

AQUATICS

Please inquire with the Customer Service Desk for weekly pool schedule

Monday		
9:30 AM-10:20 AM	Aqua Aerobics	(Yvonne)
10:30 AM-11:20 AM	Aqua Tone	(Janice)
11:30 AM-12:20 PM	Aquacise	(Charles)
1:00 PM - 1:50 PM	Arthritis Aerobics	(Charles)
Tuesday		
11:30 AM-12:20 PM	Aqua Tone	(Marianna)
Wednesday		
9:30 AM-10:20 AM	Aqua Aerobics	(Yvonne)
10:30 AM- 11:30 AM	Aqua Tone	(Janice)
11:30 AM-12:20 PM	Aquacise	(Charles)
Thursday		
11:30 AM-12:20 PM	Aqua Tone	(Marianne)
Friday		
9:30 AM-10:20 AM	Aqua Aerobics	(Yvonne)
10:30 AM- 11:20 AM	Aqua Tone	(Janice)
11:30 AM-12:20 PM	Aquacise	(Charles)
1:00 PM- 1:50 PM	Arthritis Aerobics	(Charles)
Saturday		
9:30 AM-10:20 AM	Aqua Aerobics	

South Pointe Aquatic Therapy

Monday/Wednesday 1 PM- 6 PM (2 Lap Lane Only)

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

Swim Lessons

For more information please Contact J Scott Strickling

Email: jstrickling@clevelandymca.org

Phone: (216) 518.9622 ext. 1730

WELLNESS

GROUP EXERCISE STUDIO

Monday:

10:30 AM-11:20 Classic (Katina)
11:30 AM-12:10 Strength (Katina)
6:00 PM- 7:00 PM Step (Gail)

Tuesday:

9:30 AM-10:20 Boom (Angela)
11:30AM-12:20 S.S. Classic (Angela)
6:00 PM-7:00PM On the Ball (Debra)

Wednesday:

9:30 AM-10:20 Yoga Stretch (Angela)
11:30 AM-12:20 Classic (Angela)

6:00 PM -7:00 PM Boot Camp (Debra)

Thursday:

9:30 AM-10:20 Boom (Angela)
11:30 AM-12:20 Yoga Stretch (Angela)
6:00 PM- 7:00 PM Mixx (Gail)

Friday:

9:30 AM-10:30 Core & More (Katina)
10:30AM-Arthritis Balance Crosswalk
6:00 PM-7:00 PM Line Dance (Gigi)

Saturday:

9:00 AM-9:50 AM Yoga (Jessamyn)
11:00 AM- 12:00 PM Dance Cardio (Gail)

MULTIPURPOSE ROOM

Monday:

6:00 PM- 7:00 PM Core Fusion (Debra)

Tuesday:

9:30 AM-10:20: Women On Weights & Core (Yvonne)

Thursday:

9:30 AM-10:20: Core & More (Yvonne)
6:00PM-6:50: Yoga (Jessamyn)

Friday:

11:00 AM -11:50 AM Zumba (Yvonne)

Saturday:

9:00 AM -10:00Am Yoga (Jessamyn)
12:00 PM -2PM Ballroom Dance (FEE)

WELLNESS FLOOR

Thursday:

7:00 PM -7:30 Express Walking Club/ Gail

CYCLE STUDIO

Wednesday:

6:30 PM-7:30 AM Y-Cycle (Jessamyn)

Saturday:

10:00 AM-11:00 AM Y-Cycle

Teen Center

ACTIVE OLDER ADULTS

Monday-Friday
8:00 AM - 12:00 PM AOA

YOUTH and TEENS

Monday- Thursday
3:00pm-8:00pm

Friday-Sunday
Closed

Closed

Basketball

Warrensville Heights Family YMCA
2022 Jr. Cavs Basketball League

Practice Schedule: 6:00pm-7:45pm

Monday: 5-6 Division

Tuesday: 12-15 Division

Wenesday: 7-8 Division

Thursday 9-11 Division

League Fees:

Member Plus: \$40.

Member: \$65.

Non- Member: \$85.

SPORTS

BASKETBALL COURTS

Monday:
6:00 AM- 5:30 PM Open/Gym
5:30 PM - 7:00PM Basketball Skills
7:30 PM-8:45 PM Warrensville Dads Club

Tuesday:
6:00 AM-5:30 PM Open Gym
6:00 PM -7:00 PM Basketball Practice
7:00 PM-8:45 PM Family/Open Gym

Wednesday:
6:00 AM- 5:30 PM Open/Gym
5:30 PM - 7:00PM Basketball Skills
7:30 PM-8:45 PM Open/ Gym

Thursday:
6:00 AM-5:30 PM Open Gym
6:00 PM -7:00 PM Basketball Practice
8:00 PM-8:45 PM Family/Open Gym

Friday:
6:00 AM-5:30 PM Open Gym
5:30 PM-8:45 PM Family/Open Gym

Saturday:
7:00 AM -8:30 AM Open Gym/Jog /Lap
9:00 AM - 2:00 PM JR CAVS GAMES
2:00 PM -3:45 PM Open Gym/Jog/ Lap

Sunday:
8:00 AM- 2:45PM Men's League

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 7:00am-1:00pm
Thanksgiving CLOSED
Christmas Eve 7:00am-1:00pm
Christmas Day CLOSED
New Years Day 7:00am-1:00pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Program Schedule December 2022

Warrensville Heights Family FAMILY YMCA

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

CHILD WATCH

Monday- Thursday
5:00pm -8:00pm

Friday
Closed

Saturday
9:00-1:00pm

Sunday
Closed

Warrensville Heights Family YMCA

4433 Northfield Rd
Warrensville Heights, Ohio 44128
216.518-9622