

# AQUATICS

## Monday:

Adult/Open Swim 6-7:50AM  
Aqua Aerobics 8-8:50 AM  
Aqua Aerobics 10-10:50 AM  
Aquacise 11-11:50 AM  
Open Swim Adult Open/Lap  
Swim: 12-3:50 PM

Family Open/Lap Swim 4:00-8:00 PM

## Tuesday:

Adult/Open Swim 6:00-10:50 AM

Aqua Tone 11-11:50 AM

Adult Open Swim 12-12:50 PM

Arthritis 1-1:50 PM

Adult Open/Lap Swim 2-3:50 PM

Family Open/Lap Swim 4-4:50 PM

\*Swim Lessons Training  
Technique 5-8:00 PM (No  
Lap/Open Swim) \$Fee Based

## Wednesday:

Adult/Open Swim 6-7:50AM  
Aqua Aerobics 8-8:50 AM  
Aqua Aerobics 10-10:50 AM  
Aquacise 11-11:50 AM

Open Swim Adult Open/Lap  
Swim W 12-3:50 PM

Family Open/Lap Swim 4-8:00 PM

## Thursday:

Adult/Open Swim 6:00-10:50 AM

Aqua Tone 11-11:50 AM  
Arthritis 1-1:50 PM

Open Swim Adult Open/Lap  
Swim 12-12:50 PM & 2:00-3:50 PM

Family Open/Lap Swim 4-4:50 PM

\*Swim Lessons Training  
Technique 5:00-8:00 PM (No  
Lap/Open No Lap/Open Swim)  
\$Fee Based

## Friday:

Adult/Open Swim 6:00-7:50am

Aqua Aerobics 8-8:50 AM  
Aqua Aerobics 10-10:50 AM  
Aquacise 11:00-11:50 am  
Family Aqua Swim 6-6:50 PM

Open Swim Adult Open/Lap  
Swim Friday 12:00-3:50 pm

Family Open/Lap Swim 4:00-8:00 pm

## Saturday:

Aqua Kickboxing 9-9:50 AM

\*Swim Lessons Training  
Technique 9:30-1:00 PM  
(No Lap/Open Swim) \$Fee  
Based

Open Swim-1:30 to 3:00 PM

Sunday:  
Family Open/Lap Swim 10:30-2:50 PM

\* \$Fee Based classes

\*No Lap Swim During Aerobics  
Classes \*No Open Swim/Lap Swim  
During Lessons

# WELLNESS

## GROUP EXERCISE STUDIO

### Monday:

9:00-9:50am Enhance Fitness  
(Grant)

10:00-10:30am S.S. Boom  
(Dapheen)

11:00-11:50am S.S Classic  
(Dapheen)

12:00-1:30pm Live Strong  
(Angela/Yvonne)

5:30-6:20pm Family Zumba  
(Andrea)

6:30-7:20pm Family Step & Sculpt  
(Gail)

### Tuesday:

9:00-9:50am S.S. Classic (Angela)

10:00-10:50am S.S. Yoga (Angela)

11:00-11:50am Fitness After 50  
(Shanese)

6:00-6:50pm Family :On The Ball  
(Debra)

Wednesday:  
9:00-9:50am Enhance Fitness  
(Grant)

6:00-6:50 Family Kettlebell Pump  
(Debra)

7:00-7:50pm Family Bootcamp  
(Debra)

Thursday:  
9:00-9:50am S.S. Classic (Angela)

10:00-10:50am S.S. Yoga (Angela)

11:00-11:50am Fitness After 50  
(Shanese)

12:00-1:30pm Live Strong  
(Angela/Yvonne)

5:30-6:20pm Family Zumba  
(Andrea)

6:30-7:20pm Family: The Mixx  
(Gail)

7:30-7:55pm Family Ab Lab Ex-  
press

Friday:  
9:00-9:50am Enhance Fitness  
(Grant)

10:00-10:50am Zumba (Yvonne)

11:00-11:50am Fitness After 50  
(Dapheen)

12-12:50PM PiYo (Tierra `T`)

Saturday:  
10:00-10:50am Family Zumba  
(Yvonne)

11:00-11:50am Family Cardio  
Dance Jam (Gail)

12-1pm Family Intro to Line  
Dance Basics (Brenda)

1:30-2:15 PM Family Tabata  
Doubles (Tierra `T`)

## MULTIPURPOSE ROOM

### Monday:

9:00-9:50am Ab Lab (Yvonne)

Tuesday:  
10:00-10:50 am Kettlebell  
Pump (Dapheen)

11:00-11:50am Zumba  
(Yvonne)

Family Step and Tone 5:30-6:30 PM (Rachelle `Ray`)

Wednesday:  
8:00-8:50 am Total Stretch  
(Kate)

5:00-5:50 PM Family 305 Fit-  
ness (Tierra `T`)

6:00-6:50 PM All-ages  
Adapted Dance Class (Kellie)

Thursday:  
9:00-9:50am (Plus)

Women on Weights (Yvonne)

6:00-6:50pm Family Yoga  
(Elizabeth)

Family Step and Tone 5:30-6:30 PM (Rachelle `Ray`)

Saturday:  
9:00-9:50 am Vocal Lessons  
(6-9)

10:00-10:50 am Vocal Les-  
sons (10-17)

11:00-11:50 am Vocal Les-

## WELLNESS FLOOR

### Tuesday:

12:00-12:50pm TRX (Sharon)

7:00-7:50pm Women on Weights  
(Debra)

## CYCLE STUDIO

### Monday:

Family Y-Cycle 6:30 PM-7:20PM (Ramsey)

### Wednesday:

Y-Cycle 8:00-8:50AM  
(Sharon)

Family Y-Cycle 6:30-7:20PM  
(Jessamyn)

### Thursday:

In-motion: Parkinson Cycle  
10:00-10:50 AM

### Saturday:

9:30-10:20am (Jessamyn)

# Teen Center

## ACTIVE OLDER ADULTS

Monday  
5:30am - 2:00pm AOA

Tuesday  
5:30am - 2:00pm AOA

Wednesday  
5:30am - 2:00pm AOA

Thursday  
5:30am - 2:00pm AOA

Friday  
5:30am - 2:00pm AOA

## YOUTH and TEENS

Monday  
3:00pm-8:00pm

Tuesday  
3:00pm-8:00pm

Wednesday  
3:00pm-8:00pm

Thursday  
3:00pm-8:00pm

Friday  
3:00pm-6:00 PM (Entire Café)

Saturday  
Open

Sunday  
Open

# Updates

## Community Open House/Updates

- Every 2nd Friday: 6:00 p.m. to 8:00 p.m.

Theme: Share the Love

Parent Night Out (Call for more details)

- Every 4th Friday: 6:00 p.m. to 8:00 p.m.

(March Community Open House will be on Thursday 26, 2020)

- March 28, 2020: "Good for your Gut" A Get Behind Your Health Program

When: Saturday March 28th, 2020

Where: Warrensville YMCA

4433 Northfield Rd, Warrensville Heights, OH 44128

Time: 12pm-3pm

Lead: Aqeel Seals (216) 346-8511

- Family Programming are in the evening: from 5:00 P.M to 8:00 P.M. Warrensville YMCA encourage all families to workout together

# SPORTS

## BASKETBALL COURTS

### COURT A

Monday  
5:30-9:00 PM Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Tuesday  
5:30-9:00 PM Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Wednesday  
5:30-9:00 PM Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Thursday  
5:30-9:00 PM Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Friday  
5:30-9:00pm Open Gym

Saturday  
7:00am-8:45am Open Gym  
\*9:00 AM-2:00 PM Jr. Cavs Only

### COURT B

Monday  
5:30am-9:00pm Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Tuesday  
5:30am-9:00pm Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Wednesday  
5:30am-9:00pm Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Thursday  
5:30am-9:00pm Open Gym  
\*6:00-8:00 PM Jr. Cavs Only

Friday  
5:30am-9:00pm Open Gym

Saturday  
7:00am-8:45 am Open Gym  
\*9:00 AM-2:00 PM Jr. Cavs Only

- \*Closing Announcement 15 minutes prior to building closing.
- \*All minors under 18 years old must exit the facility by 8:00 p.m.
- \*No Open Gym During Jr. Cavs Practice/Game Times

# CHILD WATCH

<u>Monday</u> 9:00-12:00pm 4:00-8:00pm	<u>Tuesday</u> 9:00-12:00pm 4:00-8:00pm	<u>Wednesday</u> 9:00-12:00pm 4:00-8:00pm	<u>Thursday</u> 9:00-12:00pm 4:00-8:00pm
--	---	---	--

\*Gym Time : Tuesday 4:30pm-5:30pm

<u>Friday</u> 9:00-12:00pm	<u>Saturday</u> 9:00-1:00pm	<u>Sunday</u> Closed
-------------------------------	--------------------------------	-------------------------

## BRANCH HOURS

Monday	5:30am-9:00pm
Tuesday	5:30am-9:00pm
Wednesday	5:30am-9:00pm
Thursday	5:30am-9:00pm
Friday	5:30am-9:00pm
Saturday	7:00am-5:00pm
Sunday	10:00am-4:00pm

## HOLIDAY HOURS

Easter	CLOSED
Memorial Day	7:00am-1:00pm
4th of July	7:00am-1:00pm
Labor Day	7:00 am-1:00pm
Thanksgiving	CLOSED
Christmas Eve	7:00am-3:00pm
Christmas Day	CLOSED
New Years Eve	5:30am-3:00pm
New Years Day	5:30 am-9:00pm

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

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

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

**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 Winter Session

# Warrensville Heights Family FAMILY YMCA

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

Effective :February 1 , 2020  
Schedules may be subject to change, check website and app to find most up-to-date schedules.