

# AQUATICS

## Pool Time:

Please inquiry with the Customer Service Desk for weekly pool times!

### Monday

9:30 AM-10:30 AM Aqua Aerobics (Yvonne)  
11:30 AM-12:30 PM Aquacise (Charles)  
1:00 PM-1:50 PM Arthritis Aerobics  
6:30 PM-7:30 PM Aqua Bootcamp I Fee Based \$25 members/\$50 Non-members (Alonzo)

### Tuesday

11:30 AM-12:30 PM Aqua Tone (Marianna)

### Wednesday

9:30 AM-10:30 AM Aqua Aerobics (Yvonne)  
11:30 AM-12:30 PM Aquacise (Charles)  
1:00 PM-1:50 PM Arthritis Aerobics

### Thursday

11:30 AM-12:30 PM Aqua Tone (Marianna)

### Friday

9:30 AM-10:30 AM Aqua Aerobics (Yvonne)  
11:30 AM-12:30 PM Aquacise (Charles)

### Saturday

9:00 AM-10:00 AM Aqua Kickboxing (Yvonne)

\*South Pointe Aquatic Therapy: Monday/Wednesday 1 PM- 6 PM (2 Lap Lane)

Tuesday/Thursday 8AM-11AM (2 Lap Lane Only)

Swim Lessons : Private Lessons-Contact Dapheen Hill  
dhill@clevelandymca.org (216) 518.9622

\*Group Swim Lessons: August 1, 2021

\*Group Swim Lessons: ONLY ON SATURDAY AT 9:30 AM-12:45 PM

# WELLNESS

## GROUP EXERCISE STUDIO

### Morning Classes:

#### Monday:

6:30 AM-7:30 AM Yoga

#### Tuesday:

6:30 AM-7:30 AM Yoga

9:30 AM-10:20 AM Boom

Move

11:30 AM-12:20 PM S.S.

Classic

#### Wednesday:

6:30 AM-7:30 AM Yoga

9:30 AM-10:20 AM S.S. Yoga

11:30 AM-12:20 PM S.S.

Classic

1:00 PM-1:50PM Dangerous

Curves

#### Thursday:

6:30 AM-7:30 AM Yoga

9:30 AM-10:20 AM Boom

Move

11:30 AM-12:20 PM S.S.

Yoga

### Evening Classes:

#### Monday:

6:00 PM-7:00 PM Step

#### Tuesday:

6:00 PM-7:00 PM Core &  
Lower Body Strength

#### Thursday:

6:00 PM-7:00 PM Mix

#### Friday:

6:00 PM-7:00 PM Line Dance

### Weekend Classes:

#### Saturday:

9:00 AM-9:50 AM Yoga

## MULTIPURPOSE ROOM

### Morning Classes:

#### Tuesday:

9:30 AM-10:20 AM Core &  
Lower Body Strength

#### Thursday:

9:30 AM-10:20 AM Core &  
More

#### Friday:

11:30 AM-12:20 PM Zumba

### Evening Classes:

#### Monday:

6:00 PM-7:00 PM Ultimate  
Abs

7:00 PM-8:00 PM Yoga

#### Tuesday:

6:00 PM-7:00 PM Ultimate  
Abs

7:00 PM-8:00 PM Yoga

#### Wednesday:

6:00 PM-7:00 PM Ultimate  
Abs

7:00 PM-8:00PM Yoga

#### Thursday:

6:00 PM-7:00 PM Ultimate  
Abs

### Wellness Floor

#### Tuesday:

6:00 PM-7:30 PM Catch Me  
If You Can (Walk to Run)

### CYCLE STUDIO

#### Monday:

6:00 PM-7:00 PM Core Fusion

#### Wednesday:

6:30 PM-7:30 PM Y-Cycle

#### Saturday:

10:00 AM -10:50 AM Y-  
Cycle

# Teen Center

## Y-SUMMER CAMP

### Monday

7:00 AM- 6:00 PM

### Tuesday

7:00 AM - 6:00 PM

### Wednesday

7:00 AM - 6:00 PM

### Thursday

7:00 AM - 6:00 PM

### Friday

7:00 AM- 6:00 PM

## YOUTH and TEENS

### Monday

3:00 PM-8:00 PM

### Tuesday

3:30 PM-6:00 PM

### Wednesday

4:00 PM-5:00 PM

### Thursday

3:30 PM-6:00 PM

### Friday-

4:00 PM-8:00 PM

### Saturday

Closed

### Sunday

Closed

# Swim Lessons

### Saturday:

9:30 AM - 10:00 AM Adult/Teen Swim Lessons (13+)

10:00 AM - 10:30 AM School Age Level 1 & 2:

Water Acclimation (Ages 6-12)

10:40 AM - 11:10 AM Preschool Level 2: Water Movement (Ages 3-5)

11:30 AM -12:00 PM Preschool Level 3: Water Stamina (Ages 3-5)

12:15 PM -12:45 PM School Age Level 2: Water Movement (ages 6-12)

### Group Lesson: Rates

Family Membership \$4 per class

Youth & Adult Membership \$8 per class

Non-members \$16 per class

### Parent Child Lessons: Rates

Family Membership \$2 per class

Youth & Adult Membership \$8 per class

Non-members \$16 per class

# SPORTS

## BASKETBALL COURTS

**Monday**  
6:00 AM-9:00 AM Open Gym/Jog/Lap  
5:30 PM-8:45 PM Family/Open Gym

**Tuesday**  
6:00 AM-9:00 AM Open Gym/Jog/Lap  
5:30 PM-8:45 PM Family/Open Gym

**Wednesday**  
6:00 AM-9:00 AM Open Gym/Jog/Lap  
5:30 PM-8:45 PM Family/Open Gym

**Thursday**  
6:00 AM-9:00 AM Open Gym/Jog/Lap  
5:30 PM-8:45 PM Family/Open Gym

**Friday**  
6:00 AM-9:00 AM Open Gym/Jog/Lap  
5:30 PM-8:45 PM Family/Open Gym

**Saturday**  
7:00 AM-4:00 PM Open Gym/Jog/Lap

**Sunday**  
10:00 AM-2:45 PM Lap Walking/Jog/Open

**Warrensville Heights Sports Camp:**  
Monday-Friday 9:00 AM-4:00 PM  
12-Weeks  
Full Facility Member: \$105.00  
Member Extended: \$120.00  
Program Member: \$130.00

**NOTE:**  
Sports Camp (Address)  
4433 Northfield Road  
Warrensville Hts., Ohio 44128

**Warrensville Heights YMCA Day Camp: August 2-August 13**  
Monday-Friday: 7:00 AM to 6:00 PM  
Full-Time: \$145/week for members (4-5 days)  
Full-Time: \$165/week for program member (4-5 days)

**NOTE:** Summer Camp will be at the branch until the end of August 13th only.

# CHILD WATCH

**Monday** 4:30-8:00pm    **Tuesday** 4:30-8:00pm    **Wednesday** 4:30-8:00pm    **Thursday** 4:30-8:00pm

**Friday** Closed    **Saturday** 9:00-1:00pm    **Sunday** Closed

## BRANCH HOURS

**Monday** 6:00am-9:00pm  
**Tuesday** 6:00am-9:00pm  
**Wednesday** 6:00am-9:00pm  
**Thursday** 6:00am-9:00pm  
**Friday** 6:00am-9:00pm  
**Saturday** 7:00am-4:00pm  
**Sunday** 8:00am-3:00pm

## HOLIDAY HOURS

**Easter** CLOSED  
**Memorial Day** 7:00am-1:00pm  
**4th of July** 8:00am-3:00pm  
**Thanksgiving** CLOSED  
**Christmas Eve** 7:00am-1:00pm  
**Christmas Day** CLOSED  
**New Years Eve** 5:00am-5:00pm  
**New Years Day** 7:00am-1:00pm

**Michael Carter, Executive Director**  
mcarter@clevelandymca.org

**Leslie Moore, Director of Member Impact**  
lmoore@clevelandymca.org

**Warrensville Heights  
Family YMCA**  
4433 Northfield Rd  
Warrensville Heights, Ohio 44128  
216.518-9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Program Schedule  
August 2021**

**Warrensville  
Heights Family  
FAMILY YMCA**

Putting Christian principles into practice through programs that build healthy spirit, mind and body for all. Updated 02/12/2021