WEST PARK FAMILY YMCA | clevelandymca.org



the YMCA

SPRING

APRIL - JUNE

2026

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 though the entire guide.
- You will find the categories as follows:
    - Membership
    - YMCA 360
    - Adult (18+)
    - Active Older Adults (55+)
    - Youth &Families (all ages)
    - Aquatics (all ages)

- Ages are meant to be a guide, each program and discipline varies
- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

MEMBERSHIP

ADULT

ACTIVE OLDER ADULTS

YOUTH & FAMILIES

AQUATICS



MEMBERSHIP

MEMBERSHIP

BRANCH LEADERSHIP

ASSOCIATE EXECUTIVE DIRECTOR-DELINDA HUPKA

AQUATICS DIRECTOR -JAMES MANNION

YOUTH AND FAMILY SPORTS DIRECTOR-RUBEN MOLINA

Membership Coordinator- Amanda Natal

ACTIVE OLDER ADULT COORDINATOR-THERESA GRACE

BRANCH HOURS*

MONDAY - FRIDAY

6:00 AM TO 9:00 PM

SATURDAY

7:00 AM TO 5:00 PM

SUNDAY

10:00 AM TO 4:00 PM

OUR HOLIDAY HOURS

Thanksgiving Day- Closed

Christmas Eve, Wed. December 24 7:00 am-1:00 pm

Christmas Day, December 25 CLOSED

New Years Eve, December 31 7:00 am-1:00 pm

New Years Day, January 1 7:00 am-1:00 pm

Easter-Closed

Memorial Day-May 25, 2026-7am.-1pm

4th of July-7am.-1pm

Labor Day-September 7,2026-7am.-1pm

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.

NEW MEMBER CHECKLIST

- **Schedule a Tour (if you haven't had one yet)**
- **Schedule your Y Wellness Consultation.**
- **Download Our Helpful Mobile App**
- **Invite a Friend or Family Member**
- **Schedule Follow Up Consultations**
- **Attend an Event**
- **Get Connected and Stay Informed**
- **Review Policies and Procedures**

GUEST PASS POLICY

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

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

GETTING STARTED

YOUTH AGES 9-17 MUST COMPLETE OUR FREE ORIENTATION

YOUTH ORIENTATIONS: Ages 9-12

After Completing Orientation, youth members are eligible to use all cardio equipment with an adult present.

TEEN ORIENTATIONS: Ages 13-17

After Completing Orientation, teen members are eligible to use all cardio and strength equipment.

GET STARTED WITH YOUR FREE ORIENTATION

A supportive community is an important part of well-being studies show that 70% of people achieve success wehn working with a paartner towards their goal, compared to 30% of those who work alone.

Our fitness and wellness staff want to be your partner on your wellness journey.

You can schedule a free 1-on1 with a YMCA employee to help identify your goals. Spend 30 minutes with our trained staff to set yourself up for success and make the most of your Y membership.

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



ADULT

ADULT

PICKLEBALL

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

Pickleball	Days	Times	Member	Guest
Open Play	Mondays	830am-11am	FREE	3 Visit Max.
Open Play	Wednesdays	8am-10am	FREE	3 Visit Max.
Open Play	Saturdays	10am-1pm	FREE	3 Visit Max.

BASKETBALL

Adult Basketball League (Ages 18+) 4 v 4 Men's Basketball on Tuesdays with state certified officials($50 cash per game). Game times will vary between the hours of 6pm and 9pm, depending on number of teams. No spectators of any sort are permitted in the gymnasium (friends, family, children). Free-agents welcome (call ahead).

Days	Times	Team with Member	Non-Member Team
Tuesdays	7pm-10pm	$250	$280

Soccer

6v6 Outdoor Soccer League (Co-Ed & Men's Divisions) Experience competitive, small-sided soccer in a structured and well-organized outdoor league environment. Our 6v6 format promotes teamwork, sportsmanship, and community connection while delivering fast-paced weekly matches and official standings. Open to players 18+ of all skill levels.

Days	Time	Team w/ Member	Non-Member Team
Monday/Wednesday	6 pm - 9 pm	$500	$650
Tuesdays/Thursday	6 pm - 9 pm	$500	$650

ADULT

FITNESS

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.

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!

Ready to Kickstart Your Fitness Journey?

Take advantage of a Fitness Assessment! Get an in-depth look at your current fitness level and receive tailored recommendations to help you achieve your goals. Ask a member of our team to help you schedule your assessment today! $50 Y Member $100 Community Members

Personalized Exercise Plan

Ages 13+

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



ACTIVE OLDER ADULT

ACTIVE OLDER ADULT

AOA ORIENTATION

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

EVENTS

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.

Lunch and Learn (Ages 18+) Monthly lunch meeting, topic changes monthly.

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

Coffee with Cops (Ages 18+) Opportunity to meet with Avon Police Officers to discuss safety topics.

Coffee Talk (Ages 18+) Tuesday and Thursday at 11:15 am. Coffee is provided, and light snacks.

AOA Birthday Potluck (Ages 18+) Celebration of birthdays that month, set for the last Tuesday of every month. Run by AOA group.

Lunch Outings (Ages 18+) Monthly lunch meeting designed to try local restaurants and socialize.

AOA Ambassador Program (Ages 18+) Coming soon! AOA participants help welcome new members by representing the YMCA through setting up classes, discussing offerings, and integrating them into our YMCA community.



ACTIVE OLDER ADULT

WELLNESS

Quarterly Health Screenings (Ages 18+) City EMS staff come in to the branch to perform blood-pressure, cholesterol, and glucose testing.

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

Pickleball	Days	Times	Member	Guest
Open Play	Mondays	9am-11am	FREE	3 Visit Max.
Open Play	Wednesdays	8am-10am	FREE	3 Visit Max.
Open Play	Saturdays	10:45am-1pm	FREE	3 Visit Max.

Silver Sneakers Classic

Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

Silver Sneakers Yoga

With SilverSneakers Yoga, participants complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints.



YOUTH & FAMILY

EARLY CHILDHOOD

PRESCHOOL

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

SWIM LESSONS



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

CHILDWATCH

(Ages 6wks - 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.



MOMMY & ME CLASSES

West Park Family YMCA/For Parents & Caregivers with children 0-4

Stay active, have fun, and bond with your little one! Our Mommy & Me class at West Park Family YMCA offers a welcoming space to move together through light cardio, gentle strength work, and stretches-al while engaging your child in fun.

- Open to all caregivers, no fitness experience needed
- Build Strength
- Meet other parents/caregivers
- Music, Movement and bonding time together

YOUTH

SOCCER

Youth Soccer Skills (Ages 5-6, 7-8 & 9-12) Soccer skills training session run by YMCA Program Instructors. Skills training works on dribbling, passing, trapping, shooting, footwork, game-play concepts, teamwork, and sportsmanship. 8-week session.

Season	Dates	Member	Guest
Indoor Only	1/12 - 3/5	$80	$120
Indoor/Outdoor	3/30 - 5/18	$80	$120

BASKETBALL

Basketball Skills Session (Ages 5-12) Basketball skills training session run by YMCA Program Instructors. Skills training works on conditioning, sports fitness, technical skill development, and basketball IQ. 8 week session.

Season	Dates	Member	Guest
Spring	3/30 - 5/18	$80	$120

Open Courts - Basketball (13+) We offer open courts for basketball for teens and adults of all skill levels. Basketballs can be signed out at the front desk, or players may bring their own.

Basketball	Dates	Times	Member	Guest
Open Courts	See Schedule	Online	FREE	3 Visit Max.

T-Ball

T-Ball Skills Session (Ages 4-6) A beginner-friendly program that teaches the basics of hitting, throwing, catching, and base running in a fun and structured indoor setting. Build skills, confidence, teamwork, and sportsmanship while learning the fundamentals of the game.

Season	Dates	Member	Guest
Spring	3/30 - 5/18	$80	$120

Parents Night Out

Drop your kids off for a fun night at the YMCA that includes, gym time, games, crafts, movie, and pizza. Each Month we will have a different theme.

AQUATICS

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. Water Discovery and Water Exploration classes are taught together and skills are determined by age and developmental abilities.

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

	Dates	Day	Time	Member+	Guest
Spring	3/9-5/3	Monday/Thur	Varies	$56.00	$112
Summer	5/4-6/28	Monday/Thur	Varies	$56.00	$112

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.

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

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

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

SWIM LESSONS BY LEVEL

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

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Tuesday, Saturday	$96	$192
6-12 Group	Tuesday, Saturday	$96	$192

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

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Tuesday, Saturday	$96	$192
6-12 Group	Tuesday, Saturday	**$96**	$192

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

Age Groups	Days Offered	Member*	Guest
3-5 Group	Thursday	$96	$192
6-12 Group	Monday, Thursday, Saturday	$96	$192

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

Age Groups	Days Offered	Member*	Guest
3-5 Group	Thursday	$96	$192
6-12 Group	Thursday	$96	$192

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

Age Groups	Days Offered	Member*	Guest
6-12 Group	Thursday	$96	$192

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

Age Groups	Days Offered	Member*	Guest
6-12 Group	Thursday	$96	$192

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

AQUATICS

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American Red Cross Lifeguard Classes

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.

	Dates	Day	Time	Member+	Guest
May	5/8-5/17	Fri/Sat/Sun	Varies	$225	$250

Babysitting Classes

American Red Cross Babysitters Training Course (Ages 11-15) Babysitters Training provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old.

	Dates	Day	Time	Member+	Guest
March	3/21	Saturday	9:30-3:30	$75	$100
April	4/11	Saturday	9:30-3:30	$75	$100
June	6/13	Saturday	9:30-3:30	$75	$100

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.

Are you ready for SUMMER?

Get your swimmer splash-ready with our two-week Intensive Swim Lessons! Classes meet Monday through Wednesday, giving participants frequent, focused practice in a fun, structured, and encouraging environment. Daily repetition helps skills build quickly while reinforcing water safety and confidence.

Preschool Intensive (Ages 3–5)

Beginner Level:

Designed for children new to swimming or still gaining comfort in the water. Instructors use games, songs, and positive encouragement to teach water adjustment, blowing bubbles, submerging, assisted floating, and basic kicking. The focus is on building trust, comfort, and a love for the water.

Intermediate Level:

For children who are already comfortable putting their face in the water and floating with assistance. Swimmers work on stronger kicking, independent floating, streamlined body position, and introductory arm movements while continuing to build confidence and independence.

Preschool Class Time (Both Levels):

10:00 – 10:30 am, Monday–Wednesday

School-Age Intensive (Ages 6–12)

Beginner Level:

Best for swimmers with little or no experience in deep water. Instruction focuses on breath control, front and back floating, kicking with proper body position, basic arm movements, and safe entries and exits. The goal is comfort, control, and basic water safety.

Intermediate Level:

For swimmers who can already float and kick independently. Instruction emphasizes coordinated freestyle movement, stronger kicks, body alignment, and greater stamina while reinforcing water safety skills.

School-Age Class Times (Both Levels):

10:35 – 11:15 am, Monday–Wednesday

Registration opens: May 1, 2026

Session Dates (Choose One):

June 8 – June 17

June 22 – July 1

July 6 – July 15

July 20 – July 29

August 3 – August 12

Pricing (All Intensives):

Member:$72.00

Member Plus:$57.00

Non-Member:$144.00

Register for all Aquatic Programs here!

AQUATICS

Y ON THE FLY



Y on the Fly

Brings the YMCA directly to neighborhoods that need it most- no building required!

This mobile program offers kids and families:



- **Healthy meals and snacks**
- **Fun games and physical activities**
- **Educational and enrichment programs**
- **Swim Safety Lessons**

The goal is to help kids stay active and healthy, especially in areas that may not have easy access to the YMCA facility.

For Generations, the YMCA has been known for meeting communities where they are. In 2026, we continue that mission by bringing families in East Cleveland, Cleveland (North Collinwood & Glenville), Central, and Euclid.

A "Y without walls" serving our community wherever there is a need.

Interested in hosting a Y on the Fly event?



Contact: Alan Armstrong

Community Programs Director

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