

# AQUATICS

**Schedule Modification:**  
**M & W 6AM-12:30PM, 1PM-8PM Tuesday/Thursday/Friday**  
**6AM-12:30 PM, 4:30PM-7:30PM**

**Saturday 9AM-12:30 PM & Sunday 10AM-12:30PM**

**Monday**  
 9:30 AM-10:30 AM Aqua Aerobics  
 11:30 AM-12:30 PM Aquacise

**Tuesday**  
 11:30 AM-12:30 PM Aqua Tone

**Wednesday**  
 9:30 AM-10:30 AM Aqua Aerobics  
 11:30 AM-12:30 PM Aquacise

**Thursday**  
 11:30 AM-12:30 PM Aqua Tone

**Friday**  
 9:30 AM-10:30 AM Aqua Aerobics  
 11:30 AM-12:30 PM Aquacise

**Saturday**  
 9:00 AM-10:00 AM Aqua Kickboxing

**Swim Lessons : Private Lessons-Contact John Wyatt-A.D.**  
**Group Swim Lessons: September 1, 2020**  
**Pool Closures: Sports Camp Friday 10:30 AM-11:30 PM**  
**Teen Café: Pool will be closed 3:30 to 4:00 PM T&TH**

**Monday : Lap Swim 6:00 AM-8:30 AM, 10:30 AM-11:00 AM, 1 PM- 8 PM**

**Tuesday: Lap Swim 6:00 AM-11:00 AM & 4:30 PM-7:30 PM**

**Wednesday: Lap Swim 6:00 AM-8:30 AM, 10:30 AM-11:00 AM, 1 PM- 8 PM**

**Thursday: Lap Swim 11:00 AM & 4:30 PM-7:30 PM**

**Friday: Lap Swim 6:00 AM-8:30 AM & 1 PM-7:30 PM**

**Saturday: Lap Swim 10:00 AM-12:30 PM**

**Sunday: Lap Swim (All Day) 10:00 AM-12:30 PM**

**\*South Pointe Aquatic Therapy: Monday/Wednesday 1 PM- 6 PM (2 Lap Lane Only)**

**Tuesday/Thursday 8AM-11 AM (2 Lap Lane Only)**

**Friday 1PM-4:30 PM (2 Lap Lane Only)**

**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  
 11:30AM-12:20 Classic

**Wednesday:**  
 9:30 AM-10:20 Yoga  
 Stretch  
 11:30 AM-12:20 Classic

**Thursday:**  
 9:30 AM-10:20 Boom  
 11:30 AM-12:20 Yoga

Stretch  
**Friday: N/A**

**Evening Class Family:**  
**Monday:**  
 7:00-7:50PM Step Aerobics

**Tuesday:**  
 5:30 PM-6:20 Meta-Conditioning  
**Wednesday: N/A**  
**Thursday:**  
 5:30 PM-6:20: N/A  
 7:00-7:50 PM Family Mixx

**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  
 11:30 AM-12:20: N/A  
**Wednesday: N/A**

**Thursday:**  
 9:30 AM-10:20: AB Lab  
 11:30 AM-12:20: N/A  
**Friday:**  
 11:30-12:20 PM Zumba

**Evening Class Family:**  
**Monday: N/A**  
**Tuesday:**  
 5:30PM-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

\*Teen Center Closed for Summer Day  
 Camp  
 June 1, 2020 12:00 pm-4:00pm  
 August 8, 2019 12:00pm-4:00pm

## 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

# Teen

**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

## 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  
4:30 PM–5:30 PM Summer Café  
6:00–8:00 PM Family Interactive

Wednesday  
6:00–8:45am Lap Walking  
4:00–6:00 pm Open Gym

Thursday  
6:00–8:45am Lap Walking  
4:30 PM–5:30 PM Summer Café  
6:00–8:00 PM 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  
4:30 PM–5:30 PM Summer Café  
6:00–8:00 PM Family Interactive

Wednesday  
6:00–8:45am Lap Walking  
4:00–6:00 pm Open Gym

Thursday  
6:00–8:45am Lap Walking  
4:30 PM–5:30 PM Summer Café  
6:00–8:00 PM 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

## BRANCH HOURS

Monday 6:00am–9:00pm  
Tuesday 6:00am–9:00pm  
Wednesday 6:00am–9:00pm  
Thursday 6:00am–9:00pm  
Friday 6:00am–9:00pm  
Saturday 7:00am–2:00pm  
Sunday 8:00am–2:00pm

## 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**  
mcarter@clevelandymca.org

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

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

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

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

# CHILD WATCH

Monday 9:00–12:00pm  
Tuesday 9:00–12:00pm  
Wednesday 9:00–12:00pm  
Thursday 9:00–12:00pm  
4:00–8:00pm 4:00–8:00pm 4:00–8:00pm 4:00–8:00pm

Friday 9:00–12:00pm  
Saturday 9:00–1:00pm  
Sunday Closed

## Warrensville Heights Family YMCA

4433 Northfield Rd  
Warrensville Heights, Ohio 44128  
216.518-9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Program Schedule August

# Warrensville Heights Family FAMILY YMCA

Putting Christian principles into practice through programs that build healthy spirit, mind and body for all. Updated 8/1/2020