

**PARKER HANNIFIN
DOWNTOWN 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:
 - Youth (ages 5-12)
 - Teens (13-18)
 - Adult (18+)
 - Families (all ages)
 - Aquatics (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.

YOUTH

TEENS

ADULT

FAMILIES

AQUATICS



YOUTH
ALLIANCE

YOUTH

WE RUN THIS CITY

YMCA of Greater Cleveland youth running program aimed to encourage healthy habits and exercise in our local communities. We strive to teach young people to set and achieve goals, increasing their self-confidence and character development, as well as their fitness and endurance. Crossing the finish line is just the beginning!

Run Club (Ages 6-12) Youth running club where students are taught to set, work toward, and achieve their goals. We aim to help participants gain self-confidence, increase fitness and endurance, and focus on YMCA core values to develop character.

Kids That Tri (Ages 12-18) This program brings together youth who are interested in learning triathlon. They enjoy community and support that they may not experience in other sports, inside and outside of school. Youth are taught swimming, biking, and running skills.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 11



TEENS SNEE1

TEENS

Teen Cafe (Ages 12-18) The YMCA Teen Cafe Program is the ultimate hangout spot after school, where teens dive into a world filled with exciting activities, from sports and arts to tech and wellness. It's a place to connect with friends, meet inspiring mentors, and engage in experiences that spark passion and creativity. Teen Cafe offers a dynamic environment where every teen discovers new interests and hones their skills. It's not just about filling time; it's about enriching lives, one awesome activity at a time. Join the journey to make unforgettable memories and explore endless possibilities.

Days	Time	Member	Guest
Wednesdays	3:45 - 5:30pm	FREE	FREE

Kids That Tri (Ages 12-18) This program brings together youth who are interested in learning triathlon. They enjoy community and support that they may not experience in other sports, inside and outside of school. Youth are taught swimming, biking, and running skills.

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:



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.

SWIM LESSONS



Private Swim Lessons, Swim Lessons by Level, and The Foundry Partnership, located in the **AQUATICS** section of Program Guide on Page 11



ADULT

ADULT

Pop-Ups (13+) Join one of our free "pop-ups" this month for a chance to try out one of our new fee based programs being offered this summer.

Snorkling (13+): Have FUN and learn the basics of snorkeling using a mask, snorkel, and fins. Equipment will be provided. Please register. The class limit will be six students.

Total Body 360 (Young Adult and up) workout is designed to use different energy systems for a maximum burn. It is based on the EPOC principle of exercise post oxygen consumption. These specifically curated high intensity interval workouts will use plyometric movements, compound resistance training and cardio intervals to blast both your aerobic and anaerobic systems, resulting in fat burning, muscle building, and metabolism boosting sessions.

Stretch Roll and Restore (Young Adult and up) Learn how to stretch the right way, enhance your flexibility, maintain your body's youthfulness, prevent injuries and relieve stress with Stretch, Roll Restore.

Class	Dates	Time	Member	Guest
Snorkling	May 26	11am - 12pm	FREE	FREE
Total Body 360	May 17	11am-12pm	FREE	FREE
Stretch Roll Restore	May 14	10am-11am	FREE	FREE

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,
Swim Lessons by Level, and
The Foundry Partnership, located in
the AQUATICS section of Program
Guide on Page 11**

ADULT



FAMILY S

FAMILIES

EVENTS

Healthy Kids Day (All ages) Healthy Kids Day brings hundreds of families together at Rocket Mortgage Fieldhouse for games, fun activities, and some time on the same court the Cleveland Cavaliers compete on for their games! There will be kids' fitness classes, dancing, sports skills clinics, arts and crafts, and other enrichment activities.

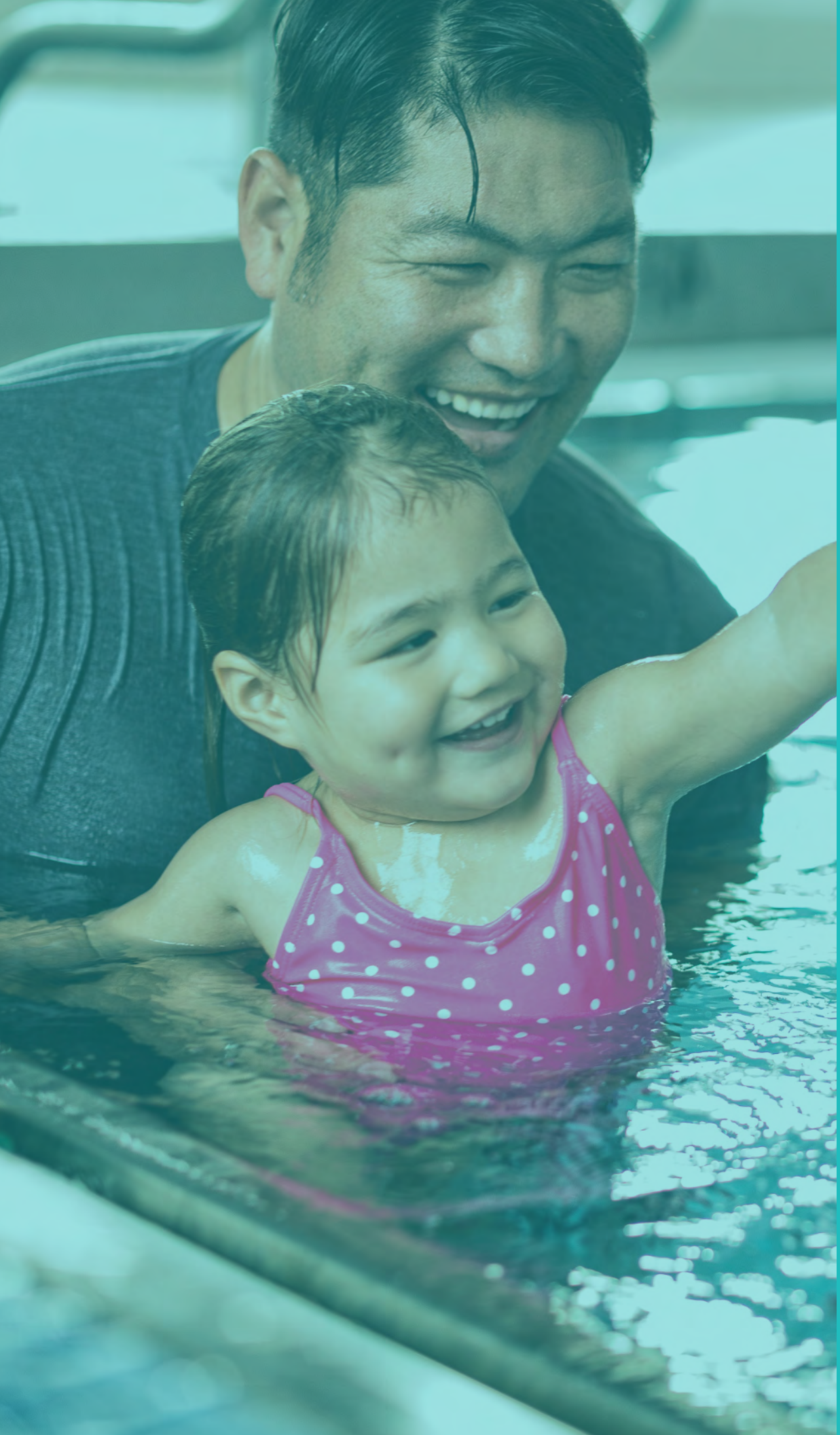
Date	Time	Member	Guest
March 23, 2024	12-3PM	FREE	FREE

Parent's Night Out Coming Spring 2024!



SWIM LESSONS

Private Swim Lessons, Swim Lessons by Level, and The Foundry Partnership, located in the **AQUATICS** section of Program Guide on Page 11



AQUATICS

AQUATICS

SWIM LESSONS: EARLY CHILDHOOD

A: 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.

B: Water Exploration (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.

	Dates	Day	Time	Member*	Guest
May	4/29 - 5/25	Saturday	10:30-11:00am	\$24	\$56
June	6/3 - 6/29 Registration Opens: 5/27	Saturday	10:30 - 11:00am	\$24	\$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.

	Member*	Guest
4 Lessons	\$100	\$188

Teen Swim Lessons (Ages 13-19) 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
4 Lessons	\$100	\$188

Adult Swim Lessons (Ages 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
4 Lessons	\$100	\$188

* 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, Saturday	\$40	\$88
6-12 Group	Monday, Wednesday, Saturday	\$40	\$88

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, Saturday	\$40	\$88
6-12 Group	Monday, Wednesday, Saturday	\$40	\$88

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
6-12 Group	Monday, Wednesday, Saturday	\$40	\$88

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
6-12 Group	Monday, Wednesday, Saturday	\$40	\$88

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	Wednesday, Saturday	\$40	\$88

Level 6: Stroke Mechanics (Ages 6-12) Students will refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Age Groups	Days Offered	Member*	Guest
6-12 Group	Wednesday, Saturday	\$40	\$88

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

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.

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.



SCAN ME

YMCA360