

HILLCREST FAMILY YMCA | clevelandymca.org



the  **SPRING** APRIL - JUNE
2024

ABOUT OUR PROGRAM GUIDE

- We have worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.
- You will find the categories as follows:
 - Early Childhood (ages 0-4)
 - Youth (ages 5-12)
 - Teens (13-18)
 - Adult (18+)
 - Active Older Adults (55+)
 - Families (all ages)
 - Aquatics (all ages)
 - Sports (all ages)
- Ages are meant to be a guide, each program and discipline varies
- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

EARLY CHILDHOOD

YOUTH

TEENS

ADULT

ACTIVE OLDER ADULTS

FAMILIES

AQUATICS

SPORTS

JOIN US

MEMBERSHIP

As a member of the YMCA of Greater Cleveland, you are part of something much larger than a gym or a program. You are now part of a powerful association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow and thrive.

Membership Type	Join Fee	Rate, Including Tax
Adult	\$100	\$45.36
Adult Plus	\$100	\$56.16
Family	\$100	\$66.42
Family Plus	\$100	\$82.62
Senior (65+)	\$100	\$36.72
Senior Plus (65+)	\$100	\$47.52
Young Adult (18-27)	\$50	\$35.64
Young Adult Plus (18-27)	\$50	\$46.44
Youth/Teen (0-17)	\$30	\$23.76

ANNUAL CAMPAIGN

When you give to the Y, you support critical programs and services for young people, adults and families who need them the most. As a leading nonprofit organization dedicated to strengthening communities, the Y relies on the support of neighbors like you to enable us to fulfill our commitments. From ensuring that kids have a place to thrive before and after school, to teaching people life skills in our Safety Around Water program and more, your contributions allow everyone to access the resources and support they need. Your charitable contributions help make a big impact in the lives of so many people in our area.

BRANCH ADVISORY BOARD

Advisory board members play a crucial role in helping organizations make informed decisions. By providing guidance and advice, they help steer the organization in the right direction and ensure that it stays on track to achieve its goals. Advisory board members bring a wealth of experience and expertise to the table. Interested? Contact Chris Scheuer.

EMPLOYMENT OPPORTUNITIES

Looking for a job that is committed to supporting kids, families and adults as they reach their full potential? At the Y, we are continually seeking out opportunities for our staff to learn, grow and thrive. When you are involved with the Y, you help bring about lasting personal and social change. Visit our website to see available opportunities: www.clevelandymca.org/careers



EARLY CHILDHOOD

EARLY CHILDHOOD

SPORTS

Babies to Rookies Basketball Fun Skills Clinic (Ages 3-5): Designed to introduce your little athlete to some basic skills of basketball: handling the ball, dribbling, shooting and moving. Also focuses on teamwork skills while having FUN!

Sessions	Days	Time	Member Plus	Member	Guest
2/9 - 3/8	Fridays	11-11:30a	\$50	\$70	\$110
3/15 - 4/12	Fridays	11-11:30a	\$50	\$70	\$110

MOMMY & ME

Fitness for Us (Ages 2-5): Learning to be fit through movement and games designed for young children using music and imagination!

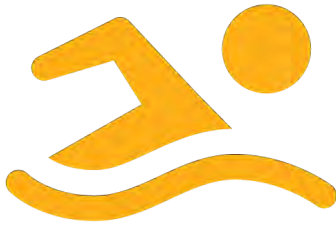
Sessions	Days	Time	Member	Guest
Monthly	Mondays & Wednesdays	10-10:45a	Free	NA

Financial Assistance is available to all who qualify. Application is required before registering.

EARLY CHILDHOOD

PRESCHOOL

Our preschool programs focus on preparing children for kindergarten. Our curriculum is based on school readiness skills and is aligned with the Ohio Department of Education's Early Learning and Development Standards. Key components include literacy, mathematics, science, social and emotional development, problem-solving, health, and diversity.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 25

CHILDWATCH

While you enjoy your workout, our childcare staff will engage your child in fun-filled activities. Our kid-centered Child Watch environment is the perfect place for your kid to laugh, learn, and make new friends.





YOUTH

BASKETBALL

Hillcrest Spring League (Ages 5-16) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. Spring and Summer sessions will be available.

Mens Summer League (18-over) Hillcrest & Warrensville YMCA has combine their mens summer league starting 4/29/2024. The season is 9 weeks. Games every Sunday at Warrensville.

Adult Basketball Skills Clinic (18-over) starting June 2024!

Session	Dates	Times	Member Plus	Member	Guest
Spring League	4/27-5/25	Varies	\$75 - \$130	\$80 - \$135	\$90 - \$160
Summer Skills	COMING 2024	Varies	\$85-\$140	\$90-\$145	\$100-\$170

FENCING

Fencing, Beginner (Ages 9-14) This course will teach the basics of foil fencing. It is one of the safest fighting sports. The sport teaches courage, quick thinking and perseverance. Taught by Fred Sims, certified fencing instructor by the us Fencing Coaches Assoc. and member of USA Fencing. All fencers will be required to wear masks during class. All equipment will be furnished by Mr. Sims. An additional \$25 equipment fee is payable by check at the first class. Parents are encouraged to stay and observe the class.

Fencing, Advanced (Ages 9-17) This class is for fencers who have taken the beginner class three times with one year's experience and who wish to compete in local tournaments. Fencers may also choose a second weapon type to fence with as well and may also fence with electric scoring equipment furnished by Mr. Sims for a rental fee of \$25 payable at the first class. Fencers will be encouraged to buy their own equipment. Taught by Fred Sims, certified fencing instructor by the US Fencing Coaches Assoc. and member of USA Fencing.

Session	Dates	Times	Member Plus	Member	Guest
Beginner	COMING 9/2024	6 -7p	\$90	\$105	\$125
Advanced	COMING 9/2024	6 -7p	\$90	\$105	\$125

Financial Assistance is available to all who qualify. Application is required before registering.

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VOLLEYBALL

Volleyball Skills Skill development for children interested in volleyball. This class promotes youth development and character building through sports and recreation. Fall and Winter sessions available. Begins July 2024.

FITNESS

After School Fitness (Ages 5-14) Designed to engage kids in healthy physical activity. Built around a curriculum of basic movement skills and progressed based on a child's development. The program meets for an hour everyday during the week where kids will have a warm-up, an exercise based on certain skill development, and then additional games and exercises, lead by a certified personal trainer. Conversations around healthy eating habits included.

Session	Days	Times	Member Plus	Member	Guest
Begins June	Monday - Friday	3:30-4:30p	\$40	\$75	\$150

Hula Hoop (Ages 5-14) Join us for this unique and fun approach to a full body cardio workout using a Hula Hoop. In this 8-week class designed for adults and teens, you will learn the basics of full body hooping and beginner hula hoop flow and performance.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 25

YOUTH

CAMPS

SUMMER DAY CAMP

YMCA Summer Day Camp (Ages 5-12) Campers discover not just the fun of day camp, but the joy of exploring their unique traits, talents, and interests. Our summer camp programs help campers discover what they are passionate about, form relationships, and obtain a sense of belonging.

SPECIALTY CAMPS

YMCA Sports Camp (Ages 5-12) Sports camps offer youth specific sports training and are designed to teach sports skills, fair play, teamwork, and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.

YMCA Fine Arts Camp (Ages 5-12) Summer arts camp is a combination of performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

Camp Type	Ages	Register	Member Plus	Member	Non-Member
Summer Day Camp	6-12	NOW	\$200	\$200	\$210
Sports/Arts Camp	6-12	NOW	\$165	\$165	\$190

YOUTH

Financial Assistance is available to all who qualify. Application is required before registering.



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BASKETBALL

Hillcrest Spring League (Ages 5-16) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. Fall and Winter sessions available.

Session	Dates	Times	Member Plus	Member	Guest
Spring League	4/27-5/24	Varies	\$75 - \$130	\$80 - 135	\$90-\$160
Summer Skills	COMING 2024	TBD	TBD	TBD	TBD

FENCING

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Session	Dates	Times	Member Plus	Member	Guest
Beginner	COMING 9/2024	6 -7p	\$90	\$105	\$125
Advanced	COMING 9/2024	6 -7p	\$90	\$105	\$125

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FITNESS

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Session	Days	Times	Member Plus	Member	Guest
Begins June	Monday - Friday	3:30-4:30p	\$40	\$75	\$150

Hula Hoop (Ages 5-14) Join us for this unique and fun approach to a full body cardio workout using a Hula Hoop. In this 8-week class designed for adults and teens, you will learn the basics of full body hooping and beginner hula hoop flow and performance.

Tai Chi Chaun (Ages 13+) Slow exercise that develops and relaxes the whole body, improving balance and building core muscle strength. Suitable for all ages from teen to senior adult. Wear loose clothing and tennis shoes

Session	Days	Times	Member Plus	Member	Guest
Coming 9/2024	Tuesdays	6:30-7:30	\$65	\$69	\$83

TEENS

TEEN FITNESS CENTER ORIENTATION

Are you 13 and ready to explore the Fitness Center? The YMCA requires teens to go through the Fitness Center Orientation. All teens new to strength and cardio training in our Fitness Center must reserve their spot online or at the Wellness Desk.

GroupX (Ages 13+) We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

See Schedule:



Personal Training (Ages 13+) Our YMCA offers personal, partner, and small group training to help you set and meet your personal fitness goals. Whether you're new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a fitness plateau, or looking to enhance your functional fitness for everyday life, our trainers will help you reach your goals in a way that works best for you!

More Information



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 25

Financial Assistance is available to all who qualify. Application is required before registering.



ADULT

ADULT

SPORTS

Pickleball (Ages 18+) Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Players play as singles, doubles (same gender), or mixed doubles (one male, one female). Players play with a wiffleball like ball and wooden or composite paddles.

Days	Times	Member Plus	Member	Guest
MONTHLY: M, W, F	1 - 3P	\$20	\$30	NA
Drop-In fee per visit	1 - 3P	\$5	\$5	\$10

Men's Basketball League (Ages 18+) The Men's 2024 Spring league under the direction the Youth and Family Programming Department. Mr. Jermaine McCaleb is the coordinator.

Game Days	Times	Team Fee	Ref Fees per team
Sundays	9A-1:45P	\$250	\$40/game

Men's Basketball (Ages 35+) Not an organized league, just a group of guys playing to get some exercise and have some fun.

Session	Day	Time	Member Plus	Member	Guest
4/22-6/3	Mondays	7:30 - 9:30P	\$49	\$54	\$81
4/25-6/6	Thursdays	7:30 - 9:30P	\$49	\$54	\$81

Personal Training (Ages 13+) Our YMCA offers personal, partner, and small group training to help you set and meet your personal fitness goals. Whether you're new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a fitness plateau, or looking to enhance your functional fitness for everyday life, our trainers will help you reach your goals in a way that works best for you!

More Information



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ADULT

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See Schedule:



FITNESS

Barre: This unique class combines ballet, yoga and Pilates into a low impact workout that increases flexibility and balance. This class incorporates light weights for an upper body workout. Medium to Medium High Intensity.

Session	Days	Time	Member	Guest Daily Fee
Monthly	Mondays	9:00-9:50A	Free	\$10

HIIT (High Intensity Interval Training): is a style of cardio respiratory exercise. HIIT involves several rounds of high intensity movement designed to significantly increase the heart rate followed by shorter periods of rest or low intensity movements.

Session	Days	Time	Member	Guest Daily Fee
Monthly	Wed & Fris	9-9:50am	Free	\$10

Buns & Abs: Come torch your core in this 30-minute express class. Exercises will target your abdominal, low back, glutes and hip area. Medium Intensity

Session	Days	Time	Member	Guest Daily Fee
Monthly	Tuesdays	6:15-6:45P	Free	\$10
Monthly	Thursdays	6:15-6:45P	Free	\$10

Financial Assistance is available to all who qualify. Application is required before registering.

ADULT

TRX: TRX is a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability. It utilizes the TRX suspension Trainer to leverage gravity and the user's body weight.

Session	Level	Days	Time	Member	Guest Daily Fee
Monthly	Beginner	Wednesday	9-9:50am	\$30	10.00
Monthly	Beginner	Thursday	5-5:50P	\$30	10.00

Pure Strength: Classic muscle building and condition class will upgrade your fitness with dumbbells, resistance bands and body weight. Mid to high intensity

Session	Days	Time	Member Plus	Member	Guest
Monthly	Mondays	8:00-8:50A	Free	Free	\$10
Monthly	Fridays	8:00-8:50A	Free	Free	\$10

Women on Weights: Ladies - let's get some estrogen into the weight room! This small group personal training class is designed to help a woman gain a beautifully sculpted physique while building confidence with weight training equipment. Each week, the certified personal trainer who leads the course will teach new exercises and training techniques. Medium intensity

Session	Days	Time	Member +	Member	Guest
Monthly	Wednesdays	6:00-6:50P	\$5	\$20	\$40
Monthly	Thursdays	10:00-10:50A	\$5	\$20	\$40

Resistance Training: Don't be intimidated by the weight room. This is an introduction to barbell weightlifting. We will learn basic techniques, range of motion and go over concepts like progressive overload, and rep ranges.

Level	Days	Time	Member+	Member	Guest
Monthly	Saturday	11:00-12:00P	Free	Free	\$10

Financial Assistance is available to all who qualify. Application is required before registering.

WOMENS WELLNESS WEEKEND

Women's Wellness Weekend (Ages 21+) A 3-day event, taking place at Camp Fitch in North Springfield PA. Camp Fitch will provide numerous activities such as horse back riding, rock wall climbing, arts and craft, kayaking and more. During the 3 day retreat, attendees will have different activities they can participate in: Outdoor Fun, Group Fitness, Guest speakers, Social Dance etc. The camp provides the food and majority of the activities. Register before 6/15.

Accomodations	Dates	Fee
Indoor Lodge	August 23-25	\$275
Open-Air Cabin	August 23-25	\$275

Small Group Personal Training (By signing up for Small Group Personal Training you can get all of the benefits of one-on-one Personal Training at a price that you can afford. Groups can have a minimum of 3 workout partners (up to 8 maximum). You can choose to train with a group of friends, co-workers, family or other members at a flexible time slot. Sign up today for great results for a great value!

More Information



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 25



ACTIVE OLDER ADULT

ACTIVE OLDER ADULT

EVENTS

Knitting Club (Ages 18+): Want to learn to knit? Have questions on a project you are working on? Just looking for a social group? The Knotty Knitters of the Hillcrest Y meet on Mondays at 10:30.

Bus Trips (Ages 18+): Monthly trips from March to December.

Cleveland Orchestra in March: The Cleveland Orchestra is offering special matinee performances at Severance Hall. We will arrive 1 hour before the concert to enjoy doughnuts and a pre-concert lecture to provide insight on the matinee concert. We'll lunch at Cleveland's oldest restaurant, Guarino's. They are known for their old world charm and delicious, authentic Italian cuisine. After lunch there will be time to enjoy the shops in Cleveland's "Little Italy".

Monthly Community Luncheon : Join us on the third Wednesday each month at 12:15P. Free luncheon includes beverage and dessert and a guest speaker or activity. This is an opportunity to get to know other YMCA Members and what your community has to offer!

FITNESS

Tai Chi Chuan for Senior Adults: Learn to relax while moving through slow and deliberate exercises that will improve core strength to give you an overall feeling of well-being. Great for seniors, persons with limited mobility, and anyone curious to know what Tai Chi is all about. Designed to improve strength, balance and breathing; we'll do both seated and standing moves, healing exercises and get exposure to other internal martial arts. Wear loose clothing and tennis shoes.

Date	Days	Time	Member Plus	Member	Guest
Coming 9/2024	Thursdays	6:30-7/15	\$55	\$59	\$73

GroupX (Ages 13+) We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

See Schedule:





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FAMILIES

PARENT'S NIGHT OUT

Parent's Night Out (Children ages 5-12) We will provide scheduled activities such as, arts and crafts, gym time, and pool time. Pizza will be provided! Program runs monthly on the 4th Friday of each month.

Days	Drop-off	Pick-up	Member Plus	Member	Guest
4th Friday of each month	6:00P	8:00P	\$15	\$20	\$30

Book Club (Ages 7-11) This program aims to enhance creativity and inspire a love of learning. This program will take place in the Program Room and Kid's Club. Dinner is provided. Coming in April!

EVENTS

Let's Do Lunch - Community Luncheon (All ages) Join us on the third Wednesday each month at 12:15P. Free luncheon includes beverage and dessert and a guest speaker or activity. This is an opportunity to get to know other YMCA Members and what your community has to offer!

Community Block Party (All ages) Community fun featuring community partners, food, class demonstrations, performances and neighborhood connection! July 26, Details and registration



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 25

CAMPS

SUMMER DAY CAMP

YMCA Summer Day Camp (Ages 5-12) Campers discover not just the fun of day camp, but the joy of exploring their unique traits, talents, and interests. Our summer camp programs help campers discover what they are passionate about, form relationships, and obtain a sense of belonging.

SPECIALTY CAMPS

YMCA Sports Camp (Ages 5-12) Sports camps offer youth specific sports training and are designed to teach sports skills, fair play, teamwork, and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility.

YMCA Fine Arts Camp (Ages 5-12) Summer arts camp is a combination of performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

Camp Type	Ages	Register	Member	Non-Member
Summer Day Camp	6-12	NOW	\$200	\$210
Sports Camp	6-12	NOW	\$165	\$150
Fine Arts Camp	6-12	NOW	\$165	\$150

FAMILIES



AQUATICS

AQUATICS

SWIM LESSONS: EARLY CHILDHOOD

Water Discovery (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together and skills are determined by age and developmental abilities. Prices reflect 4-week sessions.

Water Exploration (Ages 18 Months - 36 months) Focuses on exploring body positions, blowing bubbles as well as fundamental safety and aquatic skills. This class is parent and child in the water together,

Day	Time	Member Plus	Member*	Guest
Saturdays	12-12:30pm	\$24	\$16	\$56
Saturdays	12:30-1:00pm	\$24	\$16	\$56

SWIM LESSONS: SPECIAL

Private Swim Lessons (All ages) Whether you are interested in getting comfortable in the water for the first time, want to improve your form, or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you to determine the best path to help you achieve your personal goals.

Adult/Teen Swim Lessons (Ages 13-20+) Offering beginner and intermediate levels. Participants are evaluated on the first day of class and placed accordingly. Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

	Member*	Guest
1 Lesson	\$25	\$47
4 Lessons	\$100	\$188
8 Lessons	\$175	\$329

* Rates displayed are Family Membership rates. Price varies upon membership type. Please inquire with branch for other membership types.

SWIM LESSONS BY LEVEL

Level 1: Water Acclimation (Ages 3-5 & 6-12) Develop comfort with underwater exploration, learn to safely exit in the event of falling to a body of water.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Wednesday, Saturday	\$80	\$176
6-12 Group	Monday, Wednesday, Saturday	\$80	\$176

Level 2: Water Movement (Ages 3-5 & 6-12) Focus on body position and control, directional change and forward movement in the water, how to safely exit in the event of falling into a body of water.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Wednesday, Saturday	\$80	\$176
6-12 Group	Monday, Wednesday, Saturday	\$80	\$176

Level 3: Water Stamina (Ages 3-5 & 6-12) Students learn how to swim to safety from a longer distance, introduction to rhythmic breathing, integrated arm and leg action.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Wednesday, Saturday	\$80	\$176
6-12 Group	Monday, Wednesday, Saturday	\$80	\$176

Level 4: Stroke Introduction (Ages 6-12) Learn stroke technique in front and back crawl, learn the breaststroke, butterfly kick, treading water, and elementary backstroke.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Saturday	\$80	\$176
6-12 Group	Monday, Wednesday, Saturday	\$80	\$176

Level 5: Stroke Development (Ages 6-12) Learn stroke technique, all major competitive strokes, treading water, and sidestroke.

Age Groups	Days Offered	Member*	Guest
6-12 Group	Monday, Wednesday, Saturday	\$80	\$176

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AQUATICS

AQUATICS

LIFE GUARDING

Red Cross Lifeguard Certification Course (Ages 15+) Red Cross life guarding students must be at least 15 years old by the last day of class and pass a swimming skills test. Once students are enrolled, they'll receive the latest science-based training from experienced instructors and develop skills they'll use for a lifetime. Flexible training courses are available in-person or via Blended Learning, which combines online coursework with in-person skills sessions.

EMPLOYMENT OPPORTUNITIES

Lifeguard (Ages 15+) The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring. Candidates must be able to ensure the safety of patrons by minimizing or eliminating hazardous situations or behaviors. This person will need to be able to solve on-the-job issues by utilizing effective critical thinking and decision making skills and possess the ability to work with diverse populations. Lifeguards must be able to enforce pool policies and be able to communicate our policies effectively.

Swim Instructor (Ages 16+) Swim Instructors plan and deliver effective swim instruction, using the Y of the USA swim curriculum in a designated program area for YMCA members, program participants, and non-members. Instructors must be knowledgeable, punctual, professional, and show concern for class participants.



SPORTS

BASKETBALL

Junior Cavs - League (Ages 5-15) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. Fall and Winter sessions available.

Junior Cavs - Skills Session (Ages 8-13) Basketball skills training session run by YMCA Program Instructors. Skills training works on conditioning, sports fitness, technical skill development, and basketball IQ.

Session	Dates	Times	Member Plus	Member	Guest
Winter League	1/15 - 3/23	Varies	\$75 - \$130	\$80 - 135	\$90 - \$160
Summer Skills	COMING 2024				

Men's Basketball League (Ages 18+) The Men's 2024 Spring league under the direction the Youth and Family Programming Department. Mr. Jermaine McCaleb is the coordinator.

Game Days	Times	Team Fee	Ref Fees per team
Sundays	9A-1:45P	\$250	\$40/game

Men's Basketball (Ages 35+) Not an organized league, just a group of guys playing to get some exercise and have some fun.

Session	Day	Time	Member Plus	Member	Guest
4/8-5/20	Mondays	7:30 - 9:30P	\$49	\$54	\$81
4/18-5/30	Thursdays	7:30 - 9:30P	\$49	\$54	\$81

SPORTS

VOLLEYBALL

Volleyball Skills Skill development for children interested in volleyball. This class promotes youth development and character building through sports and recreation. Fall and Winter sessions available. Begins March 2024.

PICKLEBALL

Pickleball (Ages 18+) Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Players play as singles, doubles (same gender), or mixed doubles (one male, one female). Players play with a wiffleball like ball and wooden or composite paddles.

Days	Times	Member Plus	Member	Guest
MONTHLY: M, W, F	1 - 3P	\$20	\$30	NA
Drop-In fee per visit	1 - 3P	\$5	\$5	\$10

FENCING

Fencing, Beginner (Ages 9-14) This course will teach the basics of foil fencing. It is one of the safest fighting sports. The sport teaches courage, quick thinking and perseverance. Taught by Fred Sims, certified fencing instructor by the us Fencing Coaches Assoc. and member of USA Fencing. All fencers will be required to wear masks during class. All equipment will be furnished by Mr. Sims. An additional \$25 equipment fee is payable by check at the first class. Parents are encouraged to stay and observe the class.

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Session	Dates	Times	Member Plus	Member	Guest
Beginner	COMING 9/2024	6 -7p	\$90	\$105	\$125
Advanced	COMING 9/2024	6 -7p	\$90	\$105	\$125

YMCA360



We know life gets busy! That's why we're excited to provide our members with YMCA360: A virtual fitness option offering on-demand, livestream workouts, and more! This platform allows you to take fitness classes from home when you need to, or exercise while away on vacation. Allowing you to take charge of your fitness, anytime, anywhere!

What is YMCA360? YMCA360 is an on-demand video platform that offers a variety of fitness, wellness, and enrichment programs from the YMCA. It is available to all YMCA of Greater Cleveland members and can be accessed from anywhere with an internet connection.

Discover some of the benefits of using YMCA360:

- It is **convenient and accessible**. You can access YMCA360 from anywhere with an internet connection.
- It is **affordable**. YMCA360 is included in all YMCA memberships.
- It offers a **variety of programs**. There are programs for all ages and interests, from group exercise to youth sports to cooking classes.
- It is a great way to stay active and healthy. YMCA360 can help you reach your fitness goals and **improve your overall health**.

YMCA360 is a great way to stay active, healthy, and engaged. It is also a convenient way to access YMCA programs, even if you are not able to visit a YMCA branch.



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