

AQUATICS

Pool Time:

M-W-F 6AM-10:30AM/11:30-12:30PM/1:00-8:00PM

T-TH 6AM-11:00 AM/11:30-12:30 PM/5:00-8:00 PM

Saturday 9AM-1:00 PM & Sunday 10AM-1:00PM

Monday

9:30am-10:30am Aqua Aerobics

11:30am-12:30pm Aquacise

1:00 pm-1:50pm Arthritis Aerobics

6:00pm-7:00pm Aqua Bootcamp | Fee Based \$25 members/\$50

Non-members (TBA)

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

1:00 PM-1:50 PM Arthritis Aerobics

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: Tiger Café 4:00-4:45 PM Tuesday & Friday

Monday : Lap Swim 6:00 AM-9:00 AM, 2:00PM-5:30 PM, 7 PM- 8 PM

Tuesday: Lap Swim 6:00 AM-11:00 AM & 3:00 PM-4:00 PM, 5:00 PM-8:00PM

Wednesday: Lap Swim 6:00 AM-9:00 AM, 2:00PM-8:00 PM

Thursday: Lap Swim 6:00 AM-11:00AM, 3:00 PM-8:00 PM

Friday: Lap Swim 6:00 AM-9:00AM, 1 PM-4:00 PM, 5:00 PM-8:00 PM

Saturday: Lap Swim 10:00 AM-1:00 PM

Sunday: Lap Swim (All Day) 10:00 AM-1:00 PM

*South Pointe Aquatic Therapy: Monday/Wednesday 1 PM- 6 PM

Tuesday/Thursday 8AM-11AM

Friday 1PM-4:30 PM

Note: For Safety there are Pool Ratios

- 45 minute time limit
- Classes: 15 (9 in class; 6 in leisure pool-does not include instructor)
- Members of the same household may share a lane.
- Hot Tub is Open: 2 person ratio/15 minute time/register only

WELLNESS

GROUP EXERCISE STUDIO

Morning Classes:

Tuesday:

7:30 AM-8:30 AM Machine Power

9:30-10:20 AM Boom

11:30-12:20 PM Classic

Wednesday:

9:30-10:20 AM Yoga Stretch

11:30 AM-12:20 PM Classic

Thursday:

9:30-10:20 AM Boom

11:30 AM-12:20 PM Yoga Stretch

Family Evening Classes:

Monday:

5:00-5:30 Family Express Ab Class (December Only)

6:00-7:00 pm Family Step Aerobics

Wednesday: Family Express HIIT (December Only)

Thursday:
6:00-7:00 pm The Family Mixx

Family Weekend Classes:

Saturday:

10:00-10:50 AM Family Yoga

11:00 -11:50 AM Cardio Dance Mixx Gail

Sunday:

10:00-11:00 AM Crew H/S-Shondell

MULTIPURPOSE ROOM

Morning Classes:

Tuesday:

9:30-10:20 AM On the Ball

Wednesday:

11:30-12:20 PM Fitness After 50

Thursday:

9:30-10:20 AM AB Lab

Friday:

11:30-12:20 PM Zumba

Family Evening Classes:

Wednesday:

6:30pm Family Circuit Training \$60 member/\$75 Non-Member

Family Weekend Classes:

Saturday:

9:00-9:50AM Meta-Conditioning

Wellness Floor:

Catch Me If you Can: Couch to 5K, 8-week run program, \$40member/\$60 non-members fee

CYCLE STUDIO

Monday: iWall-10am, 11 am, 12pm, 6pm, 7pm

Wednesday:

6:30-7:30 PM Y-Cycle
iWall-10am, 11 am, 12pm, 8pm

Friday: iWall-10am, 11 am, 12pm, 6pm, 7pm

Saturday:

11:00 -11:50 AM Y-Cycle

Teen Center

Y-Cares

Monday

7 am - 3:00pm Y-Cares

Tuesday

7 am - 3:00pm Y-Cares

Wednesday

7 am - 3:00pm Y-Cares

Thursday

7 am - 3:00pm Y-Cares

Friday

7 am - 3:00pm Y-Cares

*Teen Center Closed for Y-Cares

YOUTH and TEENS

Monday-Leaders

3:00pm-8:00pm

Tuesday-Cafe

3:00pm-8:00pm

Wednesday-Leaders

3:00pm-8:00pm

Thursday

3:00pm-8:00pm

Friday-Cafe

3:00pm-8:00pm

Saturday

Closed

Sunday

Closed

Youth/Teen

- Tiger Café: 3:00 -6:00 PM Tuesday and Friday
- Teen Leaders Club: 4:00 PM to 6:00 PM Mondays and Wednesday
- Y-Cares Full day Childcare Monday-Friday 7AM-6 PM
For Questions call (216) 263-6860
Email: children@clevelandymca.org
- Jr. Cavs League: Ages 5-15 yrs.
(December 12th -December 19th playoffs)

SPORTS

BASKETBALL COURTS

Monday

6:00am to 9:00am Open Gym/Lap
 9:00am to 10:00am Family Interactive Lu
 10:00am to 2:00pm Open Gym/Lap
 2:00pm to 3:00pm Family Interactive Lu
 3:00pm to 6:00pm Y-Cares
 6:00pm to 8:00pm Jr. Cavs Basketball(5-6 yrs.)
 8:00pm to 9:00pm Family Open Gym

Tuesday

6:00am to 9:00am Open Gym/Lap
 9:00am-10:00am Teen Interactive Lu
 10:00am-2:00pm Open Gym
 2:00pm to 3:00pm Teen Interactive Lu
 3:00pm to 6:00pm Tiger Café/Y-Cares
 6:00pm-8:00pm Jr. Cavs Basketball(12-15yrs.)
 8:00pm-9:00pm Family Open Gym

Wednesday

6:00am-9:00am Open Gym/Lap
 9:00am to 10:00 am Family Lu Interactive
 10:00am to 2:00 pm Open Gym/Lap
 2:00pm to 3:00 pm Family Interactive Lu
 3:00pm to 6:00 pm Y-Cares
 6:00pm-8:00pm Jr. Cavs Basketball(7-8yrs.)
 8:00-9:00 pm Family Open Gym

Thursday

6:00am to 9:00am Open Gym/Lap
 9:00am-10:00am Family Interactive Lu
 10:00am-2:00pm Open Gym
 2:00pm to 3:00pm Family Interactive Lu
 3:00pm to 6:00pm Y-Cares
 6:00pm-8:00pm Jr. Cavs Basketball(9-11yrs.)
 8:00pm-9:00pm Family Open Gym

Friday

6:00am to 9:00am Open Gym/Lap
 9:00am to 10:00am Teen Interactive Lu
 10:00am to 2:00pm Open Gym
 2:00pm to 3:00pm Teen Interactive Lu
 3:00pm to 6:00pm Tiger Café/Y-Cares
 6:00pm to 8:00pm BB Clinic(3-4 yrs.)
 8:00pm-9:00pm Family Open Gym

Saturday

9:00-2:00pm Jr. Cavs Basketball Games

Sunday

10:00-1:00pm Men's Basketball League
 1:00pm-2:00pm Lap Walking/Jog/Open

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 7:00am-2:00pm
 New Years Day 7:00am-1:00pm

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aarmstrong@clevelandymca.org

CHILD WATCH

Monday 4:00-8:00pm Tuesday 4:00-8:00pm Wednesday 4:00-8:00pm Thursday 4:00-8:00pm

Friday 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 December

Warrensville Heights Family FAMILY YMCA

Putting Christian principles into practice through programs that build healthy spirit, mind and body for all. Updated 10/23/2020