

NORTH ROYALTON FAMILY YMCA



2026
APR - AUG

SPRING

YMCA MISSION STATEMENT

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



Where Community Blooms

Spring is a season of fresh starts—and at the Y, it's also a time when our community comes together to make a difference. During Deloitte's annual Impact Day, volunteers partner with a few Greater Cleveland YMCAs to refresh our spaces with landscaping, painting, and playground improvements, helping make the Y even more welcoming for the families who gather here every day.

As you explore our Spring Program Guide, we invite you to try something new—whether it's youth sports, swim lessons, group exercise, or family activities. Thanks to partners like Deloitte and supporters like you, the YMCA continues to be a place where our community can learn, grow, and thrive together.

NORTH ROYALTON FAMILY Y

11409 State Rd
North Royalton, OH 44133
440-230-9339
www.clevelandymca.org

SOCIAL

FACEBOOK
INSTAGRAM

HOURS

MON - FRI | 6 AM - 9 PM
SAT | 7 AM - 6 PM
SUN | 8 AM - 4 PM

HOLIDAY HOURS

Easter | Closed
Memorial Day | 7 AM - 1 PM
Independence Day | 7 AM - 1 PM

ABOUT OUR PROGRAM GUIDE

Contents

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)

Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.



**INCLUDED WITH
MEMBERSHIP!**

EARLY CHILDHOOD

YOUTH

TEENS

ADULT

ACTIVE OLDER

FAMILIES

AQUATICS

SPORTS

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.

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.



SCAN ME

YOUR Y MEMBERSHIP

Find Your Strength

At the Y, everyone gets stronger. Our cause-driven focus on health and well-being helps members find balance in life while strengthening their community.

FREE Equipment Orientation

FREE Group Exercise classes

FREE Open Swim for Adults and Families

FREE Open Gym Time

FREE Child Watch Service

Unlimited use of Wellness Center

Variety of Sport Leagues and Classes

Progressive Swim Lessons

Member **Discounts** on Classes and Programs

Nationwide Privileges

Open **Every** Day

Volunteer **Opportunities**

Your Y Account Made Easy

When you joined the YMCA of Greater Cleveland, we created your online membership account for you. If you missed the setup email, no problem! Just click LOGIN in the blue bar at the top of our website and sign in using the email or phone number you used to join.

Forget your password?

You can easily reset it or use a one-time code to get back in. Once you're logged in, you can update your contact info, choose text message preferences, and manage your payment methods — all in one place.



Financial Assistance: Because Everyone Belongs at the Y

At the YMCA, we believe everyone deserves the chance to be healthy, connected, and supported—no matter their financial situation. Thanks to grants and generous donations to the YMCA's Annual Campaign, our Financial Assistance Program helps children and adults each year enjoy the full Y experience.

This program has opened doors for adults who lost their jobs, families rebuilding after hard times, kids encouraged to dream big, seniors living on fixed incomes, and people facing medical or financial challenges. Through this support, we're able to ensure that no one is ever turned away due to their ability to pay.

When you give to the YMCA's Annual Campaign, you're doing more than making a donation—you're changing lives. Your gift helps kids learn to swim, families grow stronger together, and seniors find connection and purpose. Every dollar stays right here in our community, helping neighbors who need it most. To learn more or make a pledge, visit the donations page on our website.

AQUATICS

Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 19.

CHILDWATCH

(Ages 6 wks - 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.

HOURS

MON - THURS, 8 AM - 12 PM | 5 - 8:30 PM

FRI, 8 AM - 12 PM

SAT, 8 AM - 1 PM

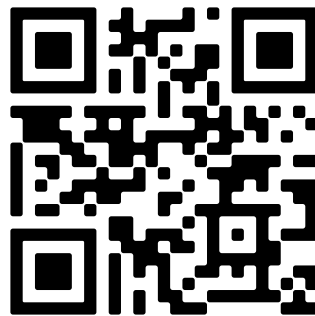
Y-CLUB

The YMCA is one of the largest childcare providers in the Greater Cleveland area. Our goal is to deliver childcare programs in a positive environment where children can grow and develop to their full potential. Our before and after school enrichment programs (known as Y-Club) provide safe, nurturing care so you can have peace of mind while you are at work or school.

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. [Click here for more info.](#)

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.



SCAN FOR Y-CLUB INFO

SPORTS

BASKETBALL

Spring League

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. 8-week season, Monday night practices and games. Parent volunteers encouraged.

Ages 3-11

[CLICK HERE TO REGISTER](#)



Session	Dates	Member	Guest
Spring	3/30 - 5/16	\$85	\$120

***ADDITIONAL \$ 15 JERSEY FEE**

T-BALL

T-Ball

Introductory T-Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!" Participants receive a hat and t-shirt.

Ages: 3-4



League by Age	Dates	Member	Guest
3-4 League	5/26 - 7/11	\$55	\$85

AQUATICS

Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 19.

RYD DOLPHINS SWIM TEAM

Join the **RYD Swim Team**—one of Northeast Ohio’s top competitive programs—building skills, confidence, and community both in and out of the pool. More information on page 23.

SPORTS

BASKETBALL

Junior Cavs - League

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. 8-week season, Monday night practices and games. Spring, Fall and Winter sessions available. Jersey Fee in Fall. Cavs ticket options available. Parent volunteers encouraged.

Ages: 3 - 11



CLICK HERE TO REGISTER

Session	Dates	Member	Guest
Spring	3/30 - 5/16	\$85	\$120

FOOTBALL

NEW! Girls Flag Football League

Girls’ Flag Football is one of the fastest-growing sports for girls, and our league is designed to help participants learn, play, and grow in a fun and supportive environment. Teams rely on parent volunteer coaches, with practices typically held Mondays and Wednesdays and games played on three Saturdays (May 2, 9, and 16) at the West Shore YMCA. Participants must purchase a new YMCA Flag uniform at registration, and while the YMCA provides most equipment, players may wish to bring cleats and a mouthguard.

Ages: 8 - 10 | 11 - 13

Session	Dates	Member	Guest
Spring	4/13 - 5/16	\$40	\$100

YOUTH

SUMMER CAMPS

SPECIALTY - YMCA Sports Camp

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.

AGES: 6-12

TRADITIONAL - YMCA Summer Day Camp

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.

AGES: 6-14

Camp Type	Ages	Register	Member	Non-Member
Summer Day Camp	6-14	Spring 2026	\$200	\$210
Sports Camp	6-12	Spring 2026	\$165	\$190



<https://www.clevelandymca.org/youth-and-family/camps/>

AQUATICS

Private Swim Lessons and Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 19

SPORTS

BASKETBALL

Spring - League

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. 8-week season, Monday night practices and games. Parent volunteers encouraged.

AGES 12-15

[CLICK HERE TO REGISTER](#)

SESSION	TIME	MEMBER	GUEST
Spring	3/30 - 5/16	\$85	\$120

Basketball - Private Coaching

Basketball skills focused on fundamentals and teamwork, basketball terminology, dribbling, passing, shooting, and defense. 30-minute sessions scheduled by appointment.

AGES: 7-17

Call 440-230-9339 for more info.

COMING SOON!

Summer YMCA League

Instructional league building basketball skills and team concepts. This league Focused around fun and learning. While keeping winning in perspective that match the YMCA core values. This league operates under fair play rules. This age group will practice once a week for 45 min pending the volunteer coaches practice time choice. All games are played on Saturday in the time frame of 3pm-7pm. Team request may not be met, request will be processed by date of registration.

AGES: 13 - 17

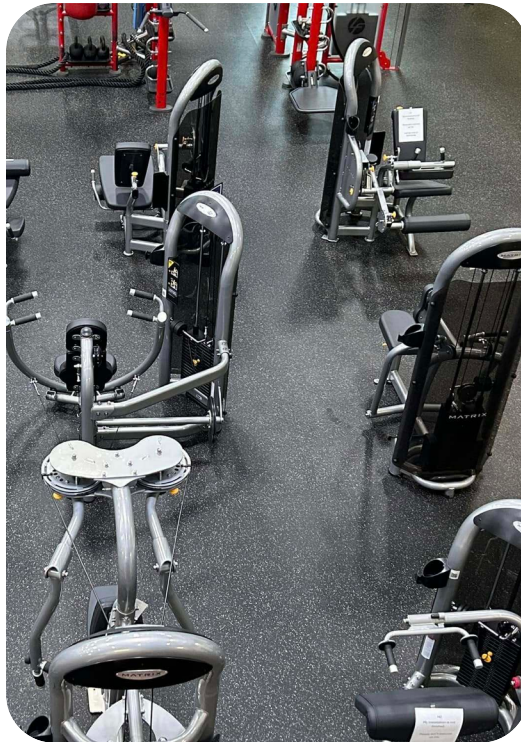


WELLNESS

FACILITY ACCESS

Youth ages 9-12 may only use cardio machines and circuit strength machines in the Wellness Center under direct parent/guardian supervision. Youth must successfully complete a Youth/Teen Orientation and their parents must sign a waiver.

Teens 13-17 do not need direct parental supervision if they have completed the **Equipment and Wellness Orientation** and submitted a waiver signed by a parent. Please see the branch welcome desk staff for policies dealing with teens and free weight equipment.



EQUIPMENT AND WELLNESS ORIENTATION

As part of your membership, enjoy a complimentary, one-time orientation with a member of our wellness team.

1. Learn how to confidently and safely use select strength and cardio machines at our branch.
2. Get a personalized introduction to Progressive Resistance Training—including tips for building strength effectively, with recommendations on rep ranges to match your goals.

***REQUIRED OF MEMBERS AGE 12-17 PRIOR TO UTILIZING WELLNESS AREAS.**

Group Exercise

Get moving, feel strong, and have fun with Group Exercise—fitness made for you. From high-energy workouts to chill recovery sessions, you'll find classes that challenge your body and clear your mind. Build strength, confidence, and community while learning how to make healthy choices that last well beyond the gym. Most group exercise programs are available to teens. Descriptions and links to schedules can be found in the Wellness section on page 24.

AGES: 12+

[CLICK HERE FOR SEARCHABLE DAILY SCHEDULE](#)

TEENS

AQUATICS

Private Swim Lessons and Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 19

SPORTS

Adult Basketball League

5 v 5 Men's Basketball on Thursdays nights with state certified officials. Game times will vary between the hours of 6PM and 11PM, depending on number of teams. Participants receive a YMCA Basketball t-shirt. No spectators of any sort are permitted in the gymnasium (friends, family, children). No free-agents.

AGES: 18+

CALL 440-230-9339 FOR MORE INFORMATION.



Adult Softball League

12-week season beginning in May, 1-week allotted for make-ups, 2-weeks for tournament at end of season. Game times will vary between the hours of 9AM and 12PM, depending on number of teams. \$20 umpire fees paid in cash on game days. YMCA provides 16 official softballs for the season. Team captains are responsible for jerseys. Corporate sponsors welcome.

AGES: 25+

Pickleball - Open Play

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.

AGES 18+

[CLICK HERE FOR SCHEDULE](#)



Season	Days	Times	Team with Member	Non-Member Team
5/5 - 8/18	Sundays	9AM - 12 PM	\$325	\$340

ADULT WELLNESS



Group Exercise

Rediscover your energy and motivation with Group Exercise, where fitness meets community. Choose from a wide range of classes—from heart-pumping cardio and strength training to yoga and restorative sessions—all designed to help you feel stronger, healthier, and more balanced. Connect with others, stay accountable, and make wellness a lifestyle, not a chore. Group exercise program descriptions and schedules can be found in the Wellness section on page 24.

AGES: 18+

SCAN QR CODE OR CLICK HERE FOR SEARCHABLE SCHEDULE.



Individual and Small Group Training

The Y offers one-on-one or small group personal training by nationally certified trainers who work with you to develop personalized health and fitness goals. More information regarding programs and services can be found in the Wellness section on page 24.

AGES: 13+

ADULT

AQUATICS

Private Swim Lessons and Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 19

EVENTS

Bus Trips

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!

AGES: 18+



Historical Houses of Worship

Enjoy an inspiring tour of several beautiful and historic Houses of Worship throughout the greater Cleveland area, where clergy, staff, or volunteers will share the story of each site and its role in the community. The day includes visits to Queen Mary of Peace, St. Vladimir Shrine, Cathedral of St. John the Evangelist, and Saint Maron Church, with lunch at the elegant Pier W Restaurant. We depart at 8:15 a.m. and return around 5:30 p.m.; please note that church visits may change if scheduling conflicts arise.

Date & Time: Apr 30 | 8:30 AM - 5 PM

Fees: Member: \$129 | Guest: \$139

[CLICK HERE TO REGISTER](#)



Cleveland Guardians

Enjoy a relaxing evening of baseball as the Cleveland Guardians take on the New York Yankees. Your Club Seats above the first-base line offer excellent views along with access to the climate-controlled Club Lounge located directly behind the seating area. Club seating includes all food and non-alcoholic beverages in the lounge, making it a comfortable and premium way to experience the game—treat yourself to a great night of America's pastime.

Date & Time: Sep 16 | 11:30 am - 10 pm

Fees: Member: \$153 | Guest: \$163

SPORTS

Pickleball - Open Play

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.

AGES: 18+

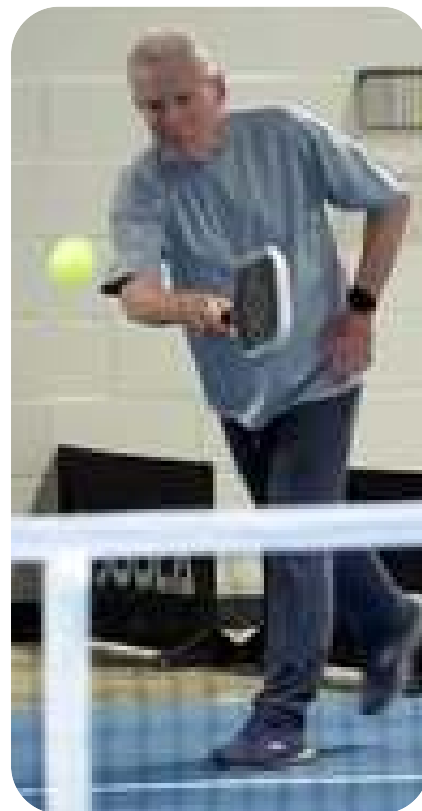
[CLICK HERE FOR SCHEDULE](#)

Softball League - Adult 55+

12-week season beginning in May. Game times will vary between the hours of 9AM and 12PM, depending on number of teams. \$20 umpire fees paid in cash on game days. YMCA provides 16 official softballs for the season. Team captains are responsible for jerseys. Corporate sponsors welcome.

AGES: 55+

[REGISTRATION OPENS SPRING 2026!](#)



FITNESS FOR ACTIVE OLDER ADULTS

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

Additionally, **all wellness**

opportunities at the Y are open to active older adults, offering inclusive programs designed for every fitness level. Seniors can enjoy the same great classes, assessments, and wellness services tailored to support their health, strength, and independence.



Stay strong, social, and independent with our **Active Older Adult Group Wellness Programs**, including SilverSneakers®. These fun, low-impact classes are designed to improve balance, flexibility, and strength while keeping you moving at your own pace. With supportive instructors and a welcoming community, you'll enjoy staying active, building confidence, and making new friends—all while enhancing your overall health and well-being.

[CLICK HERE FOR OUR AOA SCHEDULE](#)

FAMILY ACTIVITIES

The YMCA offers families a wide range of experiences designed to keep everyone active, connected, and confident. Whether you're here for fun, fitness, or learning essential skills, our family programs make it easy to grow - together.

Build Aquatic Lifesaving Skills Together

Water safety is a life skill every family should have. Our swim lesson programs include age-appropriate instruction for infants, toddlers, and young children—with classes that welcome parent participation. We also offer adult beginner lessons and programs that teach both kids and parents the fundamentals of swimming and water safety.

Family Lessons:

- Infant/Toddler Classes (A: Water Discovery & B: Water Exploration)
- Family-friendly group swim instruction

Learn more on our [Swim Lessons page](#).

Open Gym & Basketball

Shoot hoops, play a pickup game, or just work on your skills during Open Gym time at the Y! Whether you're practicing solo, playing with friends, or joining a friendly game, our courts are open for fun and fitness for all ages.

Check the schedule for open court times and bring your game!

Open Swim

Our Open Swim sessions provide time for kids and parents to enjoy the pool together in a supervised, welcoming environment. It's the perfect opportunity to splash, play, or practice swimming skills at your own pace. **CLICK HERE FOR OUR DAILY SCHEDULE**



FAMILY LIVES

FAMILY EVENTS

FAMILIES



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: MARCH 28 | 12 - 3 PM

Fees: Free



SAFETY FIRST: PROTECTING EVERY CHILD, EVERY DAY

At the Y, protecting youth is our highest priority. Every program, class, and interaction is built on a foundation of safety—because every child deserves to learn, grow, and thrive in a secure environment. Together, we can prevent abuse and ensure every young person feels valued and protected.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adventure Guides: Explore. Connect. Grow.

At the YMCA, we believe some of life's greatest adventures start with family. The Adventure Guides program invites parents and children to embark on a shared journey of discovery—where the child is the explorer and the parent is the guide. Together, families dive into games, crafts, songs, stories, skits, and outdoor fun like camping, hiking, and swimming. Each experience strengthens the parent-child bond and creates memories that last far beyond the campfire.

Open to parents (or other important adults) and children ages 5 and up, Adventure Guides fosters understanding, trust, and lifelong companionship. Seasonal events include campouts, horseback riding, sports outings, holiday celebrations, and the ever-popular Pinewood Derby. Every moment is designed to celebrate time spent together—because at the Y, we know your time is the best gift you can give your kids.

Fueled by the dedication of parent volunteers, Adventure Guides stands as one of the YMCA's most cherished family and leadership programs.

Learn more and begin your next great adventure with the North Royalton Adventure Guides or Adventure Princesses programs today.



www.bigcreekweb.com



Follow Adventure Guides on Facebook!

FAMILIES

WHY CHOOSE YMCA AQUATIC SWIM PROGRAMS?

At the YMCA, our swim lessons and certifications emphasize:

- **Water Safety Awareness:** Learn essential skills to stay safe in and around water.
- **Skill Development:** From learning the basics to mastering advanced techniques.
- **Confidence Building:** Gain self-assurance through progression and achievement.
- **Career Preparation:** Lifeguard certification courses equip participants with life-saving skills and employment readiness.

SOMETHING FOR EVERY SWIMMER

Open Swim

Looking for a casual dip or some relaxed pool time, or even splash, play, and make memories together as a family! Open Swim is perfect for all ages—come cool off, float, or just have fun at your own pace.

Lap Swim

Stay fit and focused with dedicated Lap Swim hours in our clean, well-maintained lanes. Whether you're training for a race or just love the rhythm of swimming, we've got the space you need.

[CLICK HERE FOR THE OPEN AND LAP SWIM SCHEDULE](#)



Aquatic Group Exercise

Aquatic group exercise is an excellent choice for individuals seeking a versatile, joint-friendly workout. Benefits include:

- **Low-Impact Exercise:** Protect your joints while strengthening your muscles.
- **Full-Body Workout:** Engage multiple muscle groups for increased strength and endurance.
- **Improved Flexibility and Balance:** Enhance your range of motion and stability.
- **Inclusive Atmosphere:** Classes are tailored to participants of all fitness levels.

[CLICK HERE FOR THE AQUATIC FITNESS SCHEDULE](#)

AQUATICS

Strong Swimmers, Confident Kids



For more than 160 years, the YMCA has been helping children and families discover their potential, build confidence, and create stronger, safer communities. From its very beginning, the Y has understood that teaching people to swim is more than a recreational skill—it's a way to save lives and foster lifelong health and confidence.

At the Y, swim lessons are designed for all ages and skill levels, empowering youth, teens, and adults to feel safe and capable in and around water. Each lesson goes beyond basic strokes to teach safety, endurance, and confidence—skills that often ripple into every other part of life.

Every YMCA swim instructor is nationally certified, trained in CPR, AED, First Aid, and Oxygen Administration to ensure a safe and supportive learning environment. Through expert instruction, encouragement, and practice, swimmers gain more than technique—they gain self-assurance, resilience, and the freedom that comes from knowing they can thrive in the water.

Because at the Y, we believe that strong swimmers make confident kids—and confident kids grow into strong, capable adults.

SWIM LESSON OFFERINGS AND DESCRIPTIONS LOCATED ON PAGE 21 AND 22.

SWIM LESSON SESSION DATES

SPRING II

MAY 4 - JUN 28

MEMBER ENROLLMENT
BEGINS: APR 20

GUEST ENROLLMENT
BEGINS: APR 23

SUMMER I

JUL 6 - AUG 30

MEMBER ENROLLMENT
BEGINS: JUN 22

GUEST ENROLLMENT
BEGINS: JUN 23

SUMMER II

AUG 31 - OCT 25

MEMBER ENROLLMENT
BEGINS: AUG 17

GUEST ENROLLMENT
BEGINS: AUG 20

**FOLLOW THIS LINK
OR SCAN THE QR
CODE TO REGISTER.**



AQUATICS

LESSONS
SWIM

Find the Right Swim Lesson with the YMCA Swim Lesson Selector

The YMCA’s Swim Lesson Selector is a simple tool that helps you find the perfect class for your child—or for yourself—based on age, experience, and comfort level in the water.

Just answer a few quick questions about swimming ability, from comfort with submerging underwater to swimming independently. The Selector will then recommend the most appropriate lesson stage, ensuring each swimmer starts at the right level for their safety and success.

Whether you’re looking for your child’s first water experience, stroke development, or advanced technique training, the YMCA Swim Lesson Selector helps take the guesswork out of registration—so you can dive right in with confidence.

Start here: Use the Swim Lesson Selector to find your fit today!

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE
MECHANICS

SWIM LESSON OFFERINGS

Early Childhood Swim Lessons

Introduce little ones to the water with parent-assisted lessons designed to build confidence and comfort.

- A: Water Discovery: Parents and infants build water confidence together through exploration and play.
- B: Water Exploration: Toddlers gain independence in the water with parent support and guidance.

Ages 6 months to 3 years

Youth Swim Lessons

Children progress through levels that teach foundational skills, water safety, and advanced strokes.

- Stage 1: Water Acclimation
Focuses on becoming comfortable in the water and learning basic water safety.
- Stage 2: Water Movement
Teaches basic swimming techniques, including front and back gliding and self-rescue.
- Stage 3: Water Stamina
Builds endurance and introduces rotary breathing for longer swim distances.
- Level 4: Stroke Introduction
Introduces basic strokes like freestyle, backstroke, and elementary breaststroke.
- Level 5: Stroke Development
Improves swimming efficiency and introduces butterfly strokes.
- Level 6: Stroke Mechanics
Prepares swimmers for competitive techniques and builds stamina for advanced swimming.

Ages 3-12

Teen and Adult Swim Lessons

Tailored for teens of all abilities, these lessons help participants improve their swimming skills and water confidence.

Ages 13+

Private Swim Lessons

Enjoy one-on-one instruction tailored to your specific needs and goals for faster progress and skill mastery. For more information call 440-230-9339 or stop by the front desk on your next visit.

All Ages

AQUATICS

SWIM
LESSONS

LIFEGUARD CERTIFICATION

Earn your American Red Cross Lifeguard Certification and learn lifesaving water rescue skills, CPR, and emergency response. Great for job seekers, career starters, or anyone passionate about water safety.

Why Become a Certified Lifeguard at the YMCA?

- Expert Training: Learn from experienced, Red Cross-certified instructors.
- Hands-On Learning: Practice real-world rescue scenarios and emergency response techniques.
- Career Readiness: Earn a certification recognized nationwide for lifeguarding employment opportunities.
- Make a Difference: Gain the skills to help save lives and ensure water safety for your community

Program Features

- American Red Cross Certification: Earn a certification valid nationwide for 2 years.
- Blended Learning Options: Complete portions of the course online, followed by in-person hands-on training.
- Small Class Sizes: Receive individualized instruction and feedback to build confidence.
- Employment Opportunities: Certification qualifies you to work as a lifeguard at pools.

Who Can Enroll?

Participants must be 15 years or older by the last day of the course. Must successfully complete the pre-course swim assessment.



EMPLOYMENT OPPORTUNITIES

Love the water or the Y? Turn your passion into purpose by joining our aquatics team as a lifeguard, swim instructor, or water fitness leader. Certification subsidy opportunities with employment.



FOLLOW THIS LINK OR SCAN
THE QR CODE TO SEE AVAILABLE
OPPORTUNITIES



RYD DOLPHINS SWIM TEAM

The Ridgewood YMCA Dolphins Swim Team (RYD), founded in 1970, is a competitive program now training at the North Royalton Family YMCA. RYD provides swimmers of all ages the opportunity to grow, compete, and develop lifelong skills in a supportive team environment.

Why Join a YMCA Swim Team?

Our swim teams are about more than competition. Swimmers learn life skills that build character and confidence, including:

- **Teamwork:** Build lasting friendships and a sense of community.
- **Skill Development:** Improve swimming techniques, speed, and endurance.
- **Healthy Living:** Stay active and develop lifelong fitness habits.
- **Goal Setting:** Train hard, compete with confidence, and celebrate achievements.

Program Features

- Professional coaching staff with experience in competitive swimming
- Structured practices tailored to age and skill level
- Opportunities to compete in local, regional, and YMCA-sanctioned meets
- Emphasis on YMCA values of caring, honesty, respect, and responsibility

Age Group (Ages 5-13) The Age Group level is designed for elementary and middle school swimmers who are proficient in all strokes, starts, and turns, and ready to refine their skills while building endurance and competitive experience.

Discovery (Ages 5-13) At the Discovery level, swimmers build a strong foundation for competitive success while developing technique, confidence, and a love for the sport in a fun and supportive environment.

Pre-Senior (Ages 10-15): Training for competitive swimmers who are developing speed, strength, and advanced racing skills.

Senior (High School): For dedicated athletes preparing for high-level competition with an emphasis on performance and goal setting

**FOR MORE INFORMATION, CALL
440-230-9339 OR VISIT:
WWW.CLEVELANDYMCA.ORG.**



InBody

InBody Body Composition Analysis

Discover what your scale can't tell you.

The InBody provides a comprehensive body composition analysis—measuring muscle, fat, and water balance to give you a clear picture of your health. Track your progress, set smarter goals, and see real results beyond the numbers on the scale.

Know Your Numbers

Our One-Time Scan

·MEMBER: \$25

·GUEST: \$50

Progress in Focus Package

Our 3-Scan Bundle

Includes: baseline • midpoint • follow-up

·MEMBER: \$50

·GUEST: \$125

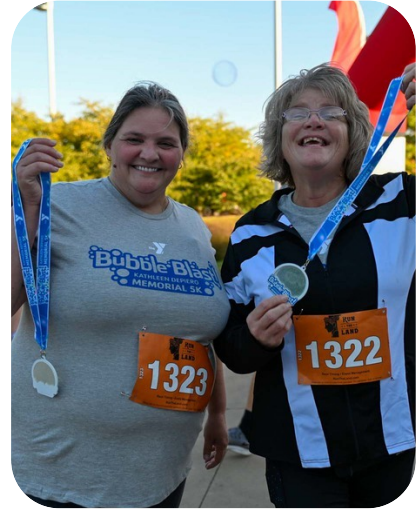


Start today—see the numbers that move you forward!

Stop by the Welcome Center, **click this link**, or scan the QR code to book your session.

WELLNESS PROGRAMS

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.



GROUP EXERCISE

Discover the energy and motivation that come from working out together! Our group exercise classes offer expert-led instruction in a welcoming and supportive environment—perfect for all fitness levels. From improving strength and flexibility to boosting endurance and overall well-being, these classes help you stay accountable and have fun along the way. Join a class today and feel the difference that community can make in your fitness journey.

Why Choose Group Exercise Classes?

Cardio workouts are essential for heart health, weight management, and overall wellness. Here's why they're a must:

- **Boost Cardiovascular Health:** Strengthen your heart and improve lung capacity.
- **Burn Calories:** Support your weight management and fitness goals.
- **Increase Energy Levels:** Feel more energized and ready to take on your day.
- **Reduce Stress:** Enjoy the mental health benefits of a good sweat session.
- **Engage in Variety:** With our wide range of classes, you'll never get bored!

What to Expect in Group Exercise

- **Engaging Workouts:** Dynamic movements that challenge your endurance and coordination.
- **Certified Instructors:** Professional guidance to help you meet your fitness goals.
- **Adaptable Movements:** Exercises that can be modified for all fitness levels.
- **Motivating Environment:** Join a community of supportive members and instructors.

WELLNESS



Aquatic Fitness

Aquatic fitness is an excellent choice for individuals seeking a versatile, joint-friendly workout.

Cardio Classes

Whether you're looking to elevate your heart rate, improve endurance, or burn calories, our diverse lineup of cardio-focused programs offers something for everyone.

Cycling Classes

Experience a low-impact, high-energy cycling workout that boosts endurance, strengthens muscles, and improves heart health—without stressing your joints.

Now offering Les Mills™ Programs!

Are you ready to train like never before? Les Mills™ classes at the YMCA of Greater Cleveland will push you, motivate you, and transform your fitness journey. Feel the energy, move with purpose, and achieve real results!

TRX

TRX (Total Resistance Exercises) is a suspension-based training system that uses adjustable straps and your body weight to create an effective, low-impact workout.

Yoga and Pilates

Yoga and Pilates classes offer a mindful and empowering way to improve flexibility, build core strength, reduce stress, and restore balance in your life.

ZUMBA

Turn up the music, feel the rhythm, and dance your way to fitness with Zumba at the YMCA of Greater Cleveland! This high-energy workout blends Latin-inspired dance moves with cardio fitness, creating an exciting and effective way to stay active.

PERSONAL TRAINING AND SMALL GROUP EXERCISE

The Y offers one-on-one or small group personal training by nationally certified trainers who work with you to develop personalized health and fitness goals.

EQUIPMENT ORIENTATION **NOT SURE WHERE TO START?**

As part of your membership, enjoy a complimentary, one-time orientation with a member of our wellness team.

1. Learn how to confidently and safely use select strength and cardio machines at our branch.
2. Get a personalized introduction to Progressive Resistance Training—including tips for building strength effectively, with recommendations on rep ranges to match your goals.

*REQUIRED FOR MEMBERS AGE 12 - 17

Register by calling 440-230-9339, or visiting our front desk during business hours.

INDIVIDUAL AND SMALL GROUP FITNESS PROGRAMS

Take your wellness journey to the next level with programs designed to meet your unique goals.

- **Personal Training** - Work one-on-one with a certified Personal Trainer for customized plans and accountability.
- **Small Group Personal Training** provides expert coaching with the camaraderie of others.
- **Specialized Group Classes**—such as Women on Weights, Real You, or sport-specific sessions—focus on targeted skills to boost performance and overall health.

Whether you're building strength, improving balance, or staying motivated, these programs deliver guidance, results, and a supportive community.

[CLICK HERE TO LEARN MORE.](#)



WELLNESS

WELLNESS AND BELONGING FOR ALL WITH SPECIALIZE WELLNESS PROGRAMS



At the Y, we believe a truly healthy lifestyle nurtures the mind, body, and spirit. That's why well-being is about more than just a workout. Along with our state-of-the-art fitness classes and activities, we offer educational programs that empower you to make healthier choices every day—and a wide range of opportunities that build physical strength, sharpen the mind, and uplift the spirit

ACTIVE OLDER ADULT WELLNESS PROGRAMS

Stay strong, social, and independent with our Active Older Adult Group Wellness Programs, including SilverSneakers®. These fun, low-impact classes are designed to improve balance, flexibility, and strength while keeping you moving at your own pace.

DIABETES PREVENTION PROGRAM

If you're at risk for developing type 2 diabetes, the YMCA's Diabetes Prevention Program can help you take control of your health. This yearlong, small-group program is designed to help participants adopt long-term healthy habits through education, support, and achievable lifestyle changes. [CLICK HERE FOR MORE INFO.](#)

KNOW YOUR NUMBERS: BEYOND THE SCALE



Take the guesswork out of your fitness journey—know your numbers and track your progress with the **InBody** body composition analyzer. This quick, non-invasive scan goes beyond the scale to show muscle mass, body fat, and more, helping you set smarter goals.

We also offer **Fitness Assessments** and other specialized evaluations to support every stage of wellness. Clear data, real progress, better outcomes.

Last, take control of your health—one reading at a time—the YMCA of Greater Cleveland empowers you to monitor, understand, and manage your **blood pressure** for a healthier life.