up your account, you will pick a username and password. Keep these handy – you will need them each time to visit online registration.

#### What happens if I forget my password or username?

No problem! Call us at 923-4466 and we can help you. Be sure to check your account info prior to registration day to ensure speedy registration.

### CLIPPARD FAMILY YMCA

Phone: (513) 923-4466

Fax: (513) 923-3796

[www.myy.org](http://www.myy.org)

Clippard Family YMCA / 513-923-4466



### YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### INCLEMENT WEATHER POLICY FOR PROGRAMS

During inclement weather, the Clippard Family YMCA will follow the Northwest Local School District schedule:

- If schools are **closed**, all programs will be cancelled for the day.
- If schools **released early**, all programs from that designated time would be cancelled for the day.
- If schools are **delayed**, all morning programs will be cancelled and will resume regular programming at Noon.

#### Preschool info:

Full Time Preschool will only close if the YMCA of Greater Cincinnati closes.

Note: If inclement weather occurs after schools have released at normal time, please call the YMCA to confirm your program is not cancelled 923-4466

*Thank you for keeping us safe during the winter months.*

**The YMCA of Greater Cincinnati does not provide refunds or credits for weather related cancellations.**

### CLIPPARD FAMILY YMCA BRANCH BOARD OF DIRECTORS

Lana Albright	Ed Myers
Ray Binzer	Thom Randle
Jeff Bresnen	Mel Rodriguez
Brian Bridgeford	Gene Schiele
Jennifer Clippard	Rosemary Schlachter
James Emerson	Tony Simms-Howell
Ken Hays	Molly Talbot
Phoebe Kerby	Joe Wolterman

### TABLE OF CONTENTS

General Information	1-3
Aquatics	4-5
Water Fitness	6
Health and Fitness	7-9
Sports	10-11
Dance	11
Day Camp	12
Youth & Preschool	13
Community	14

See program menu for class times and pricing.

# General Information

## FINANCIAL ASSISTANCE

The YMCA offers affordable programs and services designed to benefit people of all incomes and backgrounds. Fees are based on the actual cost to provide each program. The YMCA uses contributed funds from the Strong Kids Annual Campaign to ensure those unable to pay the stated fees are able to participate. If fees are a concern, please inquire at the Welcome Center for a scholarship application form. All records and inquiries are kept confidential, and the form is simple to complete.

## CHILD SUPERVISION

- Children 8 years of age and younger must be accompanied by an adult at all times, unless the child is participating in a program or supervised area.
- Teens 12 - 15 may use the Health & Fitness Center after taking the Healthy Teens Class, and have a consent form signed by their parent.
- For safety reasons children 11 & younger are not permitted in the Health & Fitness Center unless participating in family fitness times.
- Children 8 years of age and younger must be accompanied in the pool by an adult at all times. Non-swimmers must be within arm's reach of parent/guardian.

## LOST AND FOUND

The YMCA is not responsible for lost or stolen items. Please inquire at the Welcome Center if a personal article has been lost.

## CHILD WATCH HOURS

Mon. - Sat. 8:15 am - 2:00 pm  
Mon. - Fri. 4:00 pm - 8:30 pm

## HOURS OF OPERATION

M-F 5:30am-10:00pm  
Sat 7:00am-7:00pm  
Sun 12:00pm-7:00pm

## HOLIDAY HOURS

April 4	Easter	Closed
May 31	Memorial Day	8:00am-6:00pm
July 4	Independence Day	12:00pm-7:00pm
Sept. 6	Labor Day	8:00am-6:00pm
Nov. 25	Thanksgiving	8:00am-12:00pm
Dec. 24	Christmas Eve	5:30am-12:00pm
Dec. 25	Christmas Day	Closed
Dec. 31	New Year's Eve	5:30am-4:00pm
Jan. 1	New Year's Day	9:00am-1:00pm

## CREDIT/REFUND POLICY

- You must cancel from a class in person at the Welcome Center with program director approval.
- A full credit or refund will be made only if you cancel one week prior to the scheduled start of the class.
- If you cancel less than a week prior to the session you will be given a 50% class credit.
- Credits will not be given for individual class days missed due to personal circumstances.
- The YMCA may cancel or combine classes as necessary. If the YMCA cancels a class a full refund or credit will be given.
- This policy does not apply to day camp or school aged child care. Please refer to parent handbook for information.

## LOCKERS

Day lockers are available for members to use, but contents and locks must be removed when leaving the facility. Locks that are left on overnight will be removed, and personal items will be taken to the Welcome Center to be reclaimed. Members and guests must provide their own lock.

## FAMILY CHANGING ROOMS

The Family Changing Rooms are recommended for use by parents and their young children of the opposite gender or any person with special needs. The area is available for both Facility Members and Program Participants. For more information about use of the Family Changing Rooms, see the Welcome Center.

# General Information

## CLASSIFICATIONS OF MEMBERSHIPS

**Family/Household:** Two adults and any dependent children under age 24 living at the same address. Additional adults ages 24 and over living at the same address may be added to the membership for an additional \$20 fee per month per adult. (Plus tax and proof of residency.)

**One Parent Family:** Includes single, or legally separated person, and any dependent children under age 24 living at the same address.

**Adult-Individual,** age 18 through 64.

**Senior Citizen Family/Household:** Same as Family/Household except either adult is age 65 or older.

**Senior Citizen Adult:** Individual, age 65 or older.

## MEMBERSHIP FOR ALL

The heart of the YMCA’s mission is to reach out and serve all people in each of our communities. Because the YMCA is community-based and believes that its programs and services should reach everyone, we offer “Membership For All.” Membership For All is our sliding scale fee structure that is designed to fit the financial situation of each individual and family in our community. Our opportunities to join are listed below, please ask the Welcome Center Staff for a full view of our sliding scale fees.

### Opportunities to Join

	Join	Monthly
<b>Family/Household</b>	<b>\$150</b>	<b>\$83</b>
<b>Single Parent Family</b>	<b>\$125</b>	<b>\$73</b>
<b>Adult</b>	<b>\$125</b>	<b>\$56</b>
<b>Senior Family</b>	<b>\$150</b>	<b>\$50</b>
<b>Senior Adult</b>	<b>\$125</b>	<b>\$39</b>

(Note: These fees do not include Sales tax.)

Your membership enables you to use the facilities at all 21 YMCA Branches in the Greater Cincinnati area.

## MEMBER REFERRAL PROGRAM

Know someone who would love to become a member? Refer them and receive a free month of membership. See Welcome Center for details.

## PAYMENT METHODS

**Monthly ABC Plan** - Automatic Bank Draft, Check, or Credit Card (Visa, Mastercard and American Express)

**Full Annual Payment** - Cash, Check, Mastercard, Visa, American Express

## FIRST MONTH'S FEES

Your first month fee payment is due at time of sign up. It is prorated based upon your first date of Electronic Funds Transfer. Therefore, your first month's fee could be higher or lower than a normal month's fee, based upon your draft date.

## MEMBERSHIP CARDS

- Each member is issued a key fob valid for the duration of the YMCA membership.
- Members wishing to use the facility must present their key fob at the Welcome Center before admittance. The members photo will appear on the computer screen when checked in. In the event a member does not have his or her fob, an alternate, valid form of photo identification is acceptable for that visit.
- Please take the same care of the YMCA membership card as any other ID.

## TERMINATION

Members paying by bank or credit card draft must provide a 10 day written notice prior to the day of their regularly scheduled draft and return membership cards in order to terminate membership. YMCA membership requires no contract.

## GUEST POLICY

- Members receive six guest passes each year. Submit your request at the Welcome Center.
- **Adult** members may host a maximum of 2 guests per day.
- A guest may visit a Greater Cincinnati Branch three times in a calendar year.
- All guests 16 and older must present a picture ID.

## Swimming Lessons

**Class Placement:** All classes have 2-3 requirements to enter a class, please follow the requirements when signing up for a class. Please take advantage of a Free Swim evaluation with the Swim Lessons Coordinator, Kim Peters. To ensure that your child is placed in the appropriate class, we strongly recommend a swim evaluation before registration. Please contact Kim Peters at 923-4466 at ClippardYMCA or through email to set up a date at [kpeters@cincinnatiymca.org](mailto:kpeters@cincinnatiymca.org).

**All swim lessons are subject to cancellation. A minimum of four registered students is required for each class.**

## PARENT & CHILD SWIM LESSONS

### Ages 6 months to 3 years

The primary objective is to get both the parent and child comfortable in the water. The parent will learn how to be safe with children in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides him or her to learn aquatic skills. The child will be exposed to songs and games that use basic movements in the water such as kicking, arm strokes, and breath control. **(Cloth diaper with plastic pants or diapers manufactured for swimming pool use with plastic pants are required.)**

## PRESCHOOL SWIM LESSONS

### Ages 2 to 3 years old

**BLOWFISH** Children who have completed the parent/child class will love a class with independence. Blowfish will continue to blow bubbles through mouth and nose and learn how to kick. Pool safety and listening will be incorporated in classes. Rhythmic breathing will be introduced.

Requirements to enter class:

- Comfortable without parent in class setting.
- Swim Diapers are required if not potty trained.

### Ages 3 to 5 years old

**PIKE/EEL** Get ready! Get set! FLOAT! These kids are ready to float. They have mastered breathing

and will continue to incorporate breathing with other skills: Front Floats, Kicking with kick board/noodle with face submerged, torpedoes, back floats, and freestyle. Rhythmic breathing will be repetitive.

Requirements to enter class:

- Bobbing 5 times continuously, head fully submerged with rhythmic breathing
- Comfortable with a front and back float with assistance
- Goggles for floats and torpedoes

### Ages 4 and 5 years old

**RAY/STARFISH** Way to Go! Rays and starfish are more independent in the water. They will continue to get stronger and confident with freestyle, backstroke, and treading water. Front Floats, Back Floats, and bobbing are used for safety and endurance in the water. Repetitive skills are essential in this class.

Requirements to enter class:

- Front Float and back float without assistance for 5 seconds
- Freestyle or torpedo for 10 yards without assistance
- Goggles for Floats and torpedoes

## YOUTH SWIM LESSONS

### (6-12 Years)

Your student can now sign up for their individual level! Our scheduling format is geared to allow all participants to learn and progress at the appropriate level, with the four levels covering stroke development, rescue fundamentals, and safety skills.

**POLLIWOG** Polliwog is the beginning level for school-age children. Front floats, back floats, bobbing, kicking with kick boards/noodles all using rhythmic breathing will be used for safety and progression of skills. Water sports are used to aid in the progression of skills.

Requirements to enter class:

- Goggles for comfortable swimming experience
- Bobbing 5 times with rhythmic breathing
- Front and Back float with or without assist

**GUPPY** The basic skills continue to be emphasized (front floats, back floats, bobbing, kicking, and torpedoes on front and back). Guppy's will continue freestyle and backstroke technique with additional elementary backstroke, sidestroke, and treading water. Goggles are highly recommended.

Requirements to enter class:

- Front Float and Back float without assistance for 10 seconds
- Can swim freestyle and backstroke 10 yards without assistance
- Can jump in deep water and swim to safety

**MINNOW** The basic skills continue to be emphasized (front floats, back floats, bobbing, kicking). Minnows continue to refine the strokes they have learned, freestyle, backstroke, and sidestroke. Minnows build endurance in those strokes and are introduced to new skills: breaststroke and flipturns.

Requirements to enter class:

- Can swim freestyle (with rhythmic breathing) and backstroke 25 yards
- Tread water for 1 minute
- Goggles for swimming

**FISH** All strokes are done repetitively to improve on endurance and skill. Butterfly is introduced.

Requirements to enter class:

- Can swim freestyle (with rhythmic breathing) and backstroke 100 yards
- Tread water for 3 minutes
- Goggles for swimming

## **PRIVATE SWIM LESSONS**

Lessons are scheduled by appointment only and based on the pool and instructor availability. A registration form must be filled out at the Welcome Center. Lessons consist of five 1/2 hour sessions. Please allow one week for setup time.

## **ADULT SWIM LESSONS**

### **13 years and up**

Whether you want to learn to swim or just polish up on your strokes, this program is tailored to your individual ability & goals.

### **Aquatic Participant Safety:**

Please use the restroom and shower before entering any of the pools. Swim diapers are mandatory for all non-potty trained children.

## **RECREATIONAL SWIM**

Open pool time for individuals and families to exercise, swim laps and have fun in the water.

## **CLIPPARD BARRACUDAS SWIM TEAM**

The Barracudas Swim Team competes in 10-13 YMCA meets throughout the season. A swimmer is not required to attend all meets. Swimmers must be able to swim at least 25 yards freestyle and 25 yards backstroke. A swimmer must be a YMCA member to join the Clippard YMCA swim team. Please contact Kim Peters at [kpeters@cincinnatiymca.org](mailto:kpeters@cincinnatiymca.org) for any questions. Program costs do not include meet fees. Meet fees are due when a swimmer registers for a meet.

## **LIFEGUARD TRAINING**

Become a YMCA certified Lifeguard. Candidates must be at least 16 years old and be able to swim 500 yards prior to taking this course. All classes must be attended. Class also includes certification in CPR/Pro, AED, O2, and First Aid.

For more information contact Natalie Geiss at [ngeiss@cincinnatiymca.org](mailto:ngeiss@cincinnatiymca.org).

## **YMCA AQUATIC SAFETY ASSISTANT (YASA)**

Learn the knowledge and skills to recognize aquatic risks and to assist a lifeguard in the emergency response of an accident or injury. This course does not provide participants with lifeguard training. Those who become certified in YASA must have a certified lifeguard on duty when teaching a class or leading a program activity. Candidates must be at least 14 years old, able to swim 100 yards and able to tread water (legs only) for 2 minutes prior to taking this course. Class also includes CPR, AED, O2 and First aid.

For more information contact Natalie Geiss at [ngeiss@cincinnatiymca.org](mailto:ngeiss@cincinnatiymca.org).

## **SCOUT BADGE PROGRAM**

A certified instructor will lead you through the skills to meet Scout badge requirements. Sign up individually or as a group (must register two weeks in advance of requested date).

Maximum of 20.

## ADULT WATER FITNESS

### Ages 12 & up

All water fitness classes are “drop in”, no registration is necessary and free to members. Program Participants may purchase Group Fitness Program Session Passes. See Welcome Center or myY.org for schedules.

## AQUA FITNESS

Intermediate level class - Low impact cardiovascular workout that combines muscular strength and endurance exercises.

## AQUA COMBO

Advanced level class - A combination of shallow and transitional (shoulder to neck deep water) high intensity low impact cardiovascular and endurance class which includes strength, toning and stretching.

## AQUA STRIDE

Intermediate level class - Fun water walking and jogging class combined with aerobic exercises for a cardiovascular and endurance workout.

## VARIETY PACK/INSTRUCTOR CHOICE

Intermediate to advance level class. Get a great workout in this mix of cardio and strength in a variety of fun formats: circuit, intervals, aqua cycle, and traditional style in shallow or transitional deep water.

## SILVER SNEAKERS® SILVER SPLASH

Activate your aqua exercise urge for variety! SilverSplash®

offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.



## ARTHRITIS YMCA AQUATIC PROGRAM

Designed in partnership with the Arthritis Foundation for individuals who live with arthritis. The program provides the opportunity to do gentle joint range of motion activities, with emphasis on balance, and flexibility with a certified instructor.

## ACTIVE OLDER ADULT/LOW INTENSITY WATER WORKOUT

A low intensity exercise class for age 50 and over. The instructor will lead participants in various stretching, movement, and resistance exercises.

## BACK TO BASICS - WATER FITNESS 101

A review of water aerobic exercises with emphasis on proper body alignment, water safety skills, using the properties of water (buoyancy and resistance) to strengthen the core stabilizers, and how to adjust your work-out intensity to meet your own fitness goals.

## DEEP WATER AEROBICS

This is a non impact high-energy class. The certified instructor will offer a variety of classes throughout the session ranging from strength and cardio to interval or circuit type formats.)

## OPEN ADULT WALKING CHANNEL

Open time to move yourself against or with the current of the walking channel. See Pool Schedule for specific days and times.

### YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## GROUP FITNESS

All group fitness classes are “drop in”, no registration is necessary and free to members. Program Participants may purchase Group Fitness Program Passes. See Welcome Center or myY.org for current schedule as not all classes listed are always offered.

## STRENGTH CLASSES

Focuses on muscle toning and strengthening exercises.

## STRENGTH

Class designed to provide a well rounded workout.

## CORE

Class includes exercises to work the abs, obliques, back and glutes.

## COMBINATION CLASSES

Classes are designed to mix cardio and strength training workouts.

## INTERVALS

Cardio class that changes between high and low intensity aerobic exercises.

## STEP & SCULPT

Combines cardio step class with muscle conditioning sculpt class.

## CARDIO COMBO

Varied cardio and strength class formats.

## SILVER SNEAKERS



## CARDIO CIRCUIT

Senior Workout. Class offers varied intensities (based on participants' ability) to achieve cardiovascular benefits.

## MIND & BODY CLASSES

Classes focus on stretching, toning and relaxation exercises.

## YOGA

Class concentrates on flexibility, balance and relaxation through yoga movements.

## PILATES

Class combines stretching, toning and balance using Pilates based exercises.

## CARDIO CLASSES

Classes emphasize increasing your heart rate to burn calories.

## CARDIO

Class offers both high, mid and low impact options, performed to music.

## ZUMBA

Latin-based dance and fitness class. All levels welcome. No previous dance experience required. Shake your bon bon.

## STEP

Aerobic class that uses a step as you perform combinations to music. (Monday-Circuit; Friday-Interval)

## KICKBOXING

Aerobic class that uses a variety of movements from Kickboxing to get you moving.

## GROUP CYCLING

Class is a moderate to high intensity, non-impact cardiovascular workout. Towel and water bottle are required for entry into class.

## SILVER SNEAKERS MSROM

Senior workout. A combination of seated and standing exercises will be used. Intensity will vary with your ability.



## INSTRUCTIONAL CLASSES

Classes that help the new user learn steps ad class format before they attend a formal group fitness class.

## STEP 101

A welcoming environment to help you on your way to regular attendance at our step classes. This is not an exercise class.

## GROUP CYCLING 101

For newcomers to cycling who want a challenging workout at the same time.

## EQUIPMENT ORIENTATION

Orientations to the Health and Fitness Center are offered on a daily basis. Each appointment includes a tour of the Health & Fitness Center. Cardiovascular and strength training equipment are introduced but a specific fitness program is not designed at this time. To schedule an appointment, call 923-4466.

## FITNESS ORIENTATION

Let our Fitness Counselors get you off to the right start. Fitness orientations that suit your goals, health history, exercise habits and schedule are available. These are offered on a daily basis and take about an hour. To schedule an appointment, call 923-4466.

## 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
- Have special needs or considerations
- Would benefit from immediate feedback and frequent changes in your workout

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

Check out our trainers' bios at the Health & Fitness Center Desk and the Welcome Center.

For more information call 923-4466.

## FITNESS ASSESSMENTS

The Fitness Assessment program is designed to evaluate your current level of fitness and assist in the development of a personalized exercise program. The following components of fitness will be addressed: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition.

Based on the results of the five fitness components mentioned above and one's fitness goals, a personalized exercise program is developed. Any and all questions or concerns will be addressed during a follow-up consultation.

For more information or to schedule an appointment, call 923-4466.

## STANFORD HEALTH AND LIFESTYLE ASSESSMENT (SHALA)

### A Tool for Understanding Your Current Health Status

Becoming aware of your health can be one of the most important discoveries you will make. This awareness will help you identify your personal needs for optimal health and assist you in making choices on how to improve your overall health and well-being. Good health offers vitality and the opportunity to enjoy the special moments in life that you share with family and friends.

### Why Take SHALA - the Stanford Health and Lifestyle Assessment? Because it...

- Helps you identify potential health risks.
- Assists you in making important health choices.
- Was developed by Stanford University for the YMCA.
- Is **FREE to YMCA members.**
- Helps you in deciding which YMCA programs, services and activities may be appropriate to your needs and wants.
- Provides immediate results through a simple on-line process.
- Is completely confidential. Your individual results are not shared with anyone.

Follow these simple steps to get started:

1. Go to [https://healthimprovement.stanford.edu/activate\\_america/login.asp](https://healthimprovement.stanford.edu/activate_america/login.asp) and click on the link.
2. Select "yes" to the question, "Are you a YMCA member?"
3. Follow the prompts to your YMCA.

In the fields provided create a username and password, along with a security question.

**Congratulations!** You're on your way towards achieving a healthier, more balanced lifestyle.

## NEW! NUTRITION CONSULTATION

Nutrition Services are now available for YMCA Members. Set up an appointment with our Registered Dietician to help further your health, wellness and prevent disease. Good nutrition is an integral component of all three. Stop by the Welcome Center to register. Contact Amy Poetker at [apoetker@fuse.net](mailto:apoetker@fuse.net) for more information.

## YZONE INTERACTIVE FITNESS CENTER

Interactive gaming for all. Come with friends and family and enjoy the variety of gaming options available: Wii, Dance•Dance•Revolution, XR-Boards, 3-Kick, Xavix, Espresso Bikes and Light Space. There's something for everyone.

**NEW!**

## HEALTHY TEENS

### Teens 12-15

Designed to teach teens the benefits of exercise and strength training. Teens will learn basic anatomy, muscular function, principles of strength training and how to lift using proper techniques. This fun and energetic class includes actual weight lifting in the Fitness Center. Teens 12-15 must complete this class to use the Health and Fitness Center without parental supervision. Registration required.

## FAMILY FITNESS

Family Fitness is a time for your family to spend time together and become healthier. Our fitness staff will be on hand to show parents and their **children 9 years of age and older** how to use the exercise machines properly and help you to develop a fitness program to meet your fitness needs. See a Wellness staff member for days and times.

## DIABETES EDUCATION, SUPPORT & SELF-MANAGEMENT PROGRAM

A program designed to bring awareness and education to the community about the risk factors related to diabetes and chronic illnesses associated with diabetes.

Individuals chosen will be enrolled in the program. The program will be led by a combination of YMCA Staff, registered dietician, certified diabetes educator, and nurse. This program will include educational seminars and usage of the Fitness Center. For more information contact Dana Ensley at 923-4466 or [densley@cincinnatiymca.org](mailto:densley@cincinnatiymca.org).

## YMCA HEALTHY KIDS DAY

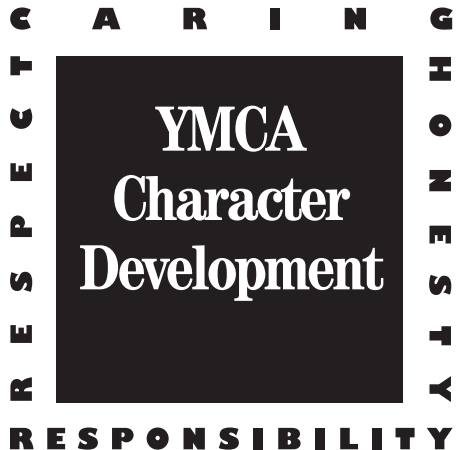
Come join us for a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. Activities celebrate making fitness fun, and will introduce kids to an array of YMCA and community programs that teach healthy behaviors and healthy ways to play.

## SENIOR HEALTH & FITNESS DAY

Come join us for a healthy lunch and visit various vendors and information tables at your leisure. Bring a healthy side to share (coincides with Senior Social for May).

## AMERICA ON THE MOVE WEEK

We are committed to our community's health and well-being. There will be a variety of activities throughout this week in September. Come check it out and let's get you moving!



## **PRESCHOOL GYMNASTICS**

This program is designed for boys and girls. Classes are structured toward the introduction of gymnastics movements, basic skills and coordination.

## **BABY BASICS**

### **Ages 2-3 (Parent/Child Program)**

We use creative themes to teach basic gymnastics positions, develop coordination, and have a lot of fun!

## **TUMBLING TOTS**

### **Ages 3-4**

This is an instructor based class. Tots will work on beginning tumbling maneuvers and develop coordination as well as work on the basic bars, beam, vault and floor exercises.

## **BOUNDERS**

### **Ages 4-5**

Bounders will work on beginner to advanced tumbling maneuvers with emphasis on movement education. This is an instructor based class which encompasses all the apparatus (floor, vault, beam and uneven bars).

## **PROGRESSIVE GYMNASTICS**

This program is designed for boys and girls. Classes are structured toward safe and correct execution and evaluation of skills on Floor, Vault, Beam and Bars.

## **ROLLERS**

### **Ages 6-12**

For the beginning gymnast who has little or no gymnastics experience.

## **SWINGERS**

### **Ages 6-12**

Must have completed Rollers or equivalent and be able to do forward and backward cartwheels, bridge, handstand on floor, jump to front support on bars.

## **KIPPERS**

### **Ages 6-12**

Must have completed Swingers or equivalent and be able to do round offs, bridge from stand, forward roll on balance beam.

## **SPORTS OF ALL SORTS**

### **Ages 3-5 years**

This class is an introduction to the wide world of sports. We will play a different sport each week, including basketball, soccer, floor hockey and more! This is great for kids who just want to have fun.

## **PRESCHOOL BASKETBALL**

### **Ages 4-5 years**

Join our basketball program and a great time is guaranteed. We use junior sized balls and rims, perfect for preschoolers.

## **LEAGUES**

## **CO-ED BASKETBALL**

### **Ages 3-15**

#### **Traditional 5 on 5 Basketball**

This is a youth instructional league and teams are structured at age appropriate levels. Coaches are needed at all levels. If you are interested in volunteering, please call 923-4466.

Games are typically played on Saturdays at either the Clippard Family YMCA or Skyline Community Center. Times will be determined by number of teams.

## **CO-ED SOCCER**

### **Ages 3-8**

This instructional league is for the child who can't get enough of soccer. The league will focus on fundamentals and teamwork. Players of all abilities are invited to play. Please consider being a volunteer coach.

## **YMCA Vision**

The Clippard Family YMCA will be the **Partner of Choice** for **All** kids, adults, families and communities to **Achieve Abundantly Healthy Lives.**

## **CO-ED FLAG FOOTBALL**

### **Ages 8-15**

This program is designed to be an instructional league for 8-9 year olds with competitive components and a competitive league for 10-12 and 13-15 year olds. This is an inter-YMCA of Greater Cincinnati league. Games will be on Saturdays rotating between YMCA branches. There will be one practice per week.

Volunteer coaches needed, please call 923-4466.

## **CO-ED SUPER TOT T-BALL**

### **Ages 3-6**

Introduce your pre-schooler to T-Ball. This parent-coached program focuses on fundamentals skills and concepts. Practices and games are held on the same day.

Volunteer coaches needed, please call 923-4466.

## **CO-ED COACH PITCH**

### **BASEBALL**

#### **Ages 7-9**

Instructional level baseball. This parent-coached program will focus on fundamental skills and concepts. We will use modified rules. Coaches will be doing the pitching. All games and practices will be held on Saturdays. Some games may be played against other YMCA of Greater Cincinnati teams.

Volunteer coaches needed, please call 923-4466.

## **CLUB VOLLEYBALL**

### **Grades 6-9, Ages 11-16**

Junior Olympic Volleyball is a great way to enhance your volleyball skills. The Clippard Club is a low travel club. We will play in local tournaments only. Tryouts offered in November. Practices will be held at the Clippard YMCA. For more information, call 923-4466 or email [clippardvolleyballclub@yahoo.com](mailto:clippardvolleyballclub@yahoo.com). Fees will be determined by number of tournaments.

## **CLUB LACROSSE**

This exciting club is in its fifth year of existence. For more information, please go to the website MyY.org and contact us at 923-4466.

## **JUDO Ages 7 & older**

Judo develops self-discipline and confidence. It also increases coordination, stamina, flexibility and strength. Get in shape while learning a new skill.

## **TAE KWON DO All ages**

Tae Kwon Do helps in the pursuit of self-respect and discipline, as well as building and maintaining physical fitness. Coordination, control, balance and technique are developed.

## **ADULT CO-ED VOLLEYBALL**

Volleyball is hot! Come join our co-ed league. All games are scheduled for Wednesday evenings. Players of all abilities are welcome. This is a purely recreational league and we will play with relaxed rules. **Teams must be registered and all paid before they will be scheduled.**

## **YOUTH DANCE PROGRAM**

### **Ages 3-12**

This progressive, year long program begins in early September and concludes with a recital in early spring. Jazz, tap and ballet classes provided.

## **YOUTH SPORTS PLEDGE**

I pledge to play the game, the best I can, to be a team player, to respect my opponents, rules and officials and to improve myself in spirit, mind and body.

# YDAY CAMP™

We build strong kids, strong families, strong communities.

## PRESCHOOL CAMPS

**Ages 3-5**

**9:00am-12:00pm and**

**All Day Option**

**9:00am-4:00pm**

**ACA  
Accredited  
Camp**

## YMCA DAY CAMP

**Grades K-5**

**9:00am-4:00pm**

Children share their days with peers of their age and a counselor. Each week includes a field trip (highlighted in red). A majority of time is spent in a natural outdoor environment. Hours are 9:00am to 4:00pm each day, with pre-camp beginning at 6:30am and post-camp running until 6:00pm. Sign up for one week or all of them. Day camp is designed for those seeking a flexible and outdoor experience.

**ACA  
Accredited  
Camp**

Registration fees and deposits are non-refundable and non-transferable. Camp sessions have a limited enrollment and registration is on a first-come, first-served basis.

For advice on which camps may best fit your family needs, call 513-923-4466.

## ADVENTURE CAMP

**Grades 6-10**

**9:00am-4:00pm**

Our newly designed teen program is tailored to empower teens to achieve abundantly healthy lifestyles. The teen program will follow the themes for Traditional Day Camp and participate in all fieldtrips. In addition Teen campers will be engaged in the planning process for additional weekly fieldtrips. Teen campers will be involved with community service work on Fridays.

**ACA  
Accredited  
Camp**

The teen program will be geared toward leadership, development, cultural awareness, self worth and community involvement. Teen Camp encourages new interests through the enjoyment of new friends and opportunities for experiences beyond the everyday.

## C.I.T. CAMP

**Ages 14-15**

**9:00am-4:00pm**

The CIT program is a junior counselor training program. Teens will assist camp counselors with daily camp activities. CIT's must complete an application and interview process.

**Limited  
Spots  
Available**

## PRE & POST CAMP

**Grades K-10**

**6:30am-9:00am**

**4:00pm-6:00pm**

Licensed Child Care is provided by trained staff before and after camp.

## SPORTS CAMPS

**Ages 6-16**

Children have a variety of half day Sports Camps to choose from. Children can participate in both Day and Sports Camps for parent/guardian convenience.

Camps offered: Basketball  
Soccer  
Tennis  
Beginner Volleyball  
Volleyball Clinic  
Gymnastics

**ACA  
Accredited  
Camp**

ACA Accreditation means that the Clippard Family YMCA submitted to a thorough (over 300 standards) review of its operation by the American Camp Association (ACA) – from staff qualifications and training to emergency management. American Camp Association collaborates with experts from The American Academy of Pediatrics, the American Red Cross and other youth service agencies to assure that current practices at the camp reflect the most up-to-date, research-based standards in camp operation. Clippard Family YMCA and ACA form a partnership that promotes a summer of growth and fun in an environment committed to safety.



## CHILD WATCH

### Ages 0-8

The Child Watch is included in family membership for kids 0-8 years of age. Parents and children will need membership cards or other picture ID to drop off or pick up children. You must stay on YMCA premises while children are in the childwatch. Limit two hours per day. Program transfers available for morning classes.

## PRESCHOOL LEARNING CENTER

### Ages 3-5

Our licensed preschool offers a well-rounded education centered around the YMCA values of Caring, Honesty, Respect and Responsibility. Activities will be geared toward building creativity, self-esteem, cooperation and independence. Story time and craft time are integrated with pre-writing and pre-math skills to foster kindergarten readiness. Each class will have the opportunity to swim in the waterpark and enjoy activities in the Clippard YMCA gymnasium. **Full and part-time schedules available.**

## SCHOOL-AGE CHILD CARE

The Y's Kids curriculum is designed to support the healthy development of children by building strengths and meeting the needs of the whole child.

The program's activities and structure incorporate the philosophies of NWLSD and the YMCA building health and supporting academic excellence. The Search Institute's 40 Developmental Assets and the Ohio Academic Standards are combined to represent each institutions's values.

Tuition for this program is based on your schedule of either full or part-time. Please call the Clippard Family YMCA 923-4466 for pricing details. Financial Assistance is available through the Hamilton County Department of Human Services or through the Clippard Family YMCA Scholarship Program.

### School Sites

Bevis	Pleasant Run
Colerain	Struble
Mt. Airy	Taylor
Monfort Heights	Weigel
North Dearborn	Welch

## SCHOOLS DAY OUT CAMP

### Ages 5-14

We will offer Schools Day Out Camp on every day that the Northwest School District is not in session. Campers will enjoy spending time with their friends, playing in the Indoor Water Park and many other fun activities. Campers will need to bring their own lunch, swimming suit and towel. Registration must be completed in advance of camp day.

## PARENT'S NIGHT OUT

### Ages 6 weeks to 12 yrs.

Parents! Enjoy a night on the town and know that your kids will be having a wonderful time at the clippard YMCA. Children will be engaged in fun activities including: swimming in the Indoor water Park, playing in the gym and a movie. Infants and children under the age 3 will spend the evening in our child Watch Center. Children should pack a snack, bring a bathing suit and towel.

## SPRING / CHRISTMAS BREAK CAMP

### Ages 5-14

This will be a great way for your child to spend their Break. Children will be engaged in organized activities, swimming, and relaxing with friends. Your child may sign up for the entire week or on a daily basis. Campers will need to bring their own lunch, swimming suit and towel. Registration must be completed prior to first day of camp. Please dress for the weather.

## AUTISM LEARNING CENTER

**NEW!**

The Autism Learning Center is a school targeted at children on the autism spectrum at ages 3-7 years of age. This is a school specific to autism and is an all day Monday through Friday program. This is a unique program in that there are few in this area. We are an approved Ohio Autism Scholarship provider. This program offers these children their needed therapies, which include aba therapy (behavior therapy), speech therapy, occupational, water and sensory therapy. In addition to these therapies, they also have the opportunity to be integrated with their typical peers for social opportunities.

## SENIOR SOCIALS

If you are 50 years or older, then this club is for you. Come join your friends, while meeting new people, and enjoy food, card games, socialize, and much more! Please bring a covered dish to share with everyone (we will provide the meat tray). There is no fee for this event, so gather your friends and get ready to have some fun. Register at the Welcome Center.

## SENIOR TRIPS

Come join other seniors in your community on a variety of one day and multiple day trips. Trips are arranged on a monthly basis. Please contact the Welcome Center for the current schedule and information.

## EASTER EGG HUNT

Bring your family and enjoy this special event at the YMCA. Pre-registration required.

## YMCA HEALTHY KIDS DAY

Come join us for a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. Activities celebrate making fitness fun, and will introduce kids to an array of YMCA and community programs that teach healthy behaviors and healthy ways to play.

## SENIOR HEALTH & FITNESS DAY

Come join us for a healthy lunch and visit various vendors and information tables at your leisure. Bring a healthy side to share (coincides with Senior Social for May).

## MOBILE MAMMOGRAPHY

Clippard Family YMCA Parking Lot  
Provided by Jewish Hospital and Health Alliance.

## FALL FESTIVAL

Join us for a fun filled afternoon of crafts, trick or treating and more. Weather permitting we will be outdoors for an extra special Fall experience.

## FAMILY NIGHTS

Check out our monthly family nights and events. Each month we do different activities for the whole family.

## BREAKFAST WITH SANTA

An annual tradition to start off the holiday season. Have breakfast with Santa and Mrs. Claus, enjoy local entertainment and more!

## LADIES DAY OUT

Join us poolside for our annual Ladies Day Out. Shop, have lunch, try a class and relax with your gal pals.

## BIRTHDAY PARTY

Celebrate your special day at the YMCA! Parties include swimming in our Indoor Water Park, cake, ice cream, drinks and all paper supplies. YZONE opportunity available for an extra fee. Your hostess will take care of everything. Parties are held on Friday evenings, Saturday and Sunday afternoons. We have packages to accommodate any party size. Reservations are required at least 10 days in advance of party date. Make reservations at our Welcome Center.

## YMCA RENTAL OPPORTUNITIES PARTY AND MEETING FACILITY RENTALS

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

- Church Groups
- Business Groups
- Bridal and Baby Showers
- Scout Troops
- Graduation Parties
- Birthday & Anniversary Parties

Extended use of the facility can include:

- Use of the pool & waterpark
- Gymnasium
- YZONE

Overnighters and after hour business parties are available for more exclusive use of the facility.

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