

**PARKER HANNIFIN
DOWNTOWN YMCA | clevelandymca.org**



**2025
SPRING
APRIL - JUNE**



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, currently we want to keep you informed of the value of your membership at the Parker Hannifin Downtown YMCA.
- Our program guide will continue to expand through out the year as we expand our programming.
- Feel free to suggest activities and programs YOU would like to see at the Parker Hannifin YMCA.

BRANCH HOURS

MONDAY – FRIDAY

5:00 AM TO 9:00 PM

SATURDAY

7:00 AM TO 4:00 PM

SUNDAY

10:00 AM TO 4:00 PM

BRANCH LEADERSHIP

INTERIM EXEC. DIRECTOR: Tiffany Foxx

AQUATICS DIRECTOR: Gary Guzy

WELLNESS DIRECTOR: Lettoya Crudder

WELLNESS COORDINATOR: Lisa Conner

MEMBERSHIP COORDINATOR: TBD

MEMBERSHIP

YMCA360

WELLNESS

AQUATICS



MEMBERSHIP

MEMBERSHIP

CONVENIENT PARKING BELOW THE Y

The Parker Hannifin Downtown YMCA, located in the Galleria at Erievue, offers member parking in the Galleria Parking Garage, located at 1000 Lakeside Ave E.

Please bring your parking ticket to the front desk to activate member pricing. Please note the garage only accepts cards, no cash, for payment.

Free and discounted parking hours are as follows:

Monday – Friday

5:00 am – 8:00 am	Free
8:00 am – 5:00 pm	\$3 per hour (first 2 hours)
5:00 pm – 9:00 pm	Free

Saturday and Sunday

5:00 am – 9:00 pm	Free
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PREPARING FOR YOUR WELLNESS JOURNEY

Items to bring with you for your visit:

- Membership card or device with your barcode. If you joined online, please bring your ID for membership verification.
- A change of athletic shoes or closed-toe shoes different from what you wore into the facility to prevent dirt and foreign materials from damaging our equipment.
- Comfortable and appropriate attire for the area of the facility you will be using. Athletic wear for wellness areas and swim attire for the aquatics center.
- A lock to secure your items in a locker. The YMCA is not responsible for any lost or stolen property.
- Items are NOT to be left in lockers overnight unless you have secured a locker rental. See the welcome desk for locker rental information.
- Toiletries and other items you may need after your workout.
- Towels, as the YMCA does not provide a towel service.

We are here to support and help you achieve your goals. Stop by the Welcome desk with any questions you may have. A Member Service Representative will be glad to assist you.

MEMBERSHIP

How to Get Your Membership Barcode

You have two options:

1. Download the YMCA360 app (QR code on page 6) and log in with the email address linked to your membership account.
2. Contact a Membership Service Representative to have them text, email, or provide you with a physical card containing your barcode.

How does the Parker Hannifin Downtown YMCA communicate changes in our schedules and happenings at the branch?

We use several methods to keep you informed:

- Notifications and emails through YMCA360, either via the app or at ymca360.org for those who prefer not to download the app.
- Alerts on our Parker Hannifin Downtown location page on clevelandymca.org, where a banner will be displayed across the screen.
- You can also update your email preferences through your

SPECIAL EVENT PARKING

The parking facility we use is used for special events and Brown's home game parking. As a result on during special events members are required to use a QR code to access the garage for FREE parking. You will need to scan the QR code PRIOR to getting a ticket.



GUEST PASS POLICY

Members are always invited to bring friends and encourage them to join. Young Adult, Adult, Family and Senior memberships have the benefit to bring up to two guest per visit to the YMCA.

Guests are permitted if they are 18 years of age or older unless otherwise approved by branch leadership. Each guest may visit the Y up to THREE times in a 12-month period. All guests must bring a valid photo ID.

- Day passes are available with a fee of \$10 per individual or \$15 per family .

Parker Hannifin YMCA reserves the right to restrict guest passes and limit the areas within the facility that guests may access.

Registration as a NON-Member is encouraged prior to a visit.

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



SENTELLA

WELLNESS

FOR MORE INFORMATION CONTACT LISA CONNER AT
LCONNER@CLEVELANDYMCA.ORG



SENIOR FITNESS ASSESSMENTS

ARE YOU CURIOUS ABOUT YOUR CURRENT FITNESS LEVEL
AND HOW IT IMPACTS YOUR LONG-TERM HEALTH AS YOU

Take the first step towards a healthier future with
our NEW AOA FITNESS ASSESSMENT! Increase your
knowledge about your current fitness level and how
this impacts your overall health.

ASSESSMENT DETAILS:

1. Chair Stand Test
2. Arm Curl Test
3. Chair Sit & Reach Test
4. Back Scratch Test
5. 8-Foot Up & Go Test
6. 6-Minute Walk Test

FRIDAY APRIL 11TH
9:45-10:30am OR
10:45-11:30am

SECURE YOUR SPOT!

REGISTER ONLINE,
IN-PERSON, OR CALL
(216) 344-7700

ALL EVALUATIONS COMPLETED BY CERTIFIED PERSONAL TRAINERS AND OTHER
PROFESSIONAL WELLNESS STAFF. SPACE IS LIMITED. REGISTRATION IS REQUIRED!

\$25 YMCA Member | \$50 Community Member



Parker Hannifin Group X Schedule*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM Stretch & Mobility Javinity Studio II	6:00 AM Cycle & Strength Sarah Cycle Studio	6:15 AM Yoga Mairghread Yoga Studio	6:00 AM Cycle & Strength Sarah V Cycle Studio	6:15 AM Stretch & Mobility Studio II		
10:00 AM Chair Yoga Judi Yoga Studio	10:00 AM Cardio Dance ShaRan Studio II	6:00 AM Les Mills BodyPump Mat Studio I	10:00 AM Active Older Adult Fitness&Strength Tiffany	10:00 AM Aqua Fit Katina Pool	9:00 AM Cardio Dance SaRan Studio I	
11:00 AM Pilates Lisa Studio II	11:00 AM Silver Sneakers Circuit Mo Fitness Floor	11:00 AM Pilates Plus Lisa Studio II	11:00 AM Stretch & Mobility Javinity Studio II	Senior Fitness Assessment	10:00 AM Meditation Sarah W Yoga Studio	
12:15 PM Mindful Meditation Sarah Yoga Studio	12:15 PM Yoga Adrienne Yoga Studio		12:15 PM Barbell Strength Gabriel Studio I	12:15 PM Mindful Meditation Sarah Yoga Studio	12:00 PM Les Mills BodyPump Mat Studio I	
12:15 PM Core & More Coach Lo Studio I	12:15 PM Les Mills BodyPump Mat Studio I	12:15 PM Strength Combo Coach Lo Studio I	5:30 PM Boot Camp TreRon Studio I	12:15 PM Barre Burn LaShudra Studio II	1:00 PM Les Mills BodyCombat Mat Studio I	
5:30 PM Relax & Stretch Raqi Yoga Studio	5:30 PM ToTal Body Blast! Lisa Studio I	5:30 PM Barre Burn LaShudra Studio I	5:45 PM Aqua Fit Kenny Pool	12:15 PM Barbell Strength Molly K Studio I		
5:45 PM Power Punch & Boxing Coach LO	5:45 PM Aqua Fit Kenny Pool	5:30 PM Mindful Meditation Raqi Yoga Studio	5:45 PM Power Punch & Boxing Coach Lo			
6:30 PM Les Mills Body Pump Molly Studio I	6:30 PM Zumba! Angela Studio I	6:30 PM Les Mills Body Pump Molly W Studio I	*6:30 PM WERQ Work Like A Boss Angela Studio I	6:00 PM Cycle Doug Cycle Studio		
	7:00 PM Restorative Yoga Queen Yoga Studio	6:30 PM Cardio Hip Hop Darian Studio II	7:00 PM Restorative Yoga Queen Yoga Studio			
	8:00 PM Yoga-Assisted Queen Yoga Studio		8:00 PM Yoga-Assisted Queen Yoga Studio			

■ Active Older Adults, 55+

■ Fee-Based Program

■ New Format

* Schedules is subject to changes. Download YMCA360 for the latest schedule.

WELLNESS

Ready to Kickstart Your Fitness Journey?

Take advantage of a **FREE Fitness Assessment!** Get an in-depth look at your current fitness level and receive tailored recommendations to help you achieve your goals. Ask a member of our team to help you schedule your **FREE** assessment today!

Personalized Exercise Plan (Ages 13+)

Work one-on-one with our Nationally Certified Personal Trainers to create a 6-week workout plan tailored just for you—all for only \$119! Your trainer will design safe, effective workouts aligned with your unique goals.

Questions? Contact the Wellness Director at your YMCA Branch.

Learn More



Hip Hop Dance

Hip-hop dance empowers you to own your movements and express yourself freely. It allows you to explore your creativity, let loose, and communicate your emotions through movement. Check out Hip Hop Dance with Darian Stitt on Wednesday's at 6:30 PM.

POWER PUNCH & BOXING (Ages 18+)

Tap into your strength and energy with this 6-week, 12 Sessions, high-intensity boxing program! Enhance your endurance, build muscle, and master technique through dynamic drills and expert-guided combinations. Open to all fitness levels.

Fee: \$120 | Drop-In: \$15

Next Session Begins: May 5, 2025
Registration Deadline: May 5, 2025

Register Today!



PERSONAL TRAINING

WHAT PERSONAL TRAINERS CAN DO FOR YOU?

► Accountability and Support

Personal trainers are your partners in motivation and commitment to reaching your health and fitness goals and bring positive encouragement, accountability, and support.

► Goal Progression

Personal trainers work with you to set both short-term and long-term goals. They create a personalized plan to track your progress and ensure steady improvement.

► Education

Knowledge is power and a personal trainer can educate you on aspects of fitness, health and exercise. They can provide proper understanding of what is required to reach your goals.

► Variety and Fun

Personal trainers design personalized workout plans that keep you motivated, engaged, and enjoying the process. They incorporate new exercises and techniques while providing alternatives to keep things exciting and effective.

PACKAGES AND RATES

PACKAGES	30 MINUTES	60 MINUTES
ONE ON ONE		
1 SESSION	\$30.00	\$50.00
4 SESSIONS	\$112.00	\$188.00
8 SESSIONS	\$208.00	\$344.00
12 SESSIONS	\$288.00	\$480.00
PARTNER (cost per person)		
1 SESSION	\$16.00	\$26.00
4 SESSIONS	\$60.00	\$96.00
8 SESSIONS	\$112.00	\$184.00
12 SESSIONS	\$156.00	\$264.00

* All rates are based on a membership with the YMCA of Greater Cleveland. Contact the branch for Non-Member rates.

WELLNESS



AQUATICS

SWIM LESSONS SCHEDULE AND REGISTRATION

Session	Dates (Days will vary depending on lesson level or type)	Registration Opens
April	03/31/25 to 04/27/25	03/17/25
May	05/05/25 to 06/01/25	04/21/25
June	06/09/25 to 07/06/25	05/26/25

Registration is open to Members and Non-members through your online membership account or by calling the branch. Scan the QR code or visit clevelandymca.org

Spaces are limited.



SWIM LESSONS : SPECIAL

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.

	Member*	Guest
4 Lessons	\$100	\$188

SEMI PRIVATE SWIM LESSONS (All ages) Semi-private lessons are great for couples or friends who want to learn to swim together. An instructor will work with you to determine the best path to help you achieve your personal goals. EACH participant must register for lessons.

	Member*	Guest
4 Lessons	\$92	\$180

SWIM LESSONS: EARLY CHILDHOOD

A: Water Discovery (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together and skills are determined by age and developmental abilities.

B: Water Exploration (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together and skills are determined by age and developmental abilities.

Dates	Day	Time	Member*	Guest
3/31-4/27	Saturday	10:30- 11:00am	\$26	\$56
5/5-6/1	Saturday	10:30-11:00am	\$26	\$56
6/9-7/6	Saturday	10:30-11:00am	\$26	\$56

SWIM LESSONS: ADULT AND TEEN

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.

Days Offered	Time	Member*	Guest
Wednesday	5:00-5:30 PM	\$44	\$88

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.

Days Offered	Time	Member*	Guest
Wednesday (Intermediate)	6:30-7:00 PM	\$44	\$88
Thursday (Beginners)	2:00-2:30 PM	\$44	\$88

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

SWIM LESSONS BY LEVEL

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.

Age Groups	Days Offered	Time	Member*	Guest
3-5 Group	Tuesday & Saturday	3:15-3:45 PM (T) 11:00-11:30 AM (Sat)	\$44	\$88
6-12 Group	Monday, Wednesday, Saturday	5:30-6:00p (M), 6-6:30p (W) 11:30-12:00 PM (Sat)	\$44	\$88

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.

Age Groups	Days Offered	Time	Member*	Guest
3-5 Group	Tuesday & Saturday	3:15-3:45 PM (T) 11:00-11:30 AM (Sat)	\$44	\$88
6-12 Group	Monday, Wednesday, Saturday	5:30-6:00p (M), 6-6:30p (W) 11:30-12:00 PM (Sat)	\$44	\$88

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.

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday, Saturday	5:30-6:00 PM (W) 12:00-12:30 PM (SAT)	\$44	\$88

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.

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday, Saturday	5:30-6:00 PM (W) 12:00-12:30 PM (SAT)	\$44	\$88

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

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday	5:00-5:30 PM	\$44	\$88

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.

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday	5:00- 5:30 PM	\$44	\$88

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

ACQUATICS

AQUATICS

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

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.





HIPOK
youth

YOUTH

WE RUN THIS CITY

YMCA of Greater Cleveland youth running program aimed to encourage healthy habits and exercise in our local communities. We strive to teach young people to set and achieve goals, increasing their self-confidence and character development, as well as their fitness and endurance. Crossing the finish line is just the beginning!

Run Club (Ages 6-12) Youth running club where students are taught to set, work toward, and achieve their goals. We aim to help participants gain self-confidence, increase fitness and endurance, and focus on YMCA core values to develop character.

Kids That Tri (Ages 12-18) This program brings together youth who are interested in learning triathlon. They enjoy community and support that they may not experience in other sports, inside and outside of school. Youth are taught swimming, biking, and running skills.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 11



**TEENS
SNEET**

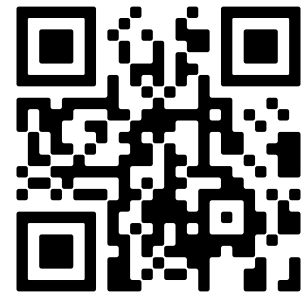
Teen Cafe (Ages 12-18) The YMCA Teen Cafe Program is the ultimate hangout spot after school, where teens dive into a world filled with exciting activities, from sports and arts to tech and wellness. It's a place to connect with friends, meet inspiring mentors, and engage in experiences that spark passion and creativity. Teen Cafe offers a dynamic environment where every teen discovers new interests and hones their skills. It's not just about filling time; it's about enriching lives, one awesome activity at a time. Join the journey to make unforgettable memories and explore endless possibilities.

Days	Time	Member	Guest
Wednesdays	3:45 - 5:30pm	FREE	FREE

Kids That Tri (Ages 12-18) This program brings together youth who are interested in learning triathlon. They enjoy community and support that they may not experience in other sports, inside and outside of school. Youth are taught swimming, biking, and running skills.

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:



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.

SWIM LESSONS



Private Swim Lessons, Swim Lessons by Level, and The Foundry Partnership, located in the **AQUATICS** section of Program Guide on Page 11

