### AQUATICS

Schedule Modification:
- Monday/Wednesday: 1 PM
- Thursday/Friday: 6 AM

- *South Pointe Aquatic Therapy: Monday/Wednesday 1 PM - 2 PM, Tuesday/Thursday 8 AM - 11 AM*
- *Tuesday AM: 10:00 AM - 12:30 PM*

**Note:** For Safety there are Pool Ratios
- 45 minute time limit. Hot Tub time limit is 15 minutes
- Open Swim: 9 (3 lap swimmer in each outer lane; 6 in leisure pool)
- Classes: 15 (9 in class; 6 in leisure pool does not include instructor)
- Members of the same household may share a lane.
- Swimming Lessons: Next Session will begin September 1, 2020
- Hot Tub is Open: 2 person ratio/15 minute time/register only

### WELLNESS

**GROUP EXERCISE STUDIO**
- **Morning Classes:**
  - Monday: N/A
  - Tuesday: 9:30 AM - 10:20 Boom
  - Wednesday: 9:30 AM - 12:20 Classic
  - Thursday: 9:30 AM - 10:20 Yoga Stretch
  - Friday: N/A
  - Evening Class Family:
    - Monday: 7:00 - 7:50 PM Step Aerobics
    - Tuesday: 5:30 PM - 6:20 Meta-Conditioning
    - Wednesday: N/A
    - Thursday: 5:30 PM - 6:20 N/A
    - Friday: N/A
    - Saturday: 11:00 AM - 11:50 Dance Cardio
- **Sunday:** 10:00 - 11:00 AM Crew H/S

**MULTIPURPOSE ROOM**
- **Morning Classes:**
  - Monday: N/A
  - Tuesday: 9:30 AM - 10:20: On the Ball
  - Wednesday: N/A
  - Thursday: 9:30 AM - 10:20 AB Lab
  - Friday: 11:30 - 12:20 PM Zumba
- **Evening Class Family:**
  - Monday: N/A
  - Tuesday: 5:30 PM - 6:20 Family Strength Train
  - Wednesday: Family Yoga for all levels
  - Thursday: N/A
  - Friday: N/A
  - Saturday: 10:00 - 10:50 Meta-Conditioning

**WELLNESS FLOOR**
- **Cycle Studio**
  - **Wednesday:** 7:00 PM - 7:50 Y-Cycle
  - **Saturday:** 9:30 AM - 10:20 Y-Cycle

### Teen Center

**ACTIVE OLDER ADULTS**
- **Monday:** 6 am – 12:00pm AOA
- **Tuesday:** 6 am – 12:00pm AOA
- **Wednesday:** 6 am – 12:00pm AOA
- **Thursday:** 6 am – 12:00pm AOA
- **Friday:** 6 am – 12:00pm AOA

**YOUTH and TEENS**
- **Monday:** Leaders 4:00pm - 8:00pm
- **Tuesday:** Cafe 4:00pm - 8:00pm
- **Wednesday:** Leaders 4:00pm - 8:00pm
- **Thursday:** Cafe 4:00pm - 8:00pm
- **Friday:** 4:00pm - 8:00pm
- **Saturday:** Closed
- **Sunday:** Closed

**Summer Café:** July
- 3:00 – 6:00 PM Tuesday and Thursday

**Teen Leaders Club:** July
- 4:00 PM to 6:00 PM Mondays and Wednesday
**SPORTS**

**BRANCH HOURS**

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<th>Day</th>
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<tr>
<td>Monday</td>
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**HOLIDAY HOURS**

- **Easter**: CLOSED
- **Memorial Day**: 7:00am-1:00pm
- **4th of July**: 7:00am-1:00pm
- **Thanksgiving**: CLOSED
- **Christmas Eve**: 7:00am-1:00pm
- **Christmas Day**: CLOSED
- **New Years Eve**: 5:00am-5:00pm
- **New Years Day**: 7:00am-1:00pm

**Michael Carter, Executive Director**
mcartier@clevelandymca.org

**Leslie Moore, Director of Member Impact**
lmoore@clevelandymca.org

**Cheree Carpenter, Director of Youth and Family Programs**
carpenter@clevelandymca.org

**John Wyatt, Director of Aquatics**
jwyatt@clevelandymca.org

**Alan Armstrong, Director of Community**
aarmstrong@clevelandymca.org

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**BASKETBALL COURTS**

**COURT A**

- June 1, 2020-August 7, 2020
- 9:00-4:00pm Sports Camp
- Monday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym
- Tuesday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym, Summer Café, Family Interactive
- Wednesday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym
- Thursday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym, Summer Café, Family Interactive
- Friday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym
- Saturday: 7:00-2:00pm Lap Walking
- Sunday: 8:00-2:00pm Lap Walking

**COURT B**

- June 1, 2020-August 7, 2020
- 9:00-4:00pm Sports Camp
- Monday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym
- Tuesday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym, Summer Café, Family Interactive
- Wednesday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym
- Thursday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym, Summer Café, Family Interactive
- Friday: 6:00-8:45am Lap Walking, 4:00-6:00 pm Open Gym
- Saturday: 7:00-2:00pm Lap Walking
- Sunday: 8:00-2:00pm Lap Walking

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**CHILD WATCH**

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**Warrensville Heights Family YMCA**

4433 Northfield Rd
Warrensville Heights, Ohio 44128
216.518-9622

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

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**Warrensville Heights Family YMCA**

Updated 8/1/2020