

AQUATICS CLASSES

Monday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)
 10:30 AM-11:20 AM Aqua Tone (Janice)
 11:30 AM-12:20 PM Aquacise
 1:00 PM - 1:50 PM Aqua Arthritis
6:30PM—7:30PM AQUA FIT **New-Debra

Tuesday

11:30 AM-12:20 PM Aqua Tone

Wednesday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)
 10:30 AM- 11:30 AM Aqua Tone (Janice)
 11:30 AM-12:20 PM Aquacise
 1:00 PM - 1:50 PM Aqua Arthritis
6:30PM—7:30PM AQUA FIT **New-Debra

Thursday

11:30 AM-12:20 PM Aqua Tone

Friday

9:30 AM-10:20 AM Aqua Aerobics (Yvonne)
 10:30 AM- 11:20 AM Aqua Tone (Janice)
 11:30 AM-12:20 PM Aquacise
 1:00 PM- 1:50 PM Aqua Arthritis

POOL INFORMATION

KEEPING YOU INFORMED...

Please remember that we take reservations for lap lanes up to 3 days in advance, if you do not pre-register, you are not guaranteed a spot in a lane.



We are hiring lifeguards!

CALL ON	RESERVE FOR
MONDAY	THURSDAY
TUESDAY	FRIDAY
WEDNESDAY	SATURDAY
THURSDAY	POOL CLOSED SUNDAY
FRIDAY	MONDAY
SATURDAY	TUESDAY
SUNDAY	WEDNESDAY

SPORTS

BASKETBALL

Monday:

OPEN GYM 4:00PM - 8:45PM

Tuesday:

OPEN GYM 4:00PM - 8:45PM

Wednesday:

OPEN GYM 4:00PM - 8:45PM

Thursday:

OPEN GYM 4:00PM - 8:45PM

Friday:

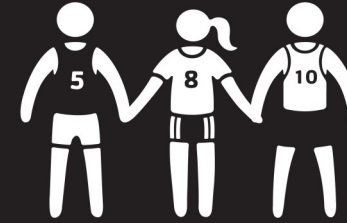
OPEN GYM 4:00PM - 8:45PM

Saturday:

7:00AM—4:00PM Open Gym

Sunday:

8AM—9:30 AM Open Gym



JR CAVS LEAGUE GAMES TAKE
PLACE ON SATURDAYS FROM
10AM-3PM

Skills and Drills

07/12-08/30

FRIDAYS 6:00PM-7:00PM

CHEERLEADING

Tuesdays

5:00PM - 7:00PM - Cycle studio
 07/09-08/29 / 10/07-12/03

CONTACT INFORMATION

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Valentina Ron • Membership Director
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Www.clevelandymca.org

Download the YMCA 360 App for communications and alerts from the branch!

YOUTH & FAMILY ACTIVITIES



CHILDWATCH

Monday-Wednesday

5:15M- 8:00PM

UPCOMING EVENTS

Urban Ballroom dancing is back!

Saturday May 4th – June 22nd from noon to 2:00PM

iWall!

Is a fun versatile exergaming product that lets you become a part of the game iWall can be used for efficient exercise, training, a simple workout or just for family fun!

Tuesdays and Thursdays 5:00PM to 6:00PM

WELLNESS CLASSES

GROUP EXERCISE STUDIO

Monday:

10:30-11:20AM Classic (Katina)
11:30AM-12:10PM Strength Basics Katina)
6:00 – 7:00 PM Step (Gail)

Tuesday:

9:30-10:20AM Boom (Angela)
10:30-11:20AM Chair Yoga (Angela)
11:30AM-12:20PM S.S. Classic (Angela)

Wednesday:

9:30-10:20 AM Chair Yoga (Angela)
10:30 AM-11:20 PM S.S. Classic (Angela)
11:30 AM-12:45 ABC Arthritis

Thursday:

9:30 -10:20AM Boom (Angela)
10:30-11:20AM Classic (Angela)
11:30 AM-12:20 Yoga Stretch (Angela)
6:00- 7:00 PM Mixx (Gail)

Friday:

6:00—7:00 PM Line Dance (Gigi)
11:00 –11:50 AM Zumba (Yvonne)

Saturday:

9:00 -9:50 AM Yoga (Jessamyn)
11:00 AM- 12:00 PM Dance Cardio (Gail)

MULTIPURPOSE ROOM

Sunday:

HITT 9:00AM-10:30AM (Shondell)

Tuesday:

9:30-10:20AM: Women On Weights & Core (Yvonne)
6:00 -7:00PM On the Ball (Debra)

Thursday:

9:30-10:20AM: Core & More (Yvonne)
6:00—7:50PM: Yoga (Jessamyn)

CYCLE STUDIO

Tuesday: IWall 5:00PM-6:00PM

Wednesday: 6:30 PM-7:30PM Y-Cycle (Jessamyn)

Thursday: IWall 5:00PM-6:00PM

Saturday: 10:00 AM-11:00 Cycle Express (Jessamyn)



BRANCH HOURS

Monday	6:00am-9:00pm
Tuesday	6:00am-9:00pm
Wednesday	6:00am-9:00pm
Thursday	6:00am-9:00pm
Friday	6:00am-9:00pm
Saturday	7:00am-4:00pm
Sunday	8:00am-3:00pm

HOLIDAY HOURS

Easter	CLOSED
Memorial Day	7:00AM-1:00PM
4th of July	7:00AM-1:00PM
Labor Day	7:00AM-1:00PM
Thanksgiving	CLOSED
Christmas Eve	CLOSED
Christmas Day	CLOSED
New Years Eve	8:00AM- 2:00PM
New Years Day	8:00AM-2:00PM

TOP 10 USERS May 2024

Congratulations to the following individuals. They were the top 10 highest users in May of 2024!



Ahmad H.
Desiree W.
Carole B.
Ken M.
Justin G.
Laurie J.
David P.
Marshall M.
Louise A.
Carl G.



**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 JUNE 2024

**Warrensville Heights Family
YMCA**

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