Aquatics

**Wellness**

**SMALL GROUP TRAINING**

(FEE-BASED CLASSES, PRE-REGISTRATION REQUIRED)

- Monday 8:30 am-TRX Tabata-Jen/Ray
- Tuesday 10:00 am-TRX Bootcamp-Jen/Ray
- Wednesday 8:30 am-Trident Tabata-Jen Ray
- Thursday 8:30 am-Trident Tabata-Jen Ray
- Friday 8:30 am-Trident Tabata-Jen Ray

**Wellness**

**CYCLE CLASSES**

- Monday 6:00 am - Cycle - Linda/Jane
- Monday 6:30 am - Cycle - Mary/Ingrid
- Monday 7:00 am - Cycle - Connor/Ian
- Monday 7:30 am - Cycle - Connor/Ian
- Monday 8:00 am - Cycle - Mary/Ingrid
- Tuesday 7:30 am - Cycle - Connor/Ian
- Tuesday 8:00 am - Cycle - Mary/Ingrid
- Wednesday 7:30 am - Cycle - Connor/Ian
- Wednesday 8:00 am - Cycle - Mary/Ingrid
- Thursday 7:30 am - Cycle - Connor/Ian
- Thursday 8:00 am - Cycle - Mary/Ingrid
- Friday 7:30 am - Cycle - Connor/Ian
- Friday 8:00 am - Cycle - Mary/Ingrid

- Saturday 7:30 am - Cycle - Connor/Ian
- Saturday 8:00 am - Cycle - Mary/Ingrid
- Saturday 9:00 am - Cycle - Connor/Ian
- Saturday 10:00 am - Cycle - Mary/Ingrid

- Sunday 7:30 am - Cycle - Connor/Ian
- Sunday 8:00 am - Cycle - Mary/Ingrid
- Sunday 9:00 am - Cycle - Connor/Ian
- Sunday 10:00 am - Cycle - Mary/Ingrid

- **Yoga and Pilates**

- **GROUP EXERCISE CLASSES**

- **LAP LANES**

- **RAMP & BASIN**

- **Wellness**

**Things to know**

- Remember: Open gym will be all day Monday-Thursday from 5am-8:15pm. There will also be open gym all day Friday and Sunday.
- Kids night will be Friday night, March 27th from 5-9pm. You can call ahead of time to register or just do so at the front desk! $15 for members & $20 for nonmembers. If you have any questions contact Linda or Griffin our Program Director (contact info is posted on back of schedule).
- Last Jr Cavs game will be on Saturday the 21st, new Spring Basketball schedule starts on 3/20.
- We now have updated plus classes available for our members, $26 per class for the month. Check above at our front desk for updates on our new class.
- We have a Lunch & Learn on March 12th.
- Bake Sale on the 18th!
- Bingo on the 26th!

# = Youth class
CR= Community Room (2nd floor, last room on right down the hall)
GEO = Group exercise room (2nd floor, large room to your left)
SG = Small group training room (2nd floor, 1st room on your right)
North Side

Monday
5:30am - 5:15pm Open gym full court
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm ABBL

Tuesday
5:30am - 5:15pm Open gym full court
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm ABBL

Wednesday
5:30am - 5:15pm Open gym full court
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm Adult Basketball

Thursday
5:30am - 3:15pm Open gym full court
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm ABBL

Friday
5:30am - 9:45pm Open Gym

Saturday
7:00am - 8:30am Open gym
8:30am - 3:00pm Jr. Cavs Basketball League
3:00 - 5:45pm Open Gym

Sunday
9:00am - 5:45pm Open Gym

Open Gym Policies
- No guests allowed for open gym
- No Dunking or hanging from rims or nets
- No food, gum or beverages other than bottled water
- Athletic shoes with non-marking soles
- No full court when programming is on other side

South Side

Monday
5:30am - 5:15pm Open gym full court
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm ABBL

Tuesday
5:30am - 10:00am Open Gym
10:00am - 12:30pm LEO FYA
12:00 - 2:00pm Pickleball
2:05pm - 5:15pm Open Gym
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm Adult Basketball

Wednesday
5:30am - 3:15pm Open Gym
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm ABBL

Thursday
5:30am - 5:15pm Open Gym
5:15 - 7:00pm Jr. Cavs Basketball
7:00 - 10:00pm ABBL

Friday
5:30am - 8:30am Open Gym
11:00am - 2:00pm Pickleball
4:30pm - 5:45pm Open Gym
*3/13 & 3/20—closed from 4:45 - 7:30pm for Jr Cavs

Saturday
7:00am - 8:30am Open Gym
8:30am - 4:00pm Jr. Cavs Basketball
4:00 - 5:45pm Open Gym

Sunday
9:00am - 5:45pm Open Gym

Branch Hours

Monday - Friday 5am - 10pm
Saturday 7am - 6pm
Sunday 9am - 6pm
Pool Hours

Monday - Friday 5:15am - 9pm
Saturday 7am - 4pm

Holiday Hours

Easter CLOSED
Memorial Day 7am - 1pm
4th of July 7am - 1pm
Thanksgiving CLOSED
Christmas Eve 7am - 3pm
Christmas Day CLOSED
New Years Eve 5:30am - 3pm
New Years Day 5am - 10pm

Child Watch Hours

Monday - Friday 8am - 12pm, 4pm - 8pm
Saturday 8am - 1pm
Sunday 9 - 1pm

Lakewood Family YMCA
16915 Detroit Ave.
Lakewood, Ohio 44107
216.521.8400

Mission Room

Monday - Friday 4:00 - 7:00pm
Seth Smith our Ecumenical Wellness Director will have daily activities and conversation topics for anyone interested. This room will also be available to give youth and teens a place to hangout and relax during the week.

Mission Monday, Topic Tuesday, Wellness Wednesday, Theology Thursday, Flick Friday

Contact Information: seths@clevelandymca.org

Wellness

Basketball Courts

Steve Crone, Executive Director
scrone@clevelandymca.org
Charity Butch, Associate Executive Director
cbutch@clevelandymca.org
Rachel Halle, Aquatic Director
rhalle@clevelandymca.org
Griffin Beach, Program Director
gbeach@clevelandymca.org
Leighann Patterson, Membership Coordinator
lpatterson@clevelandymca.org
Tammy Feaster-Price, Wellness Director
tfeasterprice@clevelandymca.org
Jacquelyn Daues, Group exercise coordinator
jdaues@clevelandymca.org

Lea Santiago, Child Watch Coordinator
lsantiago@clevelandymca.org

March Schedule 2020

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

Caring | Honesty | Respect | Responsibility