

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
 1:00 PM - 1:50 PM Aqua Arthritis

Tuesday

11:30 AM-12:20 PM Aqua Tone

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
 1:00 PM - 1:50 PM Aqua Arthritis

Thursday

11:30 AM-12:20 PM Aqua Tone

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
 1:00 PM-1:50 PM Aqua Arthritis

POOL INFORMATION

KEEPING YOU INFORMED...

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.



We are hiring lifeguards!

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:

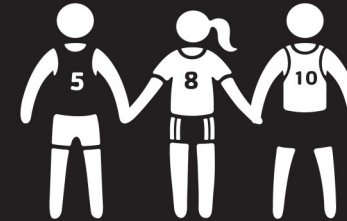
6AM—5:30PM Open Gym
 5:30—8:45 PM Programming

Saturday:

7—9:30AM Open Gym

Sunday:

8AM—9:30 AM Open Gym



**JR CAVS LEAGUE
 GAMES TAKE PLACE
 ON SATURDAYS
 FROM 10AM-3PM**

CHEERLEADING

Tuesdays & Thursdays

6:00PM - 7:00PM - Cycle studio

CONTACT INFORMATION

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Download the YMCA 360 App for communications and alerts from the branch!

YOUTH & FAMILY ACTIVITIES

CHILDWATCH

Monday-Wednesday

5:15M- 8:00PM

Saturday

9:30AM- 1:00PM



UPCOMING EVENTS

Urban Ballroom dancing is back!

Saturday May 4th from noon to 2:00PM

Health education class!

Healthy lifestyle habits can help you maintain and improve your health. Join us as we discuss healthy sugars, diabetes and share tools to help you live life to the fullest! Light refreshments will be served. Thursday 05/09 1:00PM—2:15PM RSVP at Front Desk!

iWall!

Is a fun versatile exergaming product that lets you become a part of the game iWall can be used for efficient exercise, training, a simple workout or just for family fun! Tuesdays and Thursdays 5:00PM to 6:00PM

Senior Prom

Summer picnic themed senior prom will be held on May 24th at 5:00PM, make sure you RSVP at the Front Desk or online. Prom King and Queen will join us at the memorial day parade

WELLNESS CLASSES

GROUP EXERCISE STUDIO

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

Tuesday:
9:30-10:20AM Boom (Angela)
10:30-11:20AM Chair Yoga (Angela)
11:30AM-12:20PM S.S. Classic (Angela)

Wednesday:
9:30-10:20 AM Chair Yoga (Angela)
10:30 AM-11:20 PM S.S. Classic (Angela)
11:30 AM-12:45 ABC Arthritis
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)

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)

Sunday:
HITT 9:00AM-10:30AM (Shondell)

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)

CYCLE STUDIO

Tuesday: IWall 5:00PM-6:00PM
Wednesday: 6:30 PM-7:30PM Y-Cycle (Jessamyn)
Thursday: IWall 5:00PM-6:00PM
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
Labor Day 7:00AM-1:00PM
Thanksgiving CLOSED
Christmas Eve CLOSED
Christmas Day CLOSED
New Years Eve 8:00AM- 2:00PM
New Years Day 8:00AM-2:00PM

TOP 10 USERS APRIL 2024

Congratulations to the following individuals. They were the top 10 highest users in March of 2024!



Marshall M.
Carolyn J.
Desiree W.
Ben G.
Ahmad H.
Patricia H.
Zion M.
Margaret W.
Sheridan P.
Justin G.



**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 MAY 2024

**Warrensville Heights Family
YMCA**

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