



# 2026

## Program Guide

# 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

**MEMBERSHIP & AMENITIES**

**CAMP**

**YOUTH & FAMILY**

**WELL-BEING & FITNESS**

**AQUATICS**

**MENTAL HEALTH**

**ACTIVE OLDER ADULTS**

**EMPLOYMENT & VOLUNTEERISM**



# PROGRAM SEASONS

- We have separated our programs up into seasons, working to line our schedules up throughout the year. Under each program, you will find the seasons that each program will be running.
- Below are the 6 seasons that we will have for our programs for the year of 2026. Along with the seasons, we have listed the dates that these seasons cover, each about 8 weeks long.
- Program dates within each season may vary from the exact season dates and may overlap seasons. Please stay tuned for further info as the programs get closer for the exact schedules for each program.

**WINTER: January 5 – March 1**

**SPRING I: March 2 – April 26**

**SPRING II: April 27 – June 7**

**SUMMER: June 8 – September 6**

**FALL I: September 7 – November 1**

**FALL II: November 2 – December 27**

**YEAR ROUND: Register Any Time!**

# MEMBERSHIP & AMENITIES





## MEMBERSHIP

As a member of the YMCA of Greater Cleveland, you are part of something much larger than a gym or a program. You are now part of a powerful association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow and thrive.

Membership Type	Join Fee	Rate, Including Tax
Adult	\$100	49.68
Adult Plus	\$100	60.48
Family	\$100	73.44
Family Plus	\$100	89.64
Senior (65+)	\$100	39.96
Senior Plus (65+)	\$100	50.76
Young Adult (18-27)	\$50	38.88
Young Adult Plus (18-27)	\$50	49.68
Youth/Teen (0-17)	\$30	25.92

## ANNUAL CAMPAIGN

When you give to the Y, you support critical programs and services for young people, adults and families who need them the most. As a leading nonprofit organization dedicated to strengthening communities, the Y relies on the support of neighbors like you to enable us to fulfill our commitments. From ensuring that kids have a place to thrive before and after school, to teaching people life skills in our Safety Around Water program and more, your contributions allow everyone to access the resources and support they need. Your charitable contributions help make a big impact in the lives of so many people in our area.

## BRANCH ADVISORY BOARD

Advisory board members play a crucial role in helping organizations make informed decisions. By providing guidance and advice, they help steer the organization in the right direction and ensure that it stays on track to achieve its goals. Advisory board members bring a wealth of experience and expertise to the table. Interested? Contact Kevin Born-Crow at [kborn-crow@clevelandymca.org](mailto:kborn-crow@clevelandymca.org).

## EMPLOYMENT OPPORTUNITIES

Looking for a job that is committed to supporting kids, families and adults as they reach their full potential? At the Y, we are continually seeking out opportunities for our staff to learn, grow and thrive. When you are involved with the Y, you help bring about lasting personal and social change. Visit our website to see available opportunities: [www.clevelandymca.org/careers](http://www.clevelandymca.org/careers)

JOIN US

# MEMBERSHIP & AMENITIES

## CHILD WATCH

Enjoy your workout with peace of mind! Our Child Watch center is a complimentary benefit for children on family memberships, providing a safe, fun, and supervised space for kids while you focus on your fitness. With engaging activities and caring staff, your little ones will love their time with us just as much as you do. Available for children on family memberships ages 6 weeks-11 years.

## HYDROMASSAGE BEDS

Relax, recover, and recharge — all included with your membership! Our HydroMassage beds offer a soothing, full-body experience designed to relieve muscle tension, reduce stress, and enhance post-workout recovery. Slip in for a quick session anytime and enjoy a little extra wellness built right into your membership. Available for adult members only -- Standard memberships include monthly access; Plus memberships include daily access.

## PLUS MEMBERSHIP

Upgrade your experience with a Plus Membership! This enhanced membership type gives you daily access to our relaxing HydroMassage beds, exclusive rates on programs and services, and even more premium perks designed to elevate your wellness journey. Enjoy extra value, extra comfort, and extra motivation with a Plus Membership!

## SAUNA & WHIRLPOOL

Unwind and rejuvenate with our co-ed sauna and whirlpool — relaxing benefits included with every active membership. Soothe sore muscles, reduce stress, and enjoy some well-deserved downtime in these inviting wellness spaces. It's the perfect way to complement your workout and recharge your body and mind.

## COMMUNITY SWAP

Each month, we offer a swap table in our lobby that is open to all members. You're welcome to donate any gently used items and also take a few items for yourself! Our monthly Swap helps to keep things out of landfills and also fosters a sense of community and sharing, providing free items to those who may need them.



## FOOD DONATIONS

Through our partnership with Hunger Network, we are a Food Recipient location for weekly food donations from donors all around Lakewood and beyond. We proudly offer this free food to the whole community, and as a member you can enjoy the benefit of grabbing some fresh produce, baked goods, and all sorts of other treats that we receive throughout the week!

## COFFEE BAR

Start your visit with a boost! Our free Coffee Bar is a warm, welcoming perk for all members, offering a fresh cup of coffee to energize your day. Whether you're gearing up for a workout or winding down afterward, enjoy this complimentary pick-me-up as part of your membership.

## YMCA 360

Stay connected to your wellness journey anytime, anywhere with YMCA 360! This digital platform is a valuable benefit for all active members, offering virtual workouts, group exercise schedules, facility updates, and more — all in one convenient app and website. It's your go-to resource for staying active, informed, and inspired wherever you are.



# CAMP





## SPORTS CAMP

In our camps, kids improve sport skills through teamwork and friendly competition. Each week brings a new sport theme, complete with drills, scrimmages and activities to enhance their athletic ability and general sports knowledge. Available for children ages 5-12 (must have completed kindergarten). Campers should bring two snacks and lunch to camp daily.

Not only are kids guaranteed to learn something new and make lifelong memories, but, they will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: Caring, Fairness, Honesty, Respect, Responsibility, Teamwork- as guides to show our campers how to be leaders and lifelong learners. We've got GAME (Gratitude, Attitude, Mentality, Enthusiasm)!

**SEASONS AVAILABLE IN 2026:**

**SUMMER**

## CHEER CAMP

Lakewood Cheer Camp is designed to build spirit and confidence in both girls and boys! Campers are taught basic cheer-leading movements and formations, tumbling moves, yoga/flexibility, dance routines and more!

Not only are kids guaranteed to learn something new and make lifelong memories, but, they will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: Caring, Fairness, Honesty, Respect, Responsibility, Teamwork- as guides to show our campers how to be leaders and lifelong learners. We've got GAME (Gratitude, Attitude, Mentality, Enthusiasm)!

**SEASONS AVAILABLE IN 2026: Need Coaches!**

**SUMMER**

**2026 SUMMER CAMP  
REGISTRATION OPENS  
FEB 2nd, 2026 @ 12am!**

CAMP

# CAMP

## TRADITIONAL CAMP (Youth Dev.)

YMCA Summer Day Camp provides outdoor activities, sports, arts, crafts, games, and summer adventures. Whether you choose one week or all summer, YMCA Day Camp fits your schedule and provides fun, enriching activities for your child! Traditional Day Camp is offered at Lakewood Elementary School and other local schools.

**SEASONS AVAILABLE IN 2026:**

**SUMMER**

## JR. LIFEGUARD CAMP

Our Junior Lifeguarding Camp gives youth ages 11–14 the chance to dive into water safety, rescue skills, and leadership using the American Red Cross Junior Lifeguarding curriculum. Campers learn essential lifeguarding techniques, enjoy free swim time, and participate in fun aquatic games and classic camp activities throughout the week.

Campers must be able to pass a swim test prior to camp and should bring two snacks, lunch, a swimsuit, towel, and water bottle daily.

Not only will campers gain valuable skills and confidence in the water, but they will also grow in Spirit, Mind, and Body through our focus on Character Development. Guided by the YMCA Core Values Caring, Fairness, Honesty, Respect, Responsibility, and Teamwork. Campers build leadership, teamwork, and lifelong memories.

**SEASONS AVAILABLE IN 2026: Need Counselors!**

**SUMMER**



# YOUTH & FAMILY



## BASKETBALL

**YMCA Jr. Cavs League** (Ages 3-11) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Fall and Winter sessions available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach - this league depends on parent volunteers!

**SEASONS AVAILABLE FOR 2026:**

**FALL I-II**

**WINTER**

**YMCA Spring Basketball League** (Ages 3-11) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Spring session available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach - this league depends on parent volunteers!

**SEASONS AVAILABLE FOR 2026:**

**SPRING I-II**

## VOLLEYBALL

**Volleyball Open-Net Night:** Community-led, no registration or formal instruction required. This drop-in program offers a fun, active space for participants of all ages to enjoy recreational volleyball in a relaxed, social environment. Players can rotate through games, practice skills, and engage in friendly competition at their own pace. Held Friday nights.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

**Volleyball - League** (Ages 9-11 & 12-14): A youth volleyball league geared toward middle school aged athletes (boys and girls), designed to improve knowledge of the sport and sharpen skills involved in playing the game. Players are sorted onto teams, each team needs 1-2 parent volunteer coaches. There are about 8 practices and 8 games per season.

**SEASONS AVAILABLE IN 2026: Coaches Needed!**

**SPRING I-II**

# YOUTH & FAMILY

## ADVENTURE GUIDES

**Adventure Guides (Ages 5+):** Instructor-led (by parent/guardian and volunteer leaders) scout experience program, no prior outdoor experience needed. This family-oriented program invites parents (or guardians) and children ages 5 and up to join together for a year of shared adventures — from camping under the stars to nature hikes, rock-climbing, bowling, board games, Pinewood Derby and more.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## GIRLS FLAG FOOTBALL

**Girls Flag Football (Travel League):** Instructor-led, no prior flag football experience necessary. This program features all-girls teams from the Lakewood YMCA, with divisions for ages 7–9 and 10–12. Teams will practice locally and travel to compete against other YMCA branches at their home fields, offering a fun and supportive introduction to league play. The program emphasizes skill development, teamwork, confidence-building, and positive competition. Register for the full season; game locations rotate between participating YMCA branches.

**SEASONS AVAILABLE IN 2026:**

**SPRING I-II**



# YOUTH & FAMILY

## IRON TEENS



This program serves to educate and train teen athletes for sport, power, and performance by focusing on specific muscle groups each week. You'll gain a deep understanding of the gym, how to lift safely, and more. Our Certified Personal Trainers will teach the importance of each movement for your body to improve your training potential while building a smarter and stronger athlete.

**LOWER BODY TRAINING** includes bodyweight squats, lunges, deadlifts, RDLs, glute bridges, plyometrics, & more along with education on muscles worked & importance of training for their individual sport.

**UPPER BODY TRAINING** includes shoulder, chest, bicep, tricep, shoulder, and back exercises, training on various modes of equipment, along with education on muscles worked & importance of training for their individual sport.

**CORE & FUNCTIONAL TRAINING** targets improvements in stability & safety while lifting, specifically knowledge of how to strengthen the deep core muscles, add functional training to their daily routine, & more

**SPEED & AGILITY TRAINING** aims to enhance athletic performance & power by sharing how to train fast twitch muscles & boost potential.

## YOUTH CONDITIONING

**YOUTH CONDITIONING** (Ages 9 - 12) is designed to start teaching youth importance and proper structure of an exercise or training program. These classes will focus on areas such as an effective warm-up, flexibility & mobility, cardio options, agility, muscular conditioning, and core work.

## YOUTH & TEEN ORIENTATIONS

**ORIENTATIONS** (Ages 9 - 12 & 13-17) provide an overview of how to safely and effectively use the equipment available in the facility. Participants are guided through key strength and cardio machines, including how to adjust seat heights, select appropriate resistance or weight levels, and maintain proper form during use. The session emphasizes safety practices such as correct posture, controlled movement, and proper warm-up and cool-down techniques.

NA parent or guardian also attend the Youth Orientation.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**



## D20 SOCIETY

**Teen Gaming Club** (Ages 12-17) Instructor-led, no prior tabletop gaming experience necessary. This program introduces participants to the fundamentals, rules, and strategies of popular role-playing and strategy games such as Dungeons & Dragons, Magic: The Gathering, and similar tabletop adventures. The class approach is holistic and includes foundational gameplay skills, teamwork, creative problem-solving, and group participation. Register for each session, meeting weekly. 60-90-minute sessions.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## Parent's Night Out (P.N.O.)

Child Watch will be open for the last Friday of the month! Drop your kid(s) off at the Y for a night of crafts and activities. Parent's Night Out is offered to ages 4-12 (must be potty trained). We will provide scheduled activities, such as arts and crafts, gym time, and playground time. We also serve pizza for dinner!

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## PICKLEBALL

**Pickleball Open-Net:** Community-led, no registration or formal instruction required. This drop-in program offers a fun, active space for participants of all ages to enjoy recreational pickleball in a relaxed, social environment. Players can rotate through games, practice skills, and engage in friendly competition at their own pace. Held Tue/Thu/Fri from 11am-2pm.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

# YOUTH & FAMILY

## BIRTHDAY PARTY RENTALS

**Birthday coming up? The Lakewood Family YMCA would love to host you and your party!**

Celebrate your special day at the Lakewood YMCA! Parties are available on Saturdays and Sundays and include use of the Child Watch room plus your choice of gym or pool time.

### **Party Schedule:**

**2:00–3:00 PM:** Set-up time in the Child Watch room

**3:00–4:00 PM:** Party time in the Child Watch room

**4:00–5:00 PM:** Choice of half-gym access or a designated section of the pool for active play

**5:00–5:30 PM:** Clean-up

**Pricing:**

**Members: \$200**

**Non-Members: \$275**

A fun, convenient, and family-friendly way to celebrate—book your date today!



# WELL-BEING & FITNESS



## FITNESS CLASS & PROGRAM OPTIONS

Elevate your fitness with our extensive program offerings. There are 85-100 class and specialized group training options per week throughout the year to help you target all of the fitness components - muscular conditioning, cardiovascular health, flexibility & mobility, agility & balance - along with self-confidence! We offer options for varied fitness levels - and encourage you to experience as many classes and training groups as possible!

The majority of our fitness program offerings are included with your membership. Others are fee-based since they offer additional value with smaller class participants, speciality equipment, tracked progressions, and extra supplies required.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## FITNESS CHALLENGES

The YMCA offers monthly health and well-being challenges for members to focus on goals and strive to become better every day. These programs encourage participation in activities focused on the various dimensions of wellness.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## INBODY SCAN

**INBODY** (Ages 18+) To learn about your body components, schedule an InBody scan. In less than 60 seconds, the InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body weight balance - components that are key in understanding more about your body.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## MOVE2LOSE

**MOVE2LOSE** is a 10-week weight loss program proven to help participants lose weight and reach their other health and wellness goals!

What to expect:

This program includes 10 weeks of guided help from Certified Personal Trainers in a small group setting. There are 2 in-person workouts each week (AM and PM times available), along with biweekly nutrition information, so you get to workout and discussion nutrition goals with a community of like-minded people with similar goals as you!

The program also includes 3 InBody Scans (body composition assessments) to help you track your progress on a deeper level, a YMCA t-shirt, weekly newsletters to guide you and help you grow your knowledge, and an awards week for all participants to celebrate their accomplishments.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**



## 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.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## RESTORATIVE YOGA

Join us once a month, all year long, for 90 minutes of dedicated relaxation featuring meditation, mindfulness, and Restorative Yoga.

This series is designed to promote deep mental and physical rest. Poses are held for an extended time (three to five minutes) to deepen your stretch, clear your mind, and help you focus on your breath.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## WELL-BEING SPEAKERS & SPECIAL EVENTS

Throughout the year, we host a schedule of expert speakers and interactive workshops focused on the various dimensions of wellness to enhance the well-being of our members and guests.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## IRON TEENS



This program serves to educate and train teen athletes for sport, power, and performance by focusing on specific muscle groups each week. You'll gain a deep understanding of the gym, how to lift safely, and more. Our Certified Personal Trainers will teach the importance of each movement for your body to improve your training potential while building a smarter and stronger athlete.

**LOWER BODY TRAINING** includes bodyweight squats, lunges, deadlifts, RDLs, glute bridges, plyometrics, & more along with education on muscles worked & importance of training for their individual sport.

**UPPER BODY TRAINING** includes shoulder, chest, bicep, tricep, shoulder, and back exercises, training on various modes of equipment, along with education on muscles worked & importance of training for their individual sport.

**CORE & FUNCTIONAL TRAINING** targets improvements in stability & safety while lifting, specifically knowledge of how to strengthen the deep core muscles, add functional training to their daily routine, & more

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**YOUTH CONDITIONING** (Ages 9 - 12) is designed to start teaching youth importance and proper structure of an exercise or training program. These classes will focus on areas such as an effective warm-up, flexibility & mobility, cardio options, agility, muscular conditioning, and core work.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

# GENERAL FITNESS

## Wellness Orientations (Ages 13+)

A member can receive a total of 60 minutes with Wellness Staff as a complimentary service. Choose from the options provided for two 30 minute or one 60 minute orientation.

**First Workout** introduces you forming a personal fitness program. Following a brief discussion, a Wellness Team Member will work with you to complete a simple, introductory workout - focusing on proper form and appropriate intensity.

**Equipment Orientation** provides an overview of how to use key fitness machines for a safe and effective start with our line of equipment. Instruction will include targeting specific muscle groups, the number of sets and reps to perform and efficient progression. Personal Training options will be presented.

## 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 healthy lifestyle decisions, and offer a variety of programs that support total well-being.

See Schedule:



## 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!



YEAR ROUND

WELL-BEING & FITNESS



# AQUATICS





## 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.

**B: Water Exploration** (Ages 18 months - 35 months) In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. In stage B, the instructor will give prompts to parents similar to our preschool group lessons to prepare the child for independent lessons starting at age 3.

### SEASONS AVAILABLE FOR 2026:

#### WINTER

Registration Opens  
December 15th

#### SPRING I

Registration Opens  
February 16th

#### SPRING II

Registration Opens  
April 16th

#### SUMMER

Registration Opens  
May 25th

#### FALL I

Registration Opens  
August 24th

#### FALL II

Registration Opens  
October 19th

## 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.

**Adult/Teen Swim Lessons** (13-99+) 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.

**Adaptive Lessons** (All ages) Our Adapted Swim Lessons are designed for individuals with disabilities or special needs who may benefit from a customized approach to learning how to swim. These lessons focus on creating a supportive and inclusive environment that meets each swimmer's unique abilities, comfort level, and learning style.



# AQUATICS

## 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.

**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.

### SEASONS AVAILABLE IN 2026:

#### WINTER

Registration Opens  
December 15th

#### SPRING I

Registration Opens  
February 16th

#### SPRING II

Registration Opens  
April 16th

#### SUMMER

Registration Opens  
May 25th

#### FALL I

Registration Opens  
August 24th

#### FALL II

Registration Opens  
October 19th

## SWIM ACADEMY

**Swim Academy** (Ages 5-18) Through hybrid group lesson and practice sessions participants will gain skills needed to successfully join swim team.

#### SPRING II

#### SUMMER

#### FALL I

**Swim Team** (Ages 8-18) Our Swim Team program is designed for youth who are ready to build their stroke skills, endurance, and confidence in a supportive team environment. Swimmers receive coaching in all four competitive strokes including freestyle, backstroke, breaststroke, and butterfly while developing strong technique, sportsmanship, and goal setting skills. Practices focus on conditioning, skill refinement, and race preparation. Meets and time trials give swimmers the opportunity to challenge themselves, track progress, and celebrate achievements with their teammates.

COMING SOON!!

# AQUATICS

## LIFEGUARDING CLASS

**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.

## CPR, FIRST AID, AND AED COURSE

**Red Cross CPR/First Aid/AED Certification Course (Ages 12+)** This course provides participants with the knowledge and skills needed to recognize and respond to breathing and cardiac emergencies, perform high-quality CPR, use an AED, and give basic first aid care. Once enrolled, participants receive the latest science-based training from certified instructors and gain life-saving skills they can use in everyday situations. Courses are available in person or through Blended Learning, which includes online coursework followed by an in-person skills session.

## BABYSITTER COURSE

**Red Cross Babysitting Certification Course (Ages 11-16)** This course prepares young teens to confidently care for infants and children. Participants learn essential skills such as supervising children of different ages, handling common behavior challenges, responding to emergencies, performing basic first aid, and making safe, responsible decisions while babysitting. Students receive up-to-date, expert-led training and gain practical knowledge they can use at home or on the job. This course is offered in person.

## 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.

**Water Fitness Instructor (Ages 16+)** The Water Fitness Instructor plans and delivers effective classes in a designated program area for YMCA members and program participants. Instructors must be knowledgeable, professional, and show concern for class participants.



# MENTAL WELLNESS



# MENTAL WELLNESSES

## ACCESS TO MENTAL WELLNESS SERVICES HAS NEVER BEEN EASIER!

### Mental Wellness Services at the Lakewood Family YMCA

At the Lakewood Family YMCA, we are committed to fostering mental wellness in our community. We are proud to offer mental health counseling and support services to help individuals and families navigate life's challenges.

#### MEET MARLON JOHNSON BEHAVIORAL HEALTH MANAGER



Marlon L. Johnson, LPCC-S, LICDC, is a compassionate mental health and substance abuse professional with Master's degrees in Clinical Mental Health Counseling and Practical Theology from Ashland Theological Seminary. He specializes in supporting adolescents, adults, couples, families, and the LGBTQ+ community.

Marlon addresses concerns such as anxiety, depression, trauma, self-esteem, and dual diagnoses, while also navigating complex issues related to relationships, grief, loss, and spirituality. Utilizing a multifaceted therapeutic approach, he is dedicated to empowering individuals on their journey toward healing, self-discovery, and personal growth.

#### CONTACT MARLON JOHNSON

[MJohnson@ClevelandYMCA.org](mailto:MJohnson@ClevelandYMCA.org) | 216.431.2018 ext. 3775

Fax: 216.431.2023 | Cell: 216.695-2269

## SUGGESTIONS

### We want to hear from You -- Help us shape future Mental Wellness Programs at the Lakewood Family YMCA

Your voice matters. As we continue to expand our mental well-being offerings, we invite you to share the topics, workshops, and support programs you'd like to see at the YMCA. Whether it's stress management, mindfulness, parenting support, grief resources, or something entirely new, your suggestions help us create meaningful programs that truly serve our community. Tell us what would support *\*your\** well-being—together, we can build a healthier, more resilient YMCA community.

**Find our Suggestion Box on the front desk or feel free to send a message to any of our leadership staff. Contact information available at the front desk.**



# ACTIVE OLDER ADULT





## AOA BUS TRIPS

The YMCA's AOA Bus Trips offer year-round, social excursions to a variety of exciting destinations.

Enjoy convenient group travel to local shows, cruises, holiday activities, and special out-of-country trips. These trips are a wonderful way to socialize and explore new places.

## AOA FITNESS ASSESSMENTS

Are you curious about your current fitness level and how it impacts your long-term health as you age?

Take the first step towards a healthier future with our AOA Fitness Assessments! Increase your knowledge about your current fitness level and how this impacts your overall health. Schedule your first assessment today!

You will complete 2 sets of fitness tests.

Set 1: 30-Second Chair Stand Test, 8-Foot Up-and-Go Test, 2-Minute Step Test (no elevation).

Set 2: 30-Second Arm Curl Test, Chair Sit-and-Reach Test, Back Scratch Test. You will also receive recommendations on what to do with the results you receive.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## AOA ORIENTATION

**AOA Meet & Greet (Ages 55+)** At our Meet & Greet, you will learn all about your new Y: Get familiar with the facility, learn about programs and services just for our Active Older Adults, and meet the people that are passionate about helping you transform your life. YMCA 360, bus trips and Wellness Orientations.

**YEAR ROUND**

## WELL-BEING SPEAKERS & SPECIAL EVENTS

Throughout the year, we host a schedule of expert speakers and interactive workshops focused on the various dimensions of wellness to enhance the well-being of our members and guests.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

# ACTIVE OLDER ADULT

## Quilting Group

Whether you're new to quilting or embroidery, or have some experience, this is the perfect space to learn a new skill, and make new friends. Our group meets monthly for a two hour hands on session where we work together on a quilt enjoying each others company. All materials are provided along with direction and support.

**YEAR ROUND**

## Book Club

Enjoy reading? The book club meets at a local venue or restaurant once a month. There are great discussions of the likes and dislikes of the book of the month. Along with great discussions, there is food and drink to enjoy as well. Come participate in choosing the next months book for another great time out. Books are usually available to be picked up at the YMCA once selected

**YEAR ROUND**

## MOVE2LOSE

**MOVE2LOSE** is a 10-week weight loss program proven to help participants lose weight and reach their other health and wellness goals!

What to expect:

This program includes 10 weeks of guided help from Certified Personal Trainers in a small group setting. There are 2 in-person workouts each week (AM and PM times available), along with biweekly nutrition information, so you get to workout and discussion nutrition goals with a community of like-minded people with similar goals as you!

The program also includes 3 InBody Scans (body composition assessments) to help you track your progress on a deeper level, a YMCA t-shirt, weekly newsletters to guide you and help you grow your knowledge, and an awards week for all participants to celebrate their accomplishments.

**SEASONS AVAILABLE IN 2026:**

**YEAR ROUND**

## 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. SEE GYM SCHEDULE ON Y360 APP FOR HOURS OFFERED

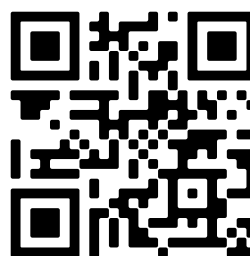
## GENERAL INFO

**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 total well-being.

**See Schedule:**



**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.



### SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of this Program Guide

**YEAR ROUND**

**Suggestions always welcome to what you would like to see here at the YMCA. Please reach out to:**

**Melissa Riddle: [mriddle@clevelandymca.org](mailto:mriddle@clevelandymca.org)**

# EMPLOYMENT & VOLUNTEERISM



## LIFEGUARD

**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

**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.

## WATER FITNESS INSTRUCTOR

**Water Fitness Instructor** (Ages 18+) The Water Fitness Instructor plans and delivers effective classes in a designated program area for YMCA members and program participants. Instructors must be certified, knowledgeable, professional, and show concern for class participants.

## WELLNESS CONSULTANT

**Wellness Consultant** (Ages 18+) Wellness Consultants are responsible for assisting in membership growth & retention through leadership & continuous follow through with members. Tasks include phone and in-person interactions with prospective & current YMCA members, administrative tasks, onboarding new members, and maintaining our fitness facility & equipment.

## YOUTH PROGRAM INSTRUCTOR

**Program Instructor** (Ages 16+) The Youth Program Instructor is responsible for providing age appropriate programs & branch activities. They are responsible for implementing these program plans and incorporating YMCA Character Development values into each lessons, reinforcing the Y culture.



## PERSONAL TRAINER

**Personal Trainer (Ages 18+)** The Personal Trainer develops & implements individualized workout regimens & conducts updated fitness assessments for members. Trainers must be certified.

## GROUP EXERCISE INSTRUCTOR

**Group Exercise Instructor (Ages 18+)** The Group Exercise Instructor is responsible for the design & instruction of safe, high-quality, effective, challenging, & fun group exercise classes. Instructors must be certified.

## MEMBER SERVICE REPRESENTATIVE

**Member Service Representative (Ages 18+)** The MSR is responsible for conducting all member interaction tasks to promote member satisfaction, membership sales, and member retention. Tasks include phone & in-person interactions with staff, active & prospective members, as well as administrative activities that include program enrollment, record keeping, & payment processing.

## AMBASSADOR

As a YMCA Ambassador, you play a key role in creating a welcoming, inclusive, and engaging environment for our members and community. Ambassadors connect with new members to help them feel at home, assist with day-to-day activities around the YMCA, and support a variety of outreach initiatives and special events. This volunteer position is perfect for individuals who enjoy engaging with people, promoting community wellness, and contributing to a positive, vibrant YMCA experience. Ambassadors serve as friendly representatives of the YMCA, helping to foster connections, share information about programs, and enhance the overall member experience.

## VOLUNTEER COACH

**Volunteer Coach (Ages 18+):** Support the mission of the YMCA by serving as a positive mentor and leader for youth in our sports and member programs. Volunteer Coaches help create a welcoming, encouraging environment where kids can learn fundamentals, build confidence, and develop teamwork skills. No prior coaching experience is required — just enthusiasm, reliability, and a desire to make a difference. Coaches assist with organizing practices, guiding players through skill-building activities, and promoting sportsmanship throughout the season. Training and resources are provided. Join us and help shape a meaningful, memorable experience for our



# 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