

WEST SHORE FAMILY YMCA | [clevelandymca.org](https://clevelandymca.org)



**SPRING** APRIL - JUNE  
**2024**



# ABOUT OUR PROGRAM GUIDE

- We have worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.
- You will find the categories as follows:
  - Early Childhood (ages 0-4)
  - Youth (ages 5-12)
  - Teens (13-18)
  - Adult (18+)
  - Active Older Adults (55+)
  - Families (all ages)
  - Aquatics (all ages)
  - Sports (all ages)
- Ages are meant to be a guide, each program and discipline varies
- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

**EARLY CHILDHOOD**

**YOUTH**

**TEENS**

**ADULT**

**ACTIVE OLDER ADULTS**

**FAMILIES**

**AQUATICS**

**SPORTS**





EARLY CHILDHOOD

# EARLY CHILDHOOD

## PRESCHOOL

Our preschool programs focus on preparing children for kindergarten. Our curriculum is based on school readiness skills and is aligned with the Ohio Department of Education's Early Learning and Development Standards. Key components include literacy, mathematics, science, social and emotional development, problem-solving, health, and diversity.



## CHILDWATCH

**(Ages 1-12 yrs)** While you enjoy your workout, our childcare staff will engage your child in fun-filled activities. Our kid-centered Child Watch environment is the perfect place for your kid to laugh, learn, and make new friends.







HIPOK  
youth

# YOUTH

## KARATE

**Karate** (Ages 5+) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 3-month session, including both Thursday and Saturday classes, weekly. Beginner classes are 45 minutes. Advanced classes are 1 hour. Rates are displayed at a monthly occurrence.

Levels	Days	Time	Member	Guest
Beginner	Tuesday and Thursday	5:00 PM	\$30	\$60
Advanced	Tuesday and Thursday	5:45 PM	\$30	\$60

## ARCHERY TAG

**Archery Tag** (Ages 10+) Archery Tag is a unique, fast-paced team sport where players compete for points by shooting foam tipped arrows at the opposing team. Points are awarded by “striking” your opponent or “catching” your opponent’s arrow. Unlike dodgeball, players stay in the field of play even if they are hit. 9-week season. Regular FREE Demo and Practice nights at West Shore.

Levels	Days	Time	Member	Guest
Winter	Saturdays	10AM-12PM	\$75	\$115
Spring	TBD	TBD	\$75	\$115

## TRI AT THE Y

**Tri at The Y** (All ages) Please join us on April 6, 2024, from 8:30am – 12pm for our 5th bi-annual, West Shore Tri at the Y, indoor triathlon at the West Shore Family YMCA. Participants will participate in a fun and challenging 10-minute swim, 20-minute bike and 15-minute run. Our format encourages people of all ages and abilities to compete and achieve personal success. Participants are divided by age group and wheelchair divisions (hand cycles and wheelchair trainers are available).

Date	Time	Cost
April 6, 2024	8:30AM - 12PM	\$35

# CAMPS

## SUMMER DAY CAMP

**YMCA Summer Day Camp** (Ages 6-12) Campers discover not just the fun of day camp, but the joy of exploring their unique traits, talents, and interests. Our summer camp programs help campers discover what they are passionate about, form relationships, and obtain a sense of belonging.

## SPECIALTY CAMPS

**YMCA Sports Camp** (Ages 6-12) Sports camps offer youth specific sports training and are designed to teach sports skills, fair play, teamwork, and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.

**YMCA Fine Arts Camp** (Ages 6-12) Summer arts camp is a combination of performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

## OUT OF SCHOOL FUN DAYS

**Grace Y-Club** (Ages 5-12) On school days off, we provide day care for your school-aged child. Our staff provides support and guidance, giving them the tools for success. Kids can focus on their homework, make new friends, build social skills and create happy memories they'll always remember.

Camp Type	Ages	Register	Member	Non-Member
Summer Day Camp	6-12	Spring 2024	\$200	\$210
Sports Camp	6-12	Spring 2024	\$165	\$185
Fine Art Camp	6-12	Spring 2024	\$165	\$185
Out of School Fun Days	5-12	Spring 2024	\$45/Day	

YOUTH





**TEENS  
SNEET**



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Levels	Days	Time	Member	Guest
Winter	Saturdays	10AM-12PM	\$75	\$115
Spring	TBD	TBD	\$75	\$115

## EMPLOYMENT OPPORTUNITIES

**Lifeguard** (Ages 15+) The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring. Candidates must be able to ensure the safety of patrons by minimizing or eliminating hazardous situations or behaviors. This person will need to be able to solve on-the-job issues by utilizing effective critical thinking and decision making skills and possess the ability to work with diverse populations. Lifeguards must be able to enforce pool policies and be able to communicate our policies effectively.

**Swim Instructor** (Ages 16+) Swim Instructors plan and deliver effective swim instruction, using the Y of the USA swim curriculum in a designated program area for YMCA members, program participants, and non-members. Instructors must be knowledgeable, punctual, professional, and show concern for class participants.

**MSR** (Ages 16+) The Member Service Representative is responsible for conducting all member interaction tasks to promote member satisfaction, membership sales, and retention. These tasks include phone and in-person interaction with customers and YMCA staff members, administrative activities that may include member and program enrollment, record keeping, and payment processing.

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## TEEN FITNESS CENTER ORIENTATION

**Are you 13 and ready to explore the Fitness Center?**

The YMCA requires teens to go through the Fitness Center Orientation. All teens new to strength and cardio training in our Fitness Center must reserve their spot online or at the Wellness Desk.

**GroupX (Ages 13+)** We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

**See Schedule:**





# ADULT



## PICKLEBALL

**Pickleball - Open Play** (Ages 18+) We offer open-net Pickleball for adults of all ages and skill levels. Equipment is ready for players including nets, paddles, and balls. Players are responsible for set-up and tear-down.

**Pickleball - Clinic** (Ages 18+) In one session, learn the basics of pickleball! Join the fun of pickleball play. We will cover serve, volley, dinking, scoring court placement and play some points.

Pickleball	Dates	Times	Member	Guest
Open Play	M-F	5:30-7AM	FREE	\$10
Open Play	M-F	11AM - 1PM	FREE	\$10
Clinics	See Schedule	See Schedule	\$15/session	\$30/session

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## BASKETBALL

**Adult Basketball League** (Ages 18+) Competitive and recreational divisions available. Division descriptions online. Games played 4 v. 4, 10-game regular season, playoffs, game fees \$43 (cash only). Team Captains responsible for uniforms. Registration required, teams must contact [sglynn@clevelandymca.org](mailto:sglynn@clevelandymca.org) or 440-897-4499 prior to registration.

Divisions	Days	Times	Team
Division I	Mon - Thurs	7PM	\$300
Division II	Mon - Thurs	7PM	\$300
Champions	Mon. - Thurs.	7PM	\$250

Spring	Summer	Fall	Winter
2/5 - 4/30	6/3 - 8/15	9/3 - 12/19	1/6 - TBD

## AQUA STRENGTH

**Aqua Strength** (Ages 16+) Put your fitness to the test with Aqua Strength, a balance-and-strength based water workout that challenges you to maintain proper postural control and alignment while performing Yoga, HIIT, Pilates, and resistance band exercises on a water fitness board. You'll burn calories, increase strength, balance, endurance, and focus while having the time of your life!

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**See Schedule:**



## PERSONAL TRAINING

**Personal Training (Ages 13+)** Our YMCA offers personal, partner, and small group training to help you set and meet your personal fitness goals. Whether you're new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a fitness plateau, or looking to enhance your functional fitness for everyday life, our trainers will help you reach your goals in a way that works best for you!

### More Information



## INTRO TO PERSONAL TRAINING

**Intro to Personal Training (Ages 13+)** Experience the guidance and motivation of a Personal Trainer in a small group environment. These free one-time, 30-minute intro sessions give you a taste of what it's like to work with a trainer without the expense of commitment.

## ASSISTED STRETCHING

**Assisted Stretching (Ages 18+)** Our assisted stretch program will be tailored to your goals and needs. Once you sign up, we will start off by evaluating what your body needs through movement assessments and discussing your personal goals and desired achievements from your new stretch routine. Assessments will be repeated monthly to note improvements and changes in body mechanics.





**ACTIVE OLDER ADULT**

# ACTIVE OLDER ADULT

## AOA ORIENTATION

**AOA Orientation (Ages 55+)** Individualized orientation to welcome AOA members.

## WELLNESS

**Monthly Blood Pressure Screening (Ages 55+)** COMING SOON!

## EVENTS

**Book Club (Ages 18+)** Meets on the last Tuesday of each month from 12-1PM. Discuss topics in monthly book, share opinions gained from reading. In these meetings, AOAs choose their next month's reading. Snacks and coffee provided.

**Coffee Talk (Ages 18+)** Coffee and light snacks provided. COMING SOON!

**AOA Potluck (Ages 18+)** COMING SOON!

**Bus Trips (Ages 18+)** In the mood for an adventure? Join us on our next bus trip! These trips can be seeing a show, visiting a new city, trying different restaurants, and more! You can find bus trip information and dates on our website and social media pages. Bus trips are offered many times throughout the year for our AOAs and registration is required.

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# SERVICES FAMILIES



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## EVENTS

**Healthy Kids Day** (All ages) Healthy Kids Day brings hundreds of families together at Rocket Mortgage Fieldhouse for games, fun activities, and some time on the same court the Cleveland Cavaliers compete on for their games! There will be kids' fitness classes, dancing, sports skills clinics, arts and crafts, and other enrichment activities.

Date	Time	Member	Guest
March 23, 2024	12-3PM	FREE	FREE

**Parent's Night Out** (Children ages 4-12) Child Watch will be open for parents to drop-off their children while they enjoy a night out. This program is for kids 4\*-12 years old (\*must be potty trained). We will provide scheduled activities such as, arts and crafts, gym time, and movies. Pizza will be provided! Program runs once a month.

Days	Drop-off	Pick-up	Member	Guest
Look for Branch Announcement	5:30-5:45 PM	7:45 PM	\$10	\$20

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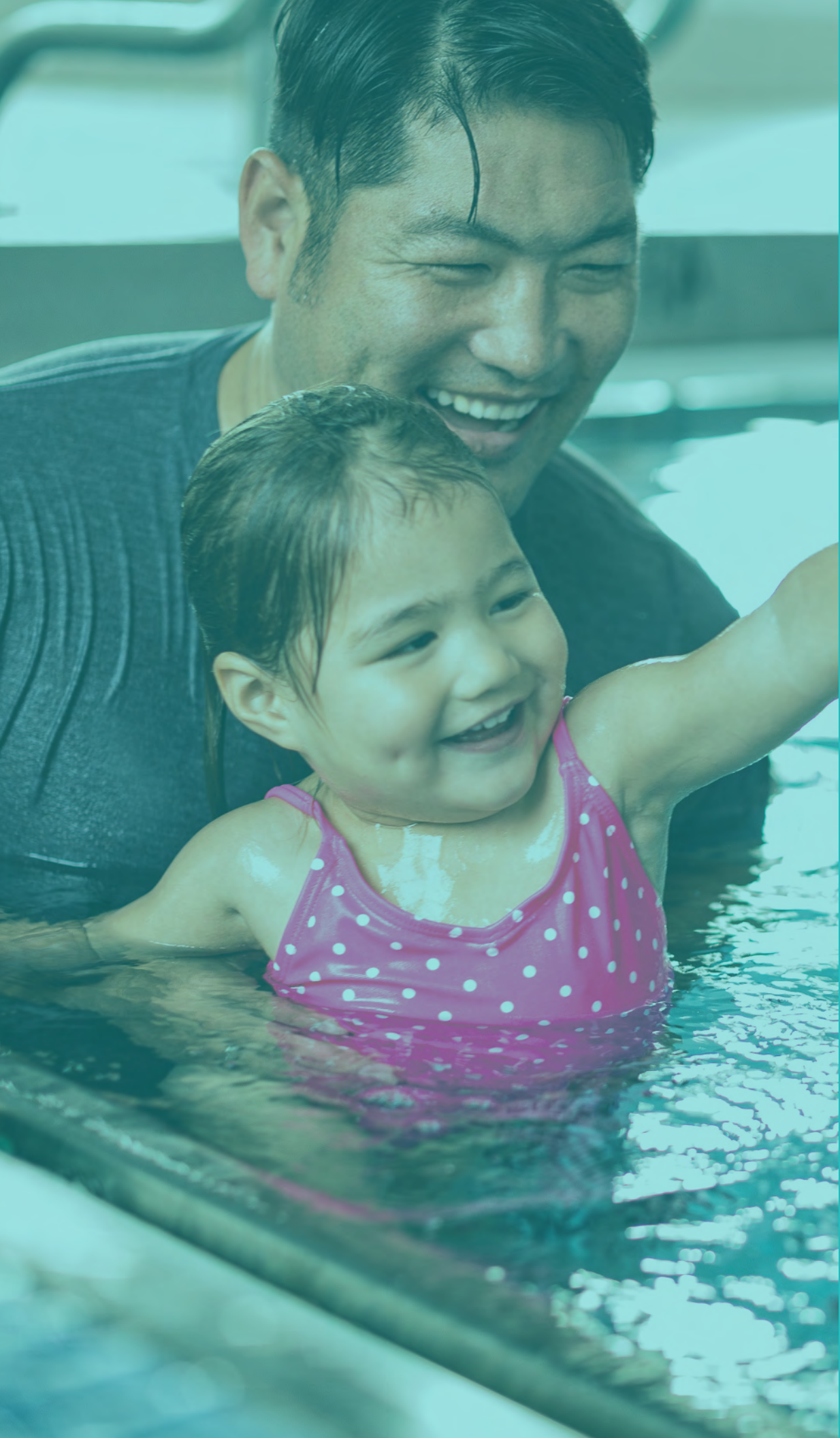
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FAMILY



# AQUATICS



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## SWIM LESSONS: COMING BACK SOON!

**Private Swim Lessons** (All ages) Whether you are interested in getting comfortable in the water for the first time, want to improve your form, or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you to determine the best path to help you achieve your personal goals.

**Teen Swim Lessons** (Ages 13-19) Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

**Adult Swim Lessons** (Ages 20+) Offering beginner and intermediate levels. Participants are evaluated on the first day of class and placed accordingly. Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

## SWIM LESSONS BY LEVEL: COMING BACK!

**Level 1: Water Acclimation** (Ages 3-5 & 6-12) Develop comfort with underwater exploration, learn to safely exit in the event of falling to a body of water.

**Level 2: Water Movement** (Ages 3-5 & 6-12) Focus on body position and control, directional change and forward movement in the water, how to safely exit in the event of falling into a body of water.

**Level 3: Water Stamina** (Ages 3-5 & 6-12) Students learn how to swim to safety from a longer distance, introduction to rhythmic breathing, integrated arm and leg action.

**Level 4: Stroke Introduction** (Ages 6-12) Learn stroke technique in front and back crawl, learn the breaststroke, butterfly kick, treading water, and elementary backstroke.

**Level 5: Stroke Development** (Ages 6-12) Learn stroke technique, all major competitive strokes, treading water, and sidestroke.

**Level 6: Stroke Mechanics** (Ages 6-12) Students will refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

\* Rates displayed are Family Membership rates. Price varies upon membership type. Please inquire with branch for other membership types.

## LIFE GUARDING

**Red Cross Lifeguard Certification Course (Ages 15+)** Red Cross life guarding students must be at least 15 years old by the last day of class and pass a swimming skills test. Once students are enrolled, they'll receive the latest science-based training from experienced instructors and develop skills they'll use for a lifetime. Flexible training courses are available in-person or via Blended Learning, which combines online coursework with in-person skills sessions.

## EMPLOYMENT OPPORTUNITIES

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# SPORTS





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# SPORTS

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Division II	Weds. & Thurs.	7PM	\$300
Champions	Mon. - Thurs.	7PM	\$250

Spring	Summer	Fall	Winter
2/5 - 4/30	TBD	TBD	TBD

## ADAPTIVE PROGRAMMING

Thanks to a generous grant from the Cuyahoga County Board of Developmental Disabilities, West Shore Family YMCA is now home to a diverse array of adaptive equipment for people with physical disabilities. Members may schedule a free, 30-minute Smart Start orientation with one of our Personal Trainers to learn more about our adaptive equipment and how to use it.

# YMCA360



**We know life gets busy!** That's why we're excited to provide our members with YMCA360: A virtual fitness option offering on-demand, livestream workouts, and more! This platform allows you to take fitness classes from home when you need to, or exercise while away on vacation. Allowing you to take charge of your fitness, anytime, anywhere!

**What is YMCA360?** YMCA360 is an on-demand video platform that offers a variety of fitness, wellness, and enrichment programs from the YMCA. It is available to all YMCA of Greater Cleveland members and can be accessed from anywhere with an internet connection.

## **Discover some of the benefits of using YMCA360:**

- It is **convenient and accessible**. You can access YMCA360 from anywhere with an internet connection.
- It is **affordable**. YMCA360 is included in all YMCA memberships.
- It offers a **variety of programs**. There are programs for all ages and interests, from group exercise to youth sports to cooking classes.
- It is a great way to stay active and healthy. YMCA360 can help you reach your fitness goals and **improve your overall health**.

**YMCA360 is a great way to stay active, healthy, and engaged. It is also a convenient way to access YMCA programs, even if you are not able to visit a YMCA branch.**



**SCAN ME**

# YMCA360