PARKER HANNIFIN
DOWNTOWN YMCA | clevelandymca.org



the YMCA

AUTUMN

OCT – DEC

2026

ABOUT OUR PROGRAM GUIDE

- We continue to develop new programs and activities for our members to add to the value of your membership.
- Our program guide will continue to expand through out the year as we expand our programming.
- Feel free to suggest activities and programs YOU would like to see at the Hillcrest Family YMCA.

BRANCH HOURS*

MONDAY - FRIDAY

5:00 AM TO 9:00 PM

SATURDAY

7:00 AM TO 4:00 PM

SUNDAY

10:00 AM TO 4:00 PM

*Holiday Hours on pg. 3

BRANCH LEADERSHIP

DISTRICT EXECUTIVE DIRECTOR:
John Rappaport

AQUATICS DIRECTOR: Gary Guzy

MEMBERSHIP DIRECTOR: Matthew Vinzant

MEMBERSHIP COORDINATOR: Brandy Taylor

WELLNESS COORDINATOR: Lisa Conner

MEMBERSHIP

YMCA360

WELLNESS

AQUATICS

OUR HOLIDAY HOURS

Thanksgiving Day, Thurs. November 26 CLOSED

Christmas Eve, Thurs. December 24 7:00 am–1:00 pm

Christmas Day, Friday. December 25 CLOSED

Day After Christmas, Sat. December 26 Normal hours

New Years Eve, Thurs. December 31 7:00 am–1:00 pm

New Years Day, Fri. January 1 7:00 am–1:00 pm



MEMBERSHIP

MEMBERSHIP

CONVENIENT PARKING BELOW THE Y

The Parker Hannifin Downtown YMCA, located in the Galleria at Erieview, offers member parking in the Galleria Parking Garage, located at 1000 Lakeside Ave E.

Please bring your parking ticket to the front desk to activate member pricing. Please note the garage only accepts cards, no cash, for payment.

Free and discounted parking hours are as follows:

Monday – Friday

5:00 am – 8:00 am	Free
8:00 am – 5:00 pm	$3 per hour (first 2 hours)
5:00 pm – 9:00 pm	Free

Saturday and Sunday

5:00 am – 9:00 pm	Free

PREPARING FOR YOUR WELLNESS JOURNEY

Items to bring with you for your visit:

- Membership card or device with your barcode. If you joined online, please bring your ID for membership verification.
- A change of athletic shoes or closed-toe shoes different from what you wore into the facility to prevent dirt and foreign materials from damaging our equipment.
- Comfortable and appropriate attire for the area of the facility you will be using. Athletic wear for wellness areas and swim attire for the pool, hot tub, sauna and steam room.
- A lock to secure your items in a locker. The YMCA is not responsible for any lost or stolen property.
- Items may not be left in lockers overnight unless you have secured a locker rental. See the welcome desk for locker rental information.
- Toiletries and other items you may need after your workout.
- Towels, as the YMCA does not provide a towel service.

We are here to support and help you achieve your goals. Stop by the Welcome desk with any questions you may have. A Member Service Representative will be glad to assist you.

MEMBERSHIP

How to Get Your Membership Barcode

You have two options:

1. Download the YMCA360 app (QR code on page 6) and log in with the email address linked to your membership account.
2. Contact a Membership Service Representative to have them text, email, or provide you with a physical card containing your barcode.

How does the Parker Hannifin Downtown YMCA communicate changes in our schedules and happenings at the branch?

We use several methods to keep you informed:

- Notifications and emails through YMCA360, either via the app or at ymca360.org for those who prefer not to download the app.
- Alerts on our Parker Hannifin Downtown location page on clevelandymca.org, where a banner will be displayed across the screen.
- You can also update email preferences on your membership account.

SPECIAL EVENT PARKING

The parking facility we use is also used for special events and Brown's home game parking. As a result on during special events members are required to use a QR code to access the garage for FREE or reduced rate parking. You will need to scan the QR code PRIOR to getting a ticket.

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 unless other wise approved by branch leadership. Each guest may visit the Y up to THREE times in a 12-month period. All guests must bring a valid photo ID.

- Day passes are available with a fee of $10 per individual or $15 per family .

Parker Hannifin YMCA reserves the right to restrict guest passes and limit the areas within the facility that guests may access.

Registration as a NON-Member is encouraged prior to a visit.

YMCA360

We know life gets busy! That's why we're excited to provide our members with YMCA360: A virtual fitness option offering on-demand, livestream workouts, and more! This platform allows you to take fitness classes from home when you need to, or exercise while away on vacation. Allowing you to take charge of your fitness, anytime, anywhere!

What is YMCA360? YMCA360 is an on-demand video platform that offers a variety of fitness, wellness, and enrichment programs from the YMCA. It is available to all YMCA of Greater Cleveland members and can be accessed from anywhere with an internet connection.

Discover some of the benefits of using YMCA360:

- It is **convenient and accessible.** You can access YMCA360 from anywhere with an internet connection.
- It is **affordable**. YMCA360 is included in all YMCA memberships.
- It offers a **variety of programs.** There are programs for all ages and interests, from group exercise to youth sports to cooking classes.
- It is a great way to stay active and healthy. YMCA360 can help you reach your fitness goals and **improve your overall health**.

YMCA360 is a great way to stay active, healthy, and engaged. It is also a convenient way to access YMCA programs, even if you are not able to visit a YMCA branch.

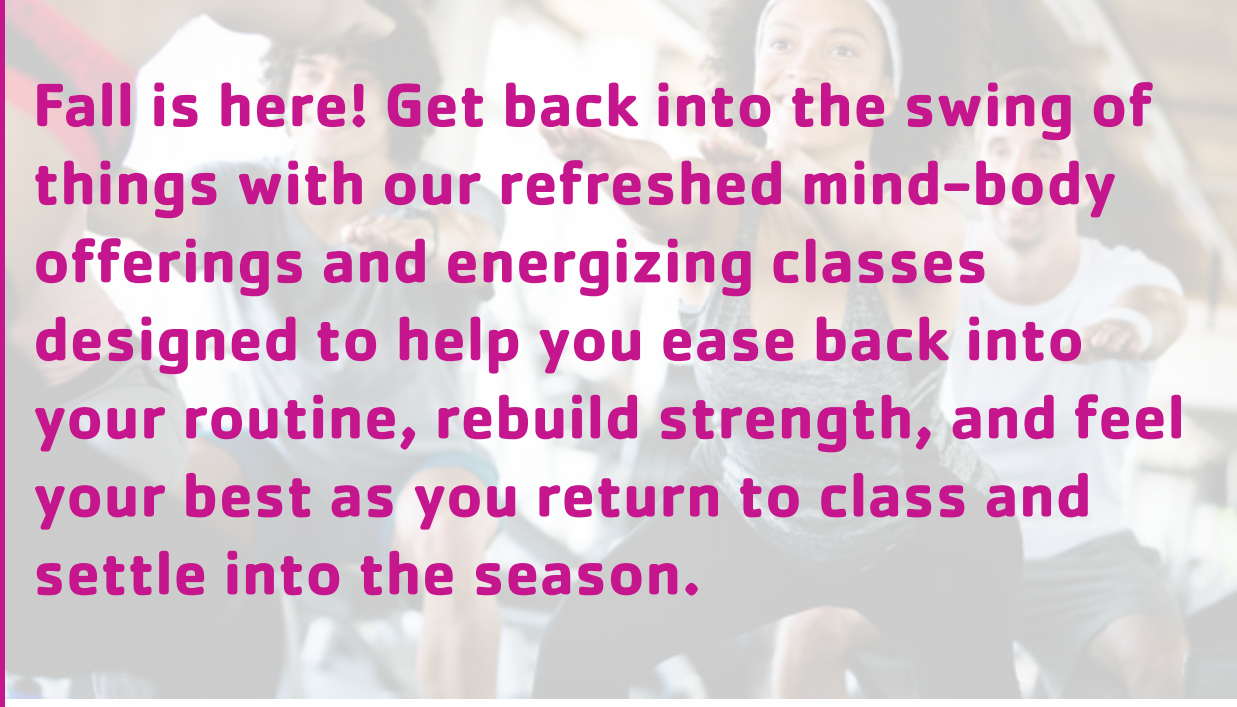
SCAN ME

YMCA360



WELLNESS

WELLNESS



Fall is here! Get back into the swing of things with our refreshed mind-body offerings and energizing classes designed to help you ease back into your routine, rebuild strength, and feel your best as you return to class and settle into the season.

MONDAY
LES MILLS BODY PUMP 6:30 PM WITH MOLLY
CYCLE WITH 6:00 PM WITH KIM

TUESDAY
LES MILLS BODY PUMP 12:15 PM WITH MATT
TOTAL BODY BLAST 5:30 PM WITH LISA

WEDNESDAY
STRETCH & MOBILITY WITH JAVINITY 6:45 AM
BARRE WITH SUAN 5:30 PM
CANDLE LIGHT YIN WITH SARAH HOEHNEN 6:00 PM

THURSDAY
VINYASA FLOW 12:00 PM WITH SARA JO
AQUA FIT 5:30 PM WITH KHALILAH

FRIDAY
10:30 AM AQUA FIT WITH KATINA
BARRE 12:15 PM WITH SUAN

SATURDAY
CYCLE 9:00 AM WITH FRANK
DEEP STRETCH RELEASE YOGA WITH SARAH HOEHNEN 10:00
LES MILLS BODY PUMP & BODY COMBAT 12:00 PM WITH MATT

SUNDAY
MINDFUL MEDIATION AT10:30 AM FOLLOWED BY YOGA WITH SARAH

WELLNESS

the YMCA

COMING THIS FALL

MOVE 2 LOSE



STARTING IN OCTOBER

8 WEEK BODY TRANSFORMATION PROGRAM

Designed to help you reach your fitness goals.

THIS PROGRAM FEATURES:

INBODY SCANS ALONG WITH FITNESS ASSESSMENT

Track your progress with advanced body composition scans and a comprehensive fitness assessment.

ONE ASSISTED STRETCHING SESSION

Improve mobility, reduce tension, and support recovery with one one-on-one assisted stretching session.

SMALL GROUP TRAINING

Get more specialized attention and accountability and support from your peers in a motivating, results-driven environment.

CONSIDERING A GLP-1 WEIGHT LOSS DRUG?

A program like this can help you develop lean mass and good fitness habits—key to long-term success and overall health.

ARE YOU READY TO TRANSFORM!

Y360

DOWNLOAD THE Y360 APP

FOR NOTIFICATIONS OF UPCOMING DETAILS

SCAN TO DOWNLOAD AND STAY CONNECTED!

MOVE | FUEL | THRIVE

Tentative start date Oct 5th thru Nov 30th Sessions meet Mondays 5:30PM Wednesdays 6:00AM Thursdays 5:30PM

Contact: Lisa Conner Wellness Coordinator at lconner@clevelandymca.org for more details

WELLNESS

This popular monthly spiritual wellness series returns this fall.

Steeped in Sisterhood

A Monthly Women's Wellness Tea Cirlce

Join Sarah for a heart-centered monthly gathering for women. Each month, we'll align with the energy of the season, exploring a wellness theme through a short guided meditation and gentle reflection. Afterward, the floor opens for sharing wellness wisdom - creating space for connection, insight, and encouragement.

A curated herbal tea bar accompanies each gathering, featuring blends chosen to support the month's theme - from warmth and nourishment to immunity and comfort. This circle is a chance to pause, sip, reflect, and celebrate both the care we give ourselves and the sisterhood around us.

No prior experience is needed — come as you are with curiosity, openness, and a willingness to share and receive.





For more information contact Lisa Conner Wellness Coordinator lconner@clevelandymca.org

WELLNESS

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.

Questions? Contact Matt Vinzant at mvinzant@clevelandymca.org

Learn More



See our full Group Exercise Schedule:

Think you've got what it takes to be a YMCA group fitness or Body Pump instructor?

Contact Lisa Conner Wellness Coordinator for details! lconner@clevelandymca.org

PERSONAL TRAINING

WHAT PERSONAL TRAINERS CAN DO FOR YOU?

- **Accountability and Support**

  Personal trainers are your partners in motivation to reach your health and fitness goals and bring positive encouragement, accountability, and support.

- **Goal Progression**

  Personal trainers work with you to set both short-term and long-term goals. They create a personalized plan to track your progress and ensure steady improvement.

- **Education**

  Knowledge is power and a personal trainer can educate you on aspects of fitness, health and exercise. They help you learn what is required to reach your goals.

- **Variety and Fun**

  Personal trainers design workout plans that keep you motivated, engaged, and enjoying the process. They incorporate new exercises and techniques while providing alternatives to keep things exciting and effective.

PACKAGES AND RATES. Register here:

PERSONAL EXCERCISE PLAN	PACKAGE	$119.00
ONE ON ONE		
PACKAGES	30 MINS	60 MINS
4 SESSIONS	$112.00	$188.00
8 SESSIONS	$208.00	$344.00
12 SESSIONS	$288.00	$480.00
PARTNER (cost per person)		
PACKAGES	30 MINS	60 MINS
4 SESSIONS	$60.00	$96.00
8 SESSIONS	$112.00	$184.00
12 SESSIONS	$156.00	$264.00

* All rates are based on a membership with the YMCA of Greater Cleveland.

WELLNESS

AQUATICS

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SWIM LESSONS SCHEDULE AND REGISTRATION

Session	Dates (Days will vary depending on lesson level or type)	Registration Opens
October	09-28-26 to 10-25-26	09-14-26
November	08-03-26 to 08-30-26	10-12-26
December	08-31-26 to 09-27-26	11-09-26

Registration is open to Members and Non-members through your online membership or by calling the branch. Scan the QR code or visit www.clevelandymca.org

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.

	Member*	Guest
4 Lessons	$100	$188

SEMI PRIVATE SWIM LESSONS (All ages) Semi-private lessons are great for people who want to learn to swim together. An instructor will work with you to determine the best path to help you achieve your goals. EACH participant must register for lessons.

	Member*	Guest
4 Lessons	$60	$100

SWIM LESSONS: EARLY CHILDHOOD

Water Discovery and Exploration (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front/back tow with assistance, water entry/exit, front/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

October	Saturday	10:30-11:00 am	$28	$56
November	Saturday	10:30-11:00	$28	$56
December	Saturday	10:30-11:00	$28	$56

SWIM LESSONS BY LEVEL

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

Age Groups	Days Offered	Time	Member*	Guest
3-5 Group	Monday, Friday Saturday	5:15-5:45 pm (M), 2:00-2:30 (F) 11:00-11:30 am (Sat)	$48	$96
6-12 Group	Monday, Wednesday, Friday, Saturday	5:15-5:45 pm (M), 5:15-5:45 (W), 4:00-4:30 (F),11:30 am-12:00 noon (Sat)	$48	$96

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 the water.

Age Groups	Days Offered	Time	Member*	Guest
3-5 Group	Monday, Friday, Saturday	5:15-5:45 pm (M), 2:00-2:30 (F) 11:00-11:30 am (Sat)	$48	$96
6-12 Group	Monday, Wednesday, Friday, Saturday	5:15-5:45 pm (M & W), 4:004:30 pm (F) 11:30-12:00 pm (Sat)	$48	$96

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

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday, Friday, Saturday	5:15-5:45 pm (W), 4:00-4:30 (F) 12:00-12:30 pm (Sat)	$48	$96

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

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday, Friday, Saturday	5:15-5:45 pm (W, 2:30-3L00 (F)) 12:0012:30 pm (Sat)	$48	$96

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

Age Groups	Days Offered	Time	Member*	Guest
6-12 Group	Wednesday, Friday, Saturday	5:45-6:15 pm (W), 2:30-3:00 (F) 10:00-10:30 am (Sat)	$48	$96

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	Time	Member*	Guest
6-12 Group	Wednesday, Friday, Saturday	5:45-6:15 pm (W), 2:30-3:00 (F) 10:00-10:30 am (Sat)	$48	$96

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

AQUATICS

AQUATICS

LIFE GUARDING

Red Cross Shallow Water Lifeguard Certification Course (Ages 15+) Students must be at least 15 years old by the last day of class and pass a swimming skills test. Once enrolled, studentsreceive the latest science-based training from experienced instructors and develop skills they'll use for a lifetime. Flexible training courses are available in-person or via Blended Learning, which combines online coursework with in-person skills sessions.

EMPLOYMENT OPPORTUNITIES

Lifeguard (Ages 15+) The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring. Candidates must be able to ensure the safety of patrons by minimizing or eliminating hazardous situations or behaviors. This person will need to be able to solve on-the-job issues by utilizing effective critical thinking and decision making skills and possess the ability to work with diverse populations. Lifeguards must be able to enforce pool policies and be able to communicate our policies effectively.

Swim Instructor (Ages 16+) Swim Instructors plan and deliver effective swim instruction, using the Y of the USA swim curriculum in a designated program area for YMCA members, program participants, and non-members. Instructors must be knowledgeable, punctual, professional, and show concern for class participants.











YOUTH

YOUTH

WE RUN THIS CITY

YMCA of Greater Cleveland youth running program to encourage healthy habits and exercise in our local communities. We strive to teach young people to set and achieve goals, increasing their self-confidence and character development, as well as their fitness and endurance. Crossing the finish line is just the beginning!

Run Club (Ages 6-12) Youth running club where students are taught to set, work toward, and achieve their goals. We help participants gain self-confidence, increase fitness and endurance, and focus on YMCA core values to develop character.

Kids That Tri (Ages 12-18) This program brings together youth who are interested in learning triathlon skills. They enjoy community and support that they may not experience in other sports, inside and outside of school. Youth are taught swimming, biking, and running skills.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 14



TEENS

TEENS

Teen Cafe (Ages 12-18) The YMCA Teen Cafe Program is the ultimate hangout spot after school, where teens dive into a world filled with exciting activities, from sports and arts to tech and wellness. It's a place to connect with friends, meet inspiring mentors, and engage in experiences that spark passion and creativity. Teen Cafe offers a dynamic environment where every teen discovers new interests and hones their skills. It's not just about filling time; it's about enriching lives, one awesome activity at a time. Join the journey to make unforgettable memories and explore endless possibilities.

Days	Time	Member	Guest
Wednesdays	4:30-5:10 PM	FREE	FREE

Kids That Tri (Ages 12-18) This program brings together youth who are interested in learning triathlon skills. They enjoy community and support that they may not experience in other sports, inside and outside of school. Youth are taught swimming, biking, and running skills.

GroupX (Ages 13+) We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

See Schedule:

TEEN FITNESS CENTER ORIENTATION

Are you 13 and ready to explore the Fitness Center? The YMCA requires teens to go through the Fitness Center Orientation. All teens new to strength and cardio training in our Fitness Center must reserve their spot online or at the Wellness Desk.

SWIM LESSONS



Private Swim Lessons, Swim Lessons by Level, are located in the AQUATICS section of Program Guide on Page 14