

# GAMBLE-NIPPERT YMCA PROGRAM MENU

Session Dates	
Summer I	June 1 - July 10
Summer II	July 12 - Aug. 21
Program Registration	
Members	Monday, May 10
Program Members	Monday, May 17
Contact Information	
Address:	Gamble-Nippert YMCA 3159 Montana Ave. 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
Childwatch	
Monday - Friday	8:30am-8:30pm
Saturday	8:30am-12:30pm
Outdoor Pool Hours	
Monday - Friday	11:00am-9:00pm
Saturday	Noon-6:45pm
Sunday	Noon-6:45pm
Holiday Hours	
Monday, May 31	8:00am - 6:00pm
Sunday, July 4	Noon-7:00pm
Monday, September 6	8:00am - 6:00pm

Childcare		
Class	Price	Day / Time
Before / After School		
Prices & schedules available online and on location		
School's Out Days		
School Age	\$20/\$30*	6:30am-6:00pm
	*per day	
Part Day Preschool		
3-5 years	\$85/\$110*	T/TH 9:00am-Noon
	*per month	
Pre K Class		
4-5 years	\$175/\$210*	M/W/F 9:00am-1:00pm
	*per month	
Full Day Preschool		
3-5 years	\$160*	M-F 6:30am-6:00pm
	*per week	

Summer Camp		
Program	Price*	Time
<b>Pre and Post Camp Care</b>		
6-12 years		
Pre Camp Care	\$10	6:30-9:00am
Post Camp Care	\$10	4:00-6:00pm
Pre and Post	\$20	
<b>ACA Accredited Summer Day Camp</b>		
6-12 years		
Member	\$119	9:00am-4:00pm
Non-Member	\$149	9:00am-4:00pm
*Prices are per week		
Camp	Dates	
Discovery	June 1-4	
Gross Me Out	June 7-11	
Games Galore	June 14-18	
Operation Y Spy	June 21-25	
Holiday Happenings	June 28-July 2	
Junkyard Inventions	July 5-9	
It's a Jungle Out There!	July 12-16	
Wild 'N Crazy Kids	July 19-23	
Y Arts Adventures	July 26-30	
Mystical Magic	Aug 2-6	
Survivor: Fun Factor	Aug 9-13	

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		
Camp	Dates	
Terry Nelson Basketball	June 7-11	
Recess	June 14-18	
Soccer	June 21-25	
Volleyball	June 28-July 2	
Sports of All Sorts	July 5-9	
Melvin Levitt Basketball	July 12-16	
Baseball	July 19-23	
Soccer	July 26-30	
Flag Football	Aug 2-6	

**Visit us at [www.myy.org](http://www.myy.org) for important updates, program and facility information and schedules.**

Art 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>Advanced Tap, Ballet &amp; Tumbling</b>			
7-10 years	\$35/\$40	S	11:00am-noon
*Art Programs will run from July 17 - Aug. 21			

Family Fitness			
Age	Price	Day	Time
<b>Family Fitness Packs</b>			
All ages	Free	Available at Front Desk During Business Hours	
<b>Family Workout</b>			
9 years & up	Free	SU	Noon-3:00pm

Sports Programs		
Program	Price	Registration Dates
<b>Lil' Kickers</b>		
3-4 years	\$37/\$65	July 1-August 7
		League Dates: Aug 14-Oct 9
<b>Soccer</b>		
3-9 years	\$37/\$65	July 1 - August 7
		League Dates: Aug 14-Oct 9
<b>Flag Football</b>		
7-15 years	\$45/\$70	July 1-August 31
		League Dates: Sept 11-Oct 23

Martial Arts - Tae Kwon Do			
	Price	Day	Time
6 years & up	\$30/\$40	T/F	6:15-7:45pm
*Prices are per month			

**Gymnastics Lessons**  
Progressive and Preschool Gymnastic Lessons will start again during our Fall I session. Enjoy the summer off!



**SPLASH into summer with the Gamble-Nippert YMCA, June 7 - June 11. This is a free week long event that teaches basic water safety and basic water skills. SPLASH will be held each night from 6:00 - 7:30pm. Sign up for a half hour**

# SUMMER 2010

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Health & Fitness		
Members: Free		
Non-Members: \$75 / session		
* indicates pay as you go classes		
Group Fitness		
Class	Day	Time
Workout Express	M/W/F	6:00-6:30am
Circuit Training	M	9:15-10:15am
Gentle Motion*	M/W	10:20-11:20am
Gentle Yoga	M	11:45-12:45pm
Pilates	M/W	5:45-6:45pm
Cardio/Ball	M/W	7:00-8:00pm
SS Muscular Strength*	T	9:00-9:45am
Muscle Pump	T/TH	9:50-10:50am
Just Step	T/TH	11:00-11:40am
Pilates/YogaPilates Ball	T/TH	11:45am-12:45pm
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
Low Impact Dance	F	9:30-10:15am
SS Muscular Strength*	F	10:30-11:15am
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

**Did you know that birthday party packages are available at the Gamble-Nippert YMCA?**

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

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-TH	10:15-11:00am
	M/W	10:15-11:00am
	M/W	6:00-6:45pm
	M/W	7:00-7:45pm
	T/TH	10:15-11:00am
	S	11:00-11:45am
Guppy		
	M-TH	10:15-11:00am
	M/W	10:15-11:00am
	M/W	6:00-6:45pm
	M/W	7:00-7:45pm
	T/TH	10:15-11:00am
	S	11:00-11:45am
Minnow / Fish / Flying Fish / Shark		
	M-TH	9:30-10:15am
	M/W	9:30-10:15am
	M/W	6:45-7:30pm
	T/TH	9:30-10:15am
	S	10:00-10:45am
Porpoise**		
	M/W	9:30-10:15am
**Contact Ann Lofton before signing up for this class!		
Intro to Synchron		
	T/H	10:00-10:45am
Must be at minnow level to participate		
Adult & Teen		
	M/W	7:30-8:15pm
Private Swim Lessons		
Members: \$75		
Non-Members: \$150		
*Five 1/2 hour sessions		
Swim Lesson Session Dates		
2 week sessions		
	June 14 - June 24	
	June 28 - July 8	
	July 12-July 22	
	July 26 - August 5	
	August 9 - August 19	
4 week sessions		
	June 14 - July 10	
	July 12 - August 7	
Saturday Fish Bowl Sessions:		
Sign up for one or sign up for more!		
June 19 & 26	July 24 & 31	
July 10 & 17	August 7 & 14	
Members: \$6.25/session		
Non-Members: \$18.75/session		