

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Multipurpose Room	9:00 Ab Lab 9:00-9:50 Yvonne					Vocal Lessons (6-9) 9:00-9:50 Robert	
	10:00 Yoga 10:00-10:50 Elizabeth	Kettlebell Pump 10:00-10:50 Dapheen				Vocal Lessons (10-17) 10:00-10:50 Robert	
		Zumba 11:00-11:50 Yvonne				Vocal Lessons (18+) 11:00-11:50 Robert	
		TRX 12:00-12:50 Sharon					
	5:00						
	5:30						
	6:00	Kettlebell 6:00-6:50 Debra	Intermediate Ballet 6:00-6:50 Kate	Tabata/Cycle 6:00-6:30 Jessamyn	Yoga 6:00-6:50 Elizabeth		
	6:30		Total Stretch 7:00-7:50 Kate				
	7:00						
	7:30						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Group X	9:00 S.S. Circuit 9:00-9:50 Angela	S.S. Classic 9:00-9:50 Angela	On The Ball 9:00-9:50 Dapheen	S.S. Classic 9:00-9:50 Angela		Yoga Flow 8:00-8:50 Melanie		
	10:00 S.S. Boom 10:00-10:50 Angela	S.S. Yoga 10:00-10:50 Angela		S.S. Yoga 10:00-10:50 Angela	Zumba 10:00-10:50 Yvonne	Zumba 10:00-10:50 Yvonne		
	10:30 S.S. Classic 11:00-11:50 Angela	Fitness After 50 11:00-11:50 Shenese	S.S. Classic 10:30-11:20 Dapheen	Fitness After 50 11:00-11:50 Shenese		Dance Jam (Tween Option) 11:00-11:50 Gail		
	11:00 S.S. Classic 11:00-11:50 Angela		S.S. Classic 11:30-12:20 Dapheen			Instructional Line Dance 12:00-12:50 Brenda		
	11:30 LiveStrong 12:00-1:30 Angela/Yvonne			LiveStrong 12:00-1:30 Angela/Yvonne				
	12:00							
	12:30							
	1:00							
	4:30		Mini Ballet 4:30-5:00					
	5:00		Beginner Ballet 5:00-5:50 Kate		Zumba (Tween Option) 5:30-6:20 Andrea			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Studio			Y Cycle 8:00-8:50 Sharon				
						Y Cycle 9:30-10:20 Jessamyn	
			Tabata/Cycle 6:30-7:30 Jessamyn	Y Cycle 6:00-6:50 Jessamyn			
		Y Cycle 6:30-7:20 Jessamyn					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness						TRX/ Ab Lab 11:00-11:50 Yvonne	
				Machine Power 5:00-5:25			
		Women on Weights 7:00-7:50 Debra					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquatics	6:00						
	6:30	Adult Open/Lap Swim 6:00-7:50					
	7:00						
	7:30						
	8:00	Aqua Aerobics 8:00-8:50	Adult Open/Lap Swim 6:00-10:50	Aqua Aerobics 8:00-8:50	Adult Open/Lap Swim 6:00-10:50	Aqua Aerobics 8:00-8:50	
	8:30						
	9:00	Aqua Noodles 9:00-9:50		Aqua Fusion 9:00-9:50		Aqua Aerobics 9:00-9:50	Aqua Kickboxing 9:00-9:50
	9:30						
	10:00	Aqua Aerobics 10:00-10:50		Aqua Aerobics 10:00-10:50		Aqua Aerobics 10:00-10:50	
	10:30						
11:00	Aquacise 11:00-11:50	Aqua Tone 11:00-11:50	Aquacise 11:00-11:50	Aqua Tone 11:00-11:50	Aquacise 11:00-11:50		
11:30							
12:00		Adult Open Swim 12:00-12:50		Adult Open Swim 12:00-12:50			
12:30		Arthritis 1:00-1:50		Arthritis 1:00-1:50			
1:00	Adult Open/Lap Swim 12:00-3:50		Adult Open/Lap Swim 12:00-3:50		Summer Camps 12:00-4:00 (ADULT LAP SWIM ONLY) LOCKER ROOMS CLOSED 12:45-4:15	Family Open/Lap Swim 10:30-3:00	
1:30							
2:00		Adult Open/Lap Swim 2:00-3:50		Adult Open/Lap Swim 2:00-3:50		Family Open/Lap Swim 1:00-3:00	
2:30							
3:00							
3:30							
4:00		Family Open/Lap Swim 4:00-4:50		Family Open/Lap Swim 4:00-4:50			
4:30							
5:00	Family Open/Lap Swim 4:00-6:50		Family Open/Lap Swim 4:00-6:50		Family Open/Lap Swim 4:00-6:50		
5:30		Swim Lessons 5:00-8:00 NO OPEN/LAP SWIM		Swim Lessons 5:00-8:00 NO OPEN/LAP SWIM			
6:00							
6:30							
7:00	Aqua H.I.I.T. Lite 7:00-7:50		Aqua H.I.I.T. 7:00-7:50		Family Fun Night (Water Features) 7:00-8:00		
7:30							
8:00							

Please Note:
*No Lap Swim During Aerobics Classes
*No Open/Lap Swim During Swim Lessons

PlusMembers Fee Based Silver Sneakers

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30							
6:00							
6:30							
7:00							
8:00							
9:00	Open Gym 5:30-3:45	Open Gym 5:30-3:45	Open Gym 5:30-3:45	Open Gym 5:30-3:45	Open Gym 5:30-3:45	YMCA Youth Basketball 7:00-2:45	YMCA Mens Basketball League 10:00-3:45
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00		Family Open Gym 4:00-4:45	Family Open Gym 4:00-4:45	Family Open Gym 4:00-4:45		Family Open Gym 3:00-4:45	
5:00	Family Open Gym 4:00-7:45	YMCA Youth Basketball 5:00-8:45	YMCA Youth Basketball 5:00-8:45	YMCA Youth Basketball 5:00-8:45	Family Open Gym 4:00-7:45		
5:30							
6:00							
6:30							
7:00							
7:30							
8:00	18+ Family Gym 8:00-8:45						
8:30							
9:00					18+ Family Gym 8:00-8:45		
					PlusMembers	Fee Based	Silver Sneakers

Gym

Gym Policies

1. All beverages must be in a sports bottle. No open drinking containers, food or gum is allowed.
2. Only gym shoes are allowed in the gym. Dress shoes, sandals and boots are not permitted.
3. Please respect all of the equipment that is used and return to appropriate storage location after use.
4. No abusive language, profanity or inappropriate behavior allowed in the gym, at any time.
5. Please do not hang on or grab nets, rims or backboards.
6. Children under the age of 10 are not permitted in the gym area without parental supervision.
7. No guests are permitted to use the gym at any time.
8. Staff has the right to ask any member to leave if not in compliance with the YMCA policies.

Pool Policies

1. Please follow the Test. Mark. Protect. Policy as posted in the Aquatics Area.
2. If there are multiple children, all non-swimmers must be in a life jacket.
3. All non-swimmers, ages 12 years and under, must have a parent in the pool, within arm's reach and wear a life jacket, at all times.
4. All swimmers, ages 12 years and under, that pass the Test. Mark. Protect. swim test, must have a parent and/or guardian supervising on the pool deck.
6. Any member refusing to comply with policies may be asked to leave the pool.
7. Active participation is required during water aerobics classes.
- Disruptive participants will be asked to leave.
8. The lifeguard's word is final.

Spa Policies

1. Must be at least 18 years of age.
2. Swim attire is required.
3. No more than 15 minutes is suggested.
4. Please shower before entering
5. Do not use without lifeguard supervision

Sauna Policies

1. Must be at least 18 years of age.
2. Athletic or Swim attire is required.
3. No more than 15 minutes is suggested.
4. Do not use oils or lotions while in sauna
5. Long pants, shirts and shoes are prohibited.

Branch Hours

Monday – Friday:
5:30am – 9:00pm
Saturday: 7:00am – 5:00pm
Sunday: 10:00am – 4:00pm

Branch Holiday Hours

Easter Sunday: CLOSED
Memorial Day: 7:00am – 1:00pm
Independence Day: 7:00am – 1:00pm
Labor Day: 7:00am – 1:00pm
Thanksgiving Day: CLOSED
Christmas Eve and Day: CLOSED
New Year's Eve: 7:00am – 1:00pm
New Year's Day: 7:00am – 1:00pm

Pathways Center Hours

Monday to Thursday:
9:00am – 12:00pm
4:00pm – 8:00pm
Friday: 9:00am – 12:00pm
Saturday: 9:00am – 1:00pm
Sunday: CLOSED

Michael Carter Executive Director
Carla Turner Membership Director
Thomas Lach Aquatics Director
Mischa Brown Sports Director
DePaul Davis Community Youth Service Director
Patrice Williamson Youth Development Director
Josie Klimas Active Older Adult Coordinator

4433 Northfield Rd
Warrensville Heights, Ohio 44128
216-518-9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Warrensville Heights Family YMCA July 2018



Mission Statement:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.