

Find support Find community Find your Y



YMCA OF GREATER CINCINNATI Prenatal and Postnatal Healthy Living

Free YMCA Membership

Your participation in the Y's Prenatal and Postnatal healthy living program includes a free family membership to the YMCA for the duration of your pregnancy and for the first 18 months of your newborn's life.

Included With Your Enrollment

Support Groups

Join other moms and caregivers at a monthly support group. Meals will be provided. Activities and outings will be available at no cost to you. Join us: 5/12/22 at 6:30 pm for our first meeting at the YMCA on Cheviot Rd.

Resources

We are committed to connecting you with resources to ensure you and your family's basic needs are being met.

Kids Club

Morning and evening hours are offered to give parents up to 2 hours of care each day. Parents must remain in the building while children enjoy care by our YMCA staff.

Wellness Classes & Programs

Swim lessons begin as young as 6 months with parent/child lessons introducing children to water and safety skills for parents.

Fitness Centers

Wide variety of equipment for low impact cardio, free weights, swimming, and more.

Be On the Lookout for:

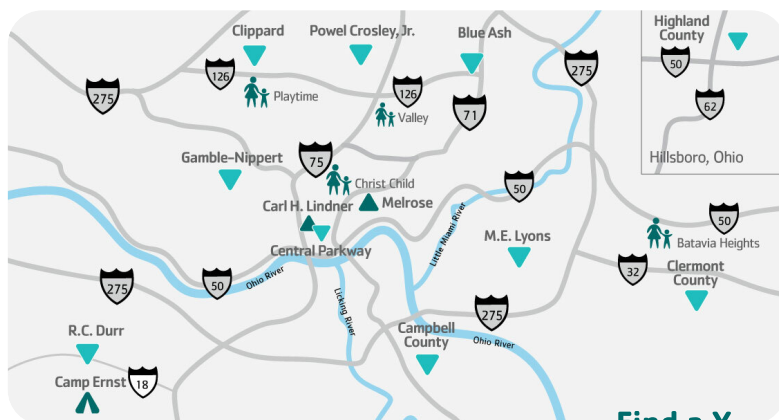
Prenatal Yoga

Participants will be invited to join our weekly Prenatal Yoga class designed for expectant mothers.

Parent Workshops

Childbirth, parenting, infant and maternal health workshops and series.

Blood Pressure Self Monitoring



**Find a Y
near you!**

Contact Amisha Walton at 513.372.0756 to request your YMCA membership!