

# AQUATICS CLASSES

**Monday**  
9:30 AM-10:20 AM Aqua Aerobics  
10:30 AM-11:20 AM Aqua Tone  
11:30 AM-12:20 PM Aquacise  
1:00 PM - 1:50 PM Arthritis Aerobics

**Tuesday**  
11:30 AM-12:20 PM Aqua Tone

**Wednesday**  
9:30 AM-10:20 AM Aqua Aerobics  
10:30 AM- 11:30 AM Aqua Tone  
11:30 AM-12:20 PM Aquacise

**Thursday**  
11:30 AM-12:20 PM Aqua Tone

**Friday**  
9:30 AM-10:20 AM Aqua Aerobics  
10:30 AM- 11:20 AM Aqua Tone  
11:30 AM-12:20 PM Aquacise  
1:00 PM- 1:50 PM Arthritis Aerobics

# POOL INFORMATION

## KEEPING YOU INFORMED...

- The pool and locker rooms will open back up during the day time after Labor Day.
- Swim lessons begin 9/12 and run through 11/11. Just a reminder that the sauna and hot tub are not available during swim lessons. This is so the individuals learning to swim have a watchful eye focused on them.
- Please remember that we take reservations for lap lanes up to 3 days in advance, if you do not pre-register, you are not guaranteed a spot in a lane.



CALL ON	RESERVE FOR
MONDAY	THURSDAY
TUESDAY	FRIDAY
WEDNESDAY	SATURDAY
THURSDAY	POOL CLOSED SUNDAY
FRIDAY	MONDAY
SATURDAY	TUESDAY
SUNDAY	WEDNESDAY

# SPORTS

## BASKETBALL

**Monday:**  
6AM —5:30PM Open Gym  
5:30—7:30 PM Programming  
7:30-8:45PM Open Gym

**Tuesday:**  
6AM—5:30PM Open Gym  
5:30—8:30 PM Programming

**Wednesday:**  
6AM—5:30PM Open Gym  
5:30—7:30 PM Programming  
7:30—8:45PM Open Gym

**Thursday:**  
6AM—5:30PM Open Gym  
5:30—8:30 PM Programming

**Friday:**  
6AM—5:30PM Open Gym  
5:30—8:45 PM Programming

**Saturday:**  
7—9:30AM Open Gym

**Sunday:**  
8AM—9:30 AM Open Gym



25+ LEAGUE GAMES BEGIN ON 9/10 AND TAKE PLACE ON SUNDAYS FROM 10AM-2PM

JR CAVS LEAGUE GAMES BEGIN ON 9/16 AND TAKE PLACE ON SATURDAYS FROM 10AM-3PM

# ADDITIONAL INFORMATION

**Michael Carter, Executive Director**  
[mcarter@clevelandymca.org](mailto:mcarter@clevelandymca.org)

**J Scott Strickling, Senior Program Director**  
[jstrickling@clevelandymca.org](mailto:jstrickling@clevelandymca.org)

**Kerek Jenkins Wellness Director**  
[kjenkins@clevelandymca.org](mailto:kjenkins@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

**Monday-Wednesday**  
5:15M- 8:00PM

**Saturday**  
9:30AM- 1PM

## TEEN CENTER

**Active Older Adults**  
MONDAY-THURSDAY  
10AM-2PM

**TEENS**  
MONDAY-THURSDAY  
3PM-8PM

## CALENDAR OF EVENTS

### AOA FIELD TRIPS

- November 16**
  - If you like good old fashioned, good clean family entertainment, country music, comedy, laughter, fun, community, then come join us on this Lunch & Show bus trip.Last day to register is October 15th
  - Member: \$124/Non-member: \$134**
- November 26**
  - Join us as we enjoy a wonderful holiday afternoon of classic Christmas music with The CLEVELAND POPS ORCHESTRA. There is always a rousing version of audience participation, so come prepared to sing-along! On our way home, we'll circle the twinkling lights of Public Square
  - Member: \$134/Non-member: \$144**

# 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)

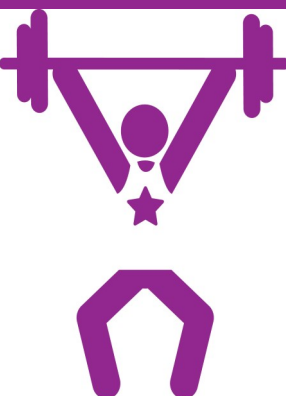
**Tuesday:**  
9:30-10:20AM Boom (Angela)  
10:30-11:20AM Yoga Stretch (Angela)  
11:30AM-12:20PM S.S. Classic (Angela)  
6:00 – 7:00PM BALLET (Paid Program)

**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 BALLET (Paid Program)

**Friday:**  
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)



## CYCLE STUDIO

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

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

## MULTIPURPOSE ROOM

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

**Tuesday:**  
9:30-10:20AM: Women On Weights & Core (Yvonne)  
6:00 – 7:00PM On the Ball (Debra)

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

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



## 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
Labor Day	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 October 2023

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



Zaletta R  
Dorielle J  
Justin G  
Chris B  
Marshall M  
Edward K  
Ahmad H  
Ben G  
Desiree W  
Julieta J



**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  
November 2023**

**Warrensville  
Heights Family  
YMCA**

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