

Geauga Family YMCA |

[clevelandymca.org](http://clevelandymca.org)



DEC - MAR

WINTER

2025-26

# ABOUT OUR PROGRAM GUIDE

- We continue to develop new programs and activities for our members to add to the value of your membership.
- 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 Geauga Family YMCA.

## BRANCH HOURS\*

**MONDAY – FRIDAY**

**5:30 AM TO 9:00 PM**

**SATURDAY**

**7:00 AM TO 4:00 PM**

**SUNDAY**

**8:00 AM TO 4:00 PM**

\*Holiday Hours are on pg. 4

## BRANCH LEADERSHIP

**EXECUTIVE DIRECTOR: Ben Altemus**

**AQUATICS DIRECTOR: Dot Collins**

**MEMBERSHIP DIRECTOR: Lisa Chorba**

**WELLNESS DIRECTOR: Lana Niebuhr**

**YOUTH & FAMILY DIRECTOR: Amanda Doty**

## MEMBERSHIP

## YMCA360

## WELLNESS

## AQUATICS





MEMBERSHIP

# MEMBERSHIP

## CHILD WATCH

Our Child Watch program provides a safe space for your child when you are working out. Children can work on homework, play games, do art projects or just use their imaginations as they engage in free play for up to two hours while you are in the facility. This is a free service for members.

### CHILD WATCH HOURS

Monday 8:30 AM - 12:30 PM, 4:00 PM - 8:00 PM

Tuesday 8:30 AM - 12:30 PM, 4:00 PM - 8:00 PM

Wednesday 8:30 AM - 12:30 PM, 4:00 PM - 8:00 PM

Thursday 8:30 AM - 12:30 PM, 4:00 PM - 8:00 PM

Friday 8:30 AM - 12:30 PM,

Saturday 8:30 AM - 12:30 PM

**\*\*Changes posted at the Welcome Center for Holiday Schedule**

## OUR BRANCH HOLIDAY HOURS

**Christmas Eve, Wed. December 24 8:00 am-2:00 pm**

**Christmas Day, Thurs. December 25 CLOSED**

**Day After Christmas, Fri. December 26 Normal hours**

**New Years Eve, Wed. December 31 8:00 am-2:00 pm**

**New Years Day, Thurs. January 1 8:00 am-2:00 pm**

**Presidents Day, Mon. February 16 Normal hours**

## Special Upcoming Events

Parent Night Out: Third Friday of the month, 5:30-8:30 PM. Registration required.

Registration is OPEN for Women's Wellness Weekend, August 21-23, 2026

Active Older Adult Bus Trips, See schedule of upcoming trips in the branch.

Knitting Club meets every Friday at 12:00 PM. Learn to knit, get some great pointers or just socialize as you work on a project.



# MEMBERSHIP

## FINANCIAL ASSISTANCE

The YMCA financial program is a sliding fee scale that is designed to provide services for any family, adult or senior who desires to participate and understands the benefits of the YMCA, regardless of their ability to pay the prescribed fee.

Those not able to pay the full fee may be awarded assistance based on their demonstrated ability to pay and the YMCA's ability to fund the subsidy.

Funding for YMCA financial assistance comes from grant sources and from fellow members who donate to the YMCA's Annual Campaign. Each year the campaign provides membership and program assistance for more than 4,000 adults and children.

All YMCA members receive the same membership benefits, regardless of whether they are receiving assistance.

## 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 pool.
- A lock to secure your items in a locker. The YMCA is not responsible for any lost or stolen property.
- Items may not 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 Geauga Family 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](http://ymca360.org) for those who prefer not to download the app.
- Alerts on our Geauga Family YMCA location page on [clevelandymca.org](http://clevelandymca.org), where a banner will be displayed across the screen.
- You can also update your email preferences through your membership account.



## 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 guests per visit to the YMCA.

Guests are permitted if they are 18 years of age or older unless otherwise approved by branch leadership. Members bringing guest must be at least 18 years of age. 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 .

Gauga Family 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



# WELLNES

FOR MORE INFORMATION CONTACT LANA NIEBUHR  
AT [LNIEBUHR@CLEVELANDYMCA.ORG](mailto:LNIEBUHR@CLEVELANDYMCA.ORG)

## **Have You Tried? – Come Warm Up Your Workout!**

### **Group Strength Training**

Mondays 9:00 AM/6:00 PM/

Tuesdays 9:00 AM/ 6:00 PM

Wednesdays 9:00 AM/6:00 PM

Thursdays 10:00 AM/6:00 PM

Saturdays 9:00 AM

### **Cardio/Cardio Strength Combo**

Mondays 6:00 PM

Tuesday 8:30 AM/9:00 AM/6:00 PM

Wednesdays 9:00 AM/

Thursdays 9:00 AM

Fridays 10:00 AM

### **Pilates/Core Classes**

Mondays 6:00 PM

Fridays 9:30 AM

### **Zumba/Aqua Zumba**

Mondays (Aqua) 7:00PM

Thursday 12:00PM (Gold)

Thursday 6:30 PM

### **Cycle**

Mondays 8:00 AM/9:00 AM

Wednesday 10:00 AM

Thursdays 5:30 PM

# WELLNESS

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## Have You Tried? – Come Warm Up Your Workout!

### Yoga

Mondays 10:00 AM

Tuesdays 6:00 PM

Wednesdays 10:00 AM/5:30PM/7:00PM

Thursdays 8:30 AM/10:00 AM

Sunday 9:00 AM

### Tai Chi

Wednesdays 10:00 AM/ 11:00 AM

### Specialty Classes

**TNT: (Adaptive )** Tuesdays 5:00 PM – Session dates from 1/6 – 2/24

**Rock-Ability's (Adaptive) Cardio Drumming :** Fridays 10:00 AM

Session Dates from 1/9 – 2/27

**WOW: (Women On Weights)** Fridays 9:00 AM (8 week)

Session dates from 12/5 – 1/30

**Move To Lose:** (10 week weight loss program) offered on  
Tuesday/Thursdays at 7:00 PM–Session Dates from 2/3 – 4/9

**Women's Wellness & Recovery:** 8 week program

Offered on Fridays at 11:00 am from 1/9 – 2/27/26

Contact Kristy Mowry MA, LSW at (440) 488-2908

**Restorative Yoga:** Fridays 11:00 AM



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AT [LNIEBUHR@CLEVELANDYMCA](mailto:LNIEBUHR@CLEVELANDYMCA)



## SENIOR 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 NEW AOA FITNESS ASSESSMENT! Increase your  
knowledge about your current fitness level and how  
this impacts your overall health.

### ASSESSMENT DETAILS:

Feb. 10th, 11:30a-1:00p

1. Chair Stand Test
2. Arm Curl Test
3. Chair Sit & Reach Test
4. Back Scratch Test
5. Step Test

ALL EVALUATIONS COMPLETED BY CERTIFIED PERSONAL TRAINERS.  
SPACE IS LIMITED. REGISTRATION IS REQUIRED!

**\$15 YMCA Member | \$30 Community Member**

# 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.

WELLNESS



# AQUATICS



# AQUATICS

## SWIM LESSON SCHEDULE & REGISTRATION

Session	Dates (Days will vary depending on lesson level or type)	Member Registration Opens
January/February	01-05-2026 to 03-01-2026	12-22-2026
March/April	03-02-2025 to 04-26-2026	2-16-2026

Registration is open to Members and Non-members through your online membership account or by calling the branch. Scan the QR code or visit [www.clevelandymca.org](http://www.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	\$60	\$200

**\*NEW\* Preschool and Homeschool Daytime lessons** (All ages) Looking for enrichment for your preschool or school aged homeschooled child? YMCA swim lessons now being offered during daytime hours on Fridays.

Age Groups	Days Offered	Time	Member*	Guest
Preschool	Friday	12:30-1:00 pm (S1/2); 1:00-1:30 (S3/4)	\$96	\$192
School Age	Friday	2:30pm-3:00 pm	\$96	\$192

## SWIM LESSONS: EARLY CHILDHOOD

**A/B: 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.

Day	Time	Member*	Guest
Monday	A/B 4:30-5:00	\$56.00	\$112.00
Wednesday	A/B 5:40-6:10	\$56.00	\$112.00
Friday	A/B 9:00-9:30 AM	\$56.00	\$112.00
Saturday	A/B 9:00-9:30;10:40-11:20	\$56.00	\$112.00

## 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
Monday	6:15-6:45 pm	\$96.00	\$192.00
Wednesday	6:15-6:45 pm	\$96.00	\$192.00

**Adult/Teen Amish Swim Lessons** (Ages 15+) 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
Monday	6:15-6:45 pm	\$96.00	\$192.00
Wednesday	6:15-6:45 pm	\$96.00	\$192.00

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

# SWIM LESSONS BY Stage

**Stage 1: Water Acclimation** (Ages 3-5 & 6-12) Develop comfort with underwater exploration, learn how to safely exit the water.

Age Groups	Days Offered	Member*	Guest
Preschool	Monday, Wednesday, Saturday	\$96	\$192
School Age	Monday, Wednesday, Saturday	\$96	\$192

**Stage 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 the water.

Age Groups	Days Offered	Member*	Guest
Preschool	Monday, Wednesday, Saturday	\$96	\$192
School Age	Monday, Wednesday, Saturday	\$96	\$192

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

Age Groups	Days Offered	Member*	Guest
Preschool	Monday, Wednesday, Saturday	\$96	\$192
School Age	Monday, Wednesday, Saturday	\$96	\$192

**Stage 4: Stroke Introduction** (Ages 3-5 & 6-12) Learn stroke technique for front and back crawl, breaststroke, butterfly kick, treading water, and elementary backstroke.

Age Groups	Days Offered	Member*	Guest
Preschool	Monday, Wednesday, Saturday	\$96	\$192
School Age	Monday, Wednesday, Saturday	\$96	\$192

**Stage 5: Stroke Development** (Ages 6-12) Improve stroke technique, practice major competitive strokes, treading water, and sidestroke.

Age Groups	Days Offered	Member*	Guest
School Age	Monday, Wednesday, Saturday	\$96	\$192

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

# AQUATICS



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## GEAUGA OTTERS SWIM TEAM

**Competitive swim team:** The Geauga Otters competitive swim program is a developmental swim team that offers children ages 6-18 the opportunity to refine their stroke technique, build endurance, while competing in fun, low-pressure, swim meets against other local YMCA teams. Team practices (times varies by skill level and age) are held from 4-6:30 pm on Monday and Wednesday and 4-6 pm on Fridays, with meets on selected Saturday. Children must be able to swim one length of the pool on their front and one length of the pool on their back, and should have completed Stage 4 swim lessons (or equivalent).

## 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.





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youth

# YOUTH

## Jr Cavs Basketball

In partnership with the Cleveland Cavaliers, this youth basketball league is designed for children ages 3–12. The Jr. Cavs program provides a fun and engaging environment where kids learn the fundamentals of basketball, improve fitness, and build character through team sports. This fall session focuses on skill-building and fair play.



**Ninja Zone (Ages 3–12)** Unleash your child's inner warrior with Lil Ninja? the ultimate program designed to boost confidence, coordination, and fun! Packed with obstacle courses, agility challenges, and ninja-inspired moves, Lil Ninja helps kids build strength, focus, and discipline while having a blast. Perfect for high-energy adventurers ages 3–5, this action-packed experience turns playtime into ninja time!







**TEENS  
SNEET**



# TEENS

**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 12 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 Welcome Center.

## Coming Soon!

**Archery (Ages 6-18)** We're excited to share that Archery will be back this January! This program is designed for both beginners and returning participants, offering a fun and supportive environment to learn proper form, practice safety, and build confidence on the range. Each class includes guided instruction from trained staff, hands-on practice with equipment, and skill-building activities that help participants grow at their own pace.