

AQUATICS CLASSES

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 (Marianna)

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)

POOL INFORMATION

KEEPING YOU INFORMED...

- THE LOCKER ROOMS WILL BE CLOSED TUESDAYS, WEDNESDAYS AND THURSDAYS FROM 12:00 PM UNTIL 3:30 PM FOR SUMMER CAMP.
- THE POOL AREA WILL BE CLOSED TUESDAYS, WEDNESDAYS, AND THURSDAYS FROM 12:30PM UNTIL 4PM FOR SUMMER CAMP, CLEANING, AND LIFEGUARD BREAK.
- SEE FRONT DESK FOR OPEN SWIM AND POOL SCHEDULE.



SPORTS

BASKETBALL

Monday:
6—8:30 AM Open Gym
8:30—4PM Sports Camp
4—5:30PM Open Gym
5:30—8:45 PM Programming

Tuesday:
6—8:30 AM Open Gym
8:30—4PM Sports Camp
4—5:30PM Open Gym
5:30—8:30 PM Programming

Wednesday:
6—8:30 AM Open Gym
8:30—4PM Sports Camp
4—5:30PM Open Gym
5:30—7:30 PM Programming
7:30—8:45PM Open Gym

Thursday:
6—8:30 AM Open Gym
8:30—4PM Sports Camp
4—5:30PM Open Gym
5:30—8:30 PM Programming

Friday:
6—8:30 AM Open Gym
8:30—4PM Sports Camp
4—5:30PM Open Gym
5:30—8:45 PM Programming

Saturday:
7—11:30AM Open Gym
11:30AM—4PM Programming

Sunday:
8AM—9:30AM Open Gym
9:30AM—2:45PM Programming



ADDITIONAL INFORMATION

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

J Scott Strickling, *Senior Program Director*
jstrickling@clevelandymca.org

Melissa Rains, *Director of Member Impact*
mmrains@clevelandymca.org

Remember to check the front desk and website for more information on programs!

Clevelandymca.org

Download the YMCA Universal App for communications and alerts from the branch!

YOUTH & FAMILY ACTIVITIES

CHILDWATCH

Thursday
5:00M- 8:00PM

Saturday
9:00AM- 1PM

MORE HOURS COMING SOON

TEEN CENTER

Active Older Adults
MONDAY-THURSDAY
10AM-2PM

TEENS
MONDAY-THURSDAY
3PM-8PM

CALENDAR OF EVENTS

AOA FIELD TRIPS

- July 28
 - Houses of Worship
 - Member: \$119 / Non-member: \$129
- July 20
 - The NEW Nautica Queen
 - Member: \$89 / Non-member: 99
- August 18
 - Detroit's African American History
 - Member: \$134/Non-member: \$144

FAMILY NIGHT OUT

- June 23rd, 6-8pm
- MOVIE NIGHT: Monsters Inc.

TEEN NIGHT OUT

- June 16th, 6-8pm
- 3-on-3 Basketball Tournament

WELLNESS CLASSES

GROUP EXERCISE STUDIO

Monday:
10:30-11:20AM Classic (Katina)
11:30AM-12:10PM Strength (Katina)
6:00 – 7:00 PM Step (Gail)
7:00-8:00 PM Cheerleading (Paid Program)

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

Wednesday:
9:30-10:20 AM Yoga Stretch (Angela)
11:30 AM-12:20 PM S.S. Classic (Angela)
6:00 – 7:00 PM Boot Camp (Debra)

Thursday:
9:30 – 10:20AM Boom (Angela)
10:30-11:20AM Classic (Angela)
11:30 AM-12:20 Yoga Stretch (Angela)
6:00– 7:00 PM Mixx (Gail)
7:00-8:00 PM Cheerleading (Paid Program)

Friday:
9:30 — 10:30AM Core & More (Katina)
6:00— 7:00 PM Line Dance (Gigi)

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

Sunday:
10:00 – 10:50 AM HIIT (Shondell)

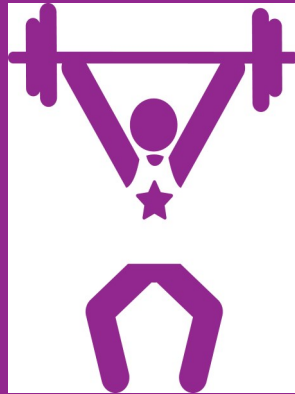
MULTIPURPOSE ROOM

Monday:
6:00 — 7:00 PM Core Fusion (Debra)

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

Thursday:
9:30-10:20AM: Core & More (Yvonne)
6:00— 7:50PM: Yoga (Jessamyn)

Friday:
11:00 – 11:50 AM Zumba (Yvonne)



CYCLE STUDIO

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

Saturday:
10:00 AM-11:00 Cycle Express (Jessamyn)



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-3:00pm
Christmas Day	CLOSED
New Years Day	7:00am-3:00pm

TOP 10 USERS MAY 2023

Congratulations to the following individuals. They were the top 10 highest users in May of 2023!



JOHN C
CHRIS B
DEBBIE D
MARSHALL M
JUSTIN G
TREASURE C
JEANNEA C
AHMAD H
DESIREE W
CANDICE W



**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
June 2023**

**Warrensville
Heights Family
YMCA**

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