

Lakewood Family YMCA

clevelandymca.org



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.

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

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

Registration Opens

February 2nd

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

Registration Opens
August 24th

WINTER

Registration Opens
November 27th

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

Registration Opens
February 16th

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

Registration Info Coming
Soon!

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

Registration for 2027
opens August 21st

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 8–10 and 11–13. 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

Registration Opens
February 24th



D20 SOCIETY

Youth/Teen Gaming Club (Ages 8-17) 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 game play skills, teamwork, creative problem-solving, and group participation. Register for each session, meeting bi-weekly. 60-90-minute sessions.

YEAR ROUND

Registration Info Coming Soon!

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

Registration Opens

January 1st for full year

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

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!

YEAR ROUND



ADULT BASKETBALL LEAGUE (ABBL)

Adult Basketball (Ages 18+) Our scored and officiated adult basketball league is open to both men and women who wish to compete against others in a more competitive environment than simple pick up basketball. We offer 4-5 divisions (based on team numbers) with varying levels of competition. See below for the schedule breakdown! Games played 6:15pm-9:35pm Mon-Thu.

SEASONS AVAILABLE IN 2026:

WINTER

Registration Opened
November 21st, 2025

Regular Season Dates: 1/12/26 - 3/19/26

Playoffs Dates: 3/23/26 - 4/2/26

SPRING

Registration Opens
March 1st, 2026

Regular Season Dates: 4/13/26 - 6/18/26

Playoffs Dates: 6/22/26 - 7/2/26

SUMMER

Registration Opens
June 1st, 2026

Regular Season Dates: 7/13/26 - 9/17/26

Playoffs Dates: 9/21/26 - 10/1/26

FALL

Registration Opens
September 1st, 2026

Regular Season Dates: 10/12/26 - 12/17/26

Playoffs Dates*: (Holiday GAP) 1/4/27 - 1/14/27

* = Subject to change

WINTER '27

Registration Opens
December 1st, 2026

Regular Season Dates*: 1/18/27 - 3/25/27

Playoffs Dates*: 3/29/27 - 4/8/27 * = Subject to change

DIVISIONS:

D1:

Above Average Athletes that can compete at a higher level (Tues)

D2:

Average Athletes that can compete at a rec level (Mon/Tues)

D3: A/B

Lower level athletes that can compete at a rec level (Wed/Tues)

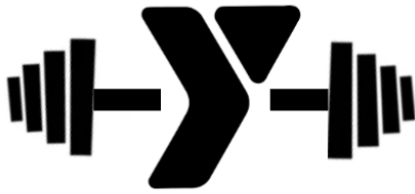
D4: A/B

Teams specifically looking for exercise and recreation. (Thurs/Mon)

D3 and D4 are often split into A and B groups simply based on the number of teams requesting those divisions.

YOUTH & FAMILY

IRON TEENS (13-18yrs) \$



This 4-week 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.

REGISTRATION REQUIRED. Begins June 6, 2026 SIGN-UP

IRON KIDS (9-12yrs) \$

This program is designed to start teaching our youth members the importance and proper structure of an exercise or training program. Classes will focus on body weight training for strength and endurance, exercise mechanics, agility, mobility and core work.

REGISTRATION REQUIRED. Begins June 6, 2026 SIGN-UP

YOUTH & TEEN ORIENTATIONS

YOUTH (Ages 9 -12) Provides an overview of how to safely and effectively use the equipment available in the facility. Participants are guided through key circuit and cardio machines, including how to adjust seat heights, select appropriate resistance or weight levels, and how to maintain proper form during use. The session emphasizes safety practices such as correct posture and controlled movement as well as fitness center etiquette.

Parent or guardian also attend the Youth Orientation.

TEEN (Ages 13-17) The teen orientation provides 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 equipment, select appropriate resistance or weight levels, and maintain proper form during use. The session emphasizes safety practices such as correct posture and controlled movement as well as fitness center etiquette.

REGISTRATION REQUIRED. SIGN-UP

YEAR ROUND

YOUTH & TEEN REC NIGHTS

YOUTH (Ages 9 -12) Combines sports, recreational games and fitness activities during a weekly 50-minute session in the 2nd floor Group Exercise Room. Parents/Guardians sign-in and drop-off their kids for supervised activity. An adult must stay in the facility to workout or use a designated space to work, read and/or relax.

No Fee and No Registration Required. **Begins April 17, 2026 6pm**

TEEN (Ages 13 -18) Combines sports, recreational games and fitness activities during a weekly 50-minute session in the 2nd floor Group Exercise Room. Teens must sign-in.

No Fee and No Registration Required. **Begins April 17, 2026 7pm**

FAMILY MOVIE NIGHTS

A monthly event for all ages in your family! Reserve the last Friday of each month for FAMILY MOVIE NIGHT! Bring your own blankets for unreserved floor space to watch a family-friendly movie. Sign-in required and at least one parent must stay in the Community Room for the movie. Featured movie/s will be announced one week prior.

No Fee and No Registration Required. **Begins April 24, 2026 5-8pm**



FAMILY FUNCTIONAL FITNESS HOURS

Sundays 3-5pm

Drop-in time for parents and youth to workout together!

The Group Exercise Room will have fitness equipment and accessories for youth 6-12ys and parents or guardians.

No Fee and No Registration Required.



YEAR ROUND

WELL-BEING & FITNESS



FITNESS PROGRAMS

Elevate your fitness with our extensive program offerings. There are classes, specialized group training options, personal training packages and challenges throughout the year to help you target all of the fitness components - muscular conditioning, cardiovascular health, flexibility & mobility, agility & balance - resulting in functional fitness. 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, specialty equipment, tracked progressions, and extra supplies required. Premium option fees vary with type of membership.

WELLNESS at the Y

We know that healthy lifestyles are achieved through nurturing spirit, mind, body, well-being, and fitness. In addition to our physical fitness classes and activities, we provide educational programs to promote healthier lifestyle decisions, and we offer a variety of wellness programs that support physical, intellectual, and spiritual strength.

One of our top goals is to help our members and the surrounding community learn more about wellness, also referred to as well-being. There are many dimensions of wellness that often include, but are not limited to, emotional, intellectual, physical, social, and spiritual. Our programs and activities serve to help individuals in their pursuit of well-being.

SERVICES

INBODY COMPOSITION SCAN (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. **REGISTRATION**

HYDROMASSAGE BEDS (18+)

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.

YEAR ROUND

WELL-BEING & FITNESS

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.

REGISTRATION

Group Exercise (Ages 12+)

We know that healthy lifestyles are achieved through nurturing mind, body, and spirit - so group fitness classes often include more than just working out. Group interaction provides benefits for overall well-being - emotional fulfillment, intellectual stimulation, social experiences, physical fitness, and often spiritual deepening.

Our Group Exercise Classes are included with your membership as a value add benefit. There are up to 100 classes per week that are designed to meet a variety of needs, interests, and abilities.

INFO: 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!

INFO: PERSONAL TRAINING

PERSONAL TRAINING REGISTRATION

Personal Exercise Plan (Ages 13+) \$

If you are goal-oriented and prefer to workout on your own, then choose to register for a Personal Exercise Plan. A certified Personal Trainer will meet with you, design an 8-week plan customized for you and schedule an appointment to train you on the personalize program. **REGISTRATION**

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 along with nutrition information, so you get to workout and discuss 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, information and newsletters to guide you and help you grow your knowledge. **REGISTRATION**

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.

3rd Thursday each Month 7-8:30pm REGISTRATION



TRX PILATES \$

TRX Pilates is a hybrid workout blending traditional Pilates principles (core strength, controlled movement, flexibility) with TRX suspension training using body weight and instability from straps. This workout challenges muscles deeper, enhances balance and builds functional strength for your total body. **REGISTRATION**

WELLNESS 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. **REGISTRATION**

YEAR ROUND

WOMEN on WEIGHTS HEAVY \$



WOMAN on WEIGHTS HEAVY focuses on strength training techniques designed to enhance your metabolism for increased lean muscle and decreased excess fat stores. Each class during the 8-week program will use controlled techniques and various progressions to achieve measurable performance improvements. Appropriate rest periods between classes support the goal of optimal muscular conditioning. Includes 3 InBody assessment scans to track progress. REGISTRATION

In the PLANNING Stages

Myofascial Release

Yoga Retreat

Train to Swim, Cycle and/or Run

Personal Training for Nutrition

Sets - Reps - Progressions

Wellness Fair

**Suggestions are Welcomed!
vyannie@clevelandymca.org**

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 13th

SUMMER

Registration Opens
June 1st and 29th

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 13th

SUMMER

Registration Opens
June 1st and 29th

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 WELLNESS

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 | 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. **REGISTRATION**

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

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

YEAR ROUND

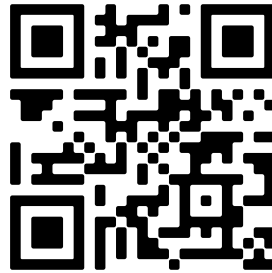
GENERAL INFO

Group Exercise

We know that healthy lifestyles are achieved through nurturing mind, body, and spirit - so group fitness classes often include more than just working out. Group interaction provides benefits for overall well-being - emotional fulfillment, intellectual stimulation, social experiences, physical fitness, and often spiritual deepening.

Our Group Exercise Classes are included with your membership as a value add benefit. There are up to 100 classes per week that are designed to meet a variety of needs, interests, and abilities. **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

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

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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