

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–5:00pm
Sunday	8:00am–2:00pm

HOLIDAY HOURS

New Years Day: 7AM—1PM
Easter: Closed
Memorial Day: 7AM—1PM
Independence Day: 7AM—1PM
Labor Day: 7AM—1PM
Thanksgiving Day: Closed
Christmas Eve: 7AM--1PM
Christmas Day: Closed

CHILD WATCH

Safe, supervised area for children, 6 Weeks to 12 years to create, play and discover while you enjoy some personal time to take care of YOU! Parent must remain in the facility. This is a FREE service for our younger members! (Please see posting for holiday hours)

Monday: 8:30A—12:00P; 5:00P—8:00P

Tuesday: 8:30A—12:00P; 5:00P—8:00P

Wednesday: 8:30A—12:00P; 5:00P—8:00P

Thursday: 8:30A—12:00P; 5:00P—8:00P

Friday: 8:30A—12:00P; 5:00P—7:00P

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.

ANNUAL COMMUNITY 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.

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

MEMBERSHIP

As a member of the YMCA of Greater Cleveland, you have joined 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.

Review our member handbook to see all that the YMCA can do for you! Information about policies, programs and the purpose behind our organization can be found within the pages of this quick reference book.

New Member Checklist

- ◆ Schedule a Tour (if you haven't had one yet)
- ◆ Schedule your Y Smart Start
- ◆ Schedule your Machine Orientation
- ◆ Invite a Friend or Family Member
- ◆ Attend an Event
- ◆ Get Connected and Stay Informed through our Website/YMCA360 App
- ◆ Review Policies in the Handbook
- ◆ Bring water and wear comfortable clothes as well as proper shoes for exercise.
- ◆ Bring a lock to secure your belongings



Member Handbook

Guest Pass Policy

- ◆ Members are always invited to bring friends and encourage them to join. Young Adult, Adult, Family, and Senior memberships have the benefit to bring up to two guests per visit into the YMCA. Guests are permitted into the YMCA of Greater Cleveland if they are 18 years of age or older unless otherwise approved by branch leadership. Each guest may visit the Y up to three times in a 12-month period. All guests must bring a valid photo ID. Members are provided complimentary guest passes when they initially join. We reserve the right to limit guest usage.
- ◆ Minors, who are granted visitation privileges must have a parent sign a waiver prior to their visit to the facility. Please work with our membership staff to ensure smooth access to the facility.
- ◆ Photos will be taken of all guests upon entry.
- ◆ We reserve the right to deny guest passes without cause.

MEMBERSHIP (Continued)

MEMBERSHIP TYPES

FAMILY: Two adults and their dependents, under the age of 24, who live with them. Senior parents who live at the same address and are declared on the primary adults' income taxes may also be included on the membership

YOUTH/TEEN: Individual, 0-17 years of age. A youth/teen who turns 18, while still in high school will remain in a youth/teen membership until graduation.

YOUNG ADULT: Individual, 18-27 years of age

ADULT: Individual, 28-64 years of age

SENIOR: Individual, 65+ years of age

PLUS MEMBERSHIPS: Members who take paid classes should consider the plus membership types. For an additional monthly membership fee, the cost of paid classes is significantly reduced. Our Member Service team can help you determine if this choice provides extra value to your membership.

Membership Type	Join Fee	Rate, Including Tax
Adult	\$100	\$45.36/mo
Adult Plus	\$100	\$56.16/mo
Family	\$100	\$66.42/mo
Family Plus	\$100	\$82.62/mo
Senior (65+)	\$100	\$36.72/mo
Senior Plus (65+)	\$100	\$47.52/mo
Young Adult (18-27)	\$50	\$35.62/mo
Young Adult Plus (18-27)	\$50	\$46.44/mo
Youth/Teen (0-17)	\$30	\$23.76/mo

Financial Assistance

Every day, the YMCA of Greater Cleveland offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds to ensure that those unable to pay the stated amount are able to participate. Those unable to pay the full fee may receive financial assistance based on their demonstrated ability to pay and the Y's ability to fund the subsidy. If you are in need, please talk with our staff for confidential assistance.

AQUATICS

The Hillcrest Family YMCA offers many aquatic programs, from lessons to lifeguard training, for people of all ages.

Infants and Toddlers begin to get comfortable in the water with the help of their parent or guardian thru our fun and interactive water discovery class.

Preschool lessons are a great opportunity to learn water safety and basic skills.

Youth classes range from water acclimation to competitive skill building.

Teens and Adults learn to swim at their own pace and comfort level. Private swim lessons are available to all!

Lifeguard training classes are held on-site.

Looking for a workout that is gentle, but effective? We offer many levels of aquatic fitness classes that are geared for every level of fitness and mobility.

About our Pool

Our pool is 3.5 to 9 feet deep. The shallow end of the pool can be entered from the locker rooms.

It is 60 feet long and 20 feet wide.

- 88 lengths (laps) = 1 mile
- 2.5 lengths (laps) = 1 Olympic-size pool lap

Our pool is maintained at 85 degrees. This is the standard set by the Arthritis Foundation.

Please be sure to bring a towel and a lock for your locker for daily use. Remember to empty your locker and take your lock so others may have use of that locker. (If you wish to rent a locker for an extended time, please inquire at the front desk.)

The safety of our swimmers is very important to us. You can review our guidelines in our member handbook. Youth 12 and under will adhere to our Swim, Mark and Protect protocol. The Lifeguard on duty will administer a short test to determine a swimmer's abilities to maintain safety. Some youth may be required to wear a lifejacket which will be properly fitted by the Lifeguard.

WATER FITNESS:

Aqua Fit: Use both the shallow end of the pool in this class that focuses on cardiovascular fitness, muscular strength, core, and balance. Flotation equipment is provided

Arthritis Water Fitness: This arthritis exercise class in the water is suitable for every fitness level. Exercises include range of motion, muscle-strengthening and low impact aerobics.

AQUATICS (Continued)

GROUP SWIM LESSONS – LEVELS DESCRIPTIONS

A. Water Discovery ages 6-18 months Introduces infants and toddler along with parent to the aquatic environment. This class is WITH the parent in the water with the child. Parent/Child class.

B. Water Exploration ages 18-36 months Focuses on exploring body positions, blowing bubbles as well as fundamental safety and aquatic skills. This class WITH the parent in the water with the child. Parent/Child class.

Preschool (Ages 3-5) Level 1: Water Acclimation Beginner level: This class will utilize the shallow water to help kids be comfortable in the water and will include 25 minutes of instruction and 10 minutes of structured play time. Focus on safety, learning to "ask". enter/exit pool safely, front/back float with assistance, roll from front to back with assistance, front/back glide with assistance.

Preschool (Ages 3-5) Level 2: Water Movement Adv. Beginner level: Focus on safety, learning to "ask" enter/exit pool safely, front/back float, roll from front to back, front/back glide, submerge, tread water.

School Age (Ages 6-12) Level 1: Water Acclimation Beginner level: Focus on safety, learning to "ask", enter/ exit pool safely, front/ back float, roll from front to back, front/back glide, Submerge, tread water. (all with assistance as needed)

School Age (Ages 6-12) Level 2: Water Movement Beginner: Focus on safety, learning to "ask", enter/exit pool safely, front/back float with help, roll from front to back with help, front/back glide with help.

School Age (Ages 6-12) Level 3: Water Stamina Intermediate: Focus on safety, learning to "ask", enter/exit pool safely, introduction to front & back crawl, perfect roll from front to back, tread water for 1 minute, retrieve object in chest deep water.

School Age (Ages 6-12) Level 4: Stroke Introduction Intermediate: Focus Swimming proficiently, front/back crawl, elementary back stroke, intro to breaststroke and butterfly, tread water for 1 minute, sitting dive.

School Age (Ages 6-12) Level 5: Stroke Development Advanced: Focus on swimming proficiently, front/back crawl for 25 yds, sidestroke, breaststroke and butterfly, tread water for 1 minute, kneeling/standing dive.

PRIVATE SWIM LESSONS

The lessons are designed to give participants individualized attention to improve or master their swimming skills. Together, the instructor, participant and/or parent determine the goals for the session and the curriculum is customized in order to meet these goals.

WELLNESS

Introducing young people to a healthy lifestyle is a core goal of the YMCA. To ensure the safety of our younger members while exercising, we've set the following age-appropriate guidelines.

Youth (ages 9-12)

- **Before using fitness equipment:**
 - The Youth must complete a Youth/ Teen Fitness Orientation, and,
 - A parent or legal guardian must sign a waiver.
 - After completing the above, the Youth can use the equipment under the following guidelines:
 - Direct parental or guardian supervision is required.
 - Youths can use the cardio and selectorized strength machines **in the Cardio Room only**. They may **not** use the Free-Weight Room, even if a parent or guardian is present.

Teens (ages 13-17)

- **Before using fitness equipment:**
 - The Teen must complete a Youth/ Teen Fitness Orientation, and
 - A parent or legal guardian must sign a waiver.
 - After completing the above, the Teen can use the equipment under the following guidelines:
 - Teens do not require direct parental or guardian supervision.
- They may use all Wellness Department equipment, even the Free-Weight Room.

SMART START

WHAT IS SMART START?

Smart Start is a **FREE** program for all YMCA members ages 12 and up. You may request a Smart Start with one of our Personal Trainers. He/She will spend an hour with you talking about your fitness goals and how the YMCA can best support you in reaching those goals. Request a Smart Start today.

Personal Training

New to exercise? Having a hard time designing a workout for yourself? Need help in reaching your fitness goals? Looking for a challenge?

Our Personal Trainers can help you with any of these and more. All of our Personal Trainers hold a certificate in Personal Training from a nationally recognized program. You can purchase personal training sessions of 30 or 60 minute sessions. We have several different packages from which to choose. Stop by the front desk today, and request a Personal Trainer!

The Real You

Looking for a way to lose weight in a healthy way? The Real You is the YMCA's weight-loss program. With a maximum of 8 participants, The Real You offers small group accountability and encouragement. They meet twice weekly for 2 hours and 15 minutes for nutritional talks and exercise. Learn about portion control, healthy foods, food journaling and much more!

WELLNESS (Continued)

Name of Class or Program	Class Description
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
Beat It! Cardio Drum Class	Move to simple rhythm as you use the stability ball and drumsticks to learn different beats. The workout uses a variety of hand/eye, core, strength and cardio movements along with choreography and dance exercises.
Belly Dance	Experience the differences between Turkish, Arabic, Egyptian movements while working on isolation of each part of your body.
Buns & Abs	Come torch your core in this 30-minute express class. Exercises will target your abdominals, low back, and gluteal/hip areas
Buti Yoga	Buti Yoga incorporates dynamic yoga with primal movement, cardio-dance bursts & deep core conditioning.
Cardio Combo	This class has it all - great cardio for your heart and lungs and strength work for your muscles and core.
Chair Yoga	Chair Yoga brings the best of a yoga practice to people who require or prefer the support of a chair. You will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing (beside or behind the chair), and building strength.
Compound Circuits	This full-body workout incorporates cardio, weights, and core training in a circuit format.
Cycle	This indoor cycling class will take you on a ride through the flat lands to the mountain tops. Come see why the popularity of cycling continues to endure. Since you control your own pace and resistance, you can make this work out as easy or as challenging as you desire.
Cycle Express	Cycle Express is a 30 min invigorating and heart pumping ride. Instructors design unique ride profiles so members can ride at their own pace.
Cycle To The Oldies	Cycle to the music of the '60s, '70's, and '80s. This lower intensity cycling class is perfect for riders new to group cycling and for experienced riders who want a less-intense, recovery workout.
Fitness After 50	This intermediate-level class has low-impact cardiovascular conditioning, muscular strength work, and flexibility exercises. We also do exercises designed to improve balance, coordination, manual dexterity, and agility (both physical and mental). Your heart, lungs, muscles, balance, and energy will all improve – and you'll have lots of fun along the way!
Fitness Express	A short class with big results! Work your heart and lungs, strengthen your core, and build muscular strength and endurance in an intense 30-minute workout.
Gentle Flow Yoga	Link breath with movement in this deliberate, alignment-based yoga class. Mindfully warm up the body, find strength in standing poses, explore mobility, and end with breath and rest. All-levels welcome.

WELLNESS (Continued)

Name of Class or Program	Class Description
HIIT	High Intensity Interval Training (HIIT) involves repeated bouts of high intensity effort followed by varied recovery times. HIIT classes are challenging and always different, because they can incorporate body weight, resistance bands, free weights, medicine balls, and other equipment.
Line Dance	This popular class will keep you moving with fun line dance steps performed to a variety of music.
Line Dance - Advanced	Develop your basic line dance skills a bit further in this fun class. Learn dances with more complicated moves to great modern music.
Polynesian/Hawaiian Hula Dance	Come learn the traditional dance moves of the south seas. Polynesian Dance and Hula will improve balance, connect you to interesting cultures, help with weight loss, boost your heart health, and make you happy!
SilverSneakers Classic®	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chairs are used for support. This class is open to ALL YMCA members and suitable for new to intermediate exercisers.
SilverSneakers Yoga®	This class offers a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation promote stress reduction and mental clarity. You will not exercise on the floor in this class. This class is open to ALL YMCA members and suitable for all levels of exercisers.
Strength & Balance	Everyone can benefit from better balance. Balance training involves exercises that strengthen the muscles that help keep you upright, including your legs and core. The low impact exercises are also designed to be gentle on your joints.
Stretch & Mobility	This class focuses on increasing range of motion through a combination of multiple methods of stretching, muscle pain release, and movement quality improvement. The goal is to have a functional body without unnecessary pain or fatigue after performing daily tasks.
Tai Chi	Tai Chi is a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai Chi is sometimes described as meditation in motion because it promotes serenity with gentle movements that connect your spirit, mind, and body.
TRX®	The TRX Suspension Trainer is a tool that makes gravity your resistance. Our TRX class simultaneously develops your strength, balance, flexibility, and core stability. People of all ability levels can participate, since adjusting the difficulty of any exercise is as easy as moving your hands or feet.
Yoga Flow/ Vinyasa	Vinyasa style yoga links poses with breath to create a continuous flow of movement from one pose to the next. The instructor safely guides you in and out of poses to allow for the benefits of deep stretching, strength building, proper alignment and attention to breath. Yoga Flow provides a safe environment for beginners as well as advanced practitioners.
Zumba®	Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined. Add some Latin flavor and international zest into the mix, and you've got Zumba!

Active Older Adults

Our active older adults are very important to us! No matter your level of fitness, the Hillcrest YMCA has services to meet your needs and to help you grow stronger, in Spirit, Mind and Body.

We offer fitness classes and many social activities!

- ⇒ Monthly Birthday Club*
- ⇒ Computer Classes on the 3rd Friday of the month*
- ⇒ Monthly Bus Trip*

**Please review the schedules for updates to date and time*

Insurance Based Memberships

SilverSneakers

SilverSneakers® is a preventative exercise program that enhances the quality of life for mature adults across the country. One of the largest senior-focused exercise programs in the United States, this partnership allows Medicare-eligible members to participate in YMCA programs at no additional cost.

Silver & Fit

Silver & Fit® provides eligible members with no-cost memberships through arrangements with certain health care plans. Silver & Fit is designed to help seniors achieve better health through regular exercise and health education.

Renew Active by UnitedHealthcare

A fitness program to help you live your best life. Renew Active™ from UnitedHealthcare, is available with select Medicare Advantage plans. Designed around you and your goals, Renew Active offers access to the YMCA with local and national options. Group fitness classes along with all the YMCA has to offer— all at no additional cost. If you have questions about the program, please call the Customer Service number printed on the back of your health plan ID card.

Talk with your insurance provider to get a confirmation number, then come join the Y (with photo ID).

Youth and Family Programming

Basketball at the Hillcrest Family YMCA emphasizes

- **Skill Development:** Learn and improve fundamental skills like dribbling, passing, shooting, and defense.
- **Character Building:** Foster values like teamwork, respect, and perseverance through sports.
- **Physical Fitness:** Stay active and healthy while developing coordination and endurance.
- **Community:** Build friendships and enjoy the camaraderie of teammates and coaches.

Jr Cavs Youth Basketball League (Ages 5-15)

In partnership with the Cleveland Cavaliers, this youth league focuses on skill-building and teamwork. Participants enjoy learning the fundamentals of basketball in a fair-play environment, complete with Cavs-branded gear and exciting game opportunities.

Program Features:

- ◆ Weekly practices and games
- ◆ Emphasis on fun, skill development, and sportsmanship
- ◆ Opportunities for parent involvement as volunteer coaches
- ◆ Seasonal leagues: Fall and Winter

Spring and Summer League Basketball Programs (Ages 5-16)

Basketball at the Hillcrest Family YMCA is more than just a game—it's a way for participants of all ages to build skills, foster teamwork, and grow both on and off the court. Whether you're a beginner learning the basics or an experienced player looking to refine your skills, our basketball programs provide a fun, inclusive environment for everyone.

Youth and Family Programming

(Continued)

Fencing at the Hillcrest Family YMCA

Experience the excitement and discipline of fencing at the Hillcrest Family YMCA. Our fencing programs are designed for youth and teens who want to learn the art of this dynamic and strategic sport. Participants will develop physical agility, mental sharpness, and sportsmanship in a supportive and engaging environment.

- **Skill Development:** Learn proper techniques, footwork, and fencing strategies.
- **Confidence Building:** Achieve personal goals while improving discipline and focus.
- **Physical Fitness:** Enhance coordination, balance, and agility while staying active.
- **Inclusivity:** Open to beginners and advanced fencers alike, fostering a supportive environment for all.

We offer fencing classes for beginners (9-14), and advanced (9-17)

- Basic rules and techniques of fencing.
- Proper equipment uses and handling.
- Essential movements like lunges, parries, and ripostes.

Pickleball at the Hillcrest Family YMCA for (AOA's)

Pickleball is one of the fastest-growing sports in America, and the YMCA of Greater Cleveland is proud to offer a variety of pickleball programs and resources for all ages and skill levels. Whether you're a seasoned player or just discovering the game, our facilities provide the perfect environment for learning, practicing, and competing in pickleball. Explore our programs and find your place in the YMCA pickleball community! The AOA's Active Older Adults play pickleball on Mondays, Wednesdays, and Fridays from 1pm to 3pm.

Volleyball at the Hillcrest Family YMCA (Adult Skills Classes)

Volleyball at the YMCA of Greater Cleveland provides a welcoming environment for players for ages (25 and up) skill levels to enjoy the sport, develop skills, and stay active. Our volleyball programs focus on teamwork, fitness, and personal development, offering a wide range of options to suit everyone—from beginners to seasoned players. Join us on the court for fun, fitness, and community!

Youth and Family Programming

(Continued)

Parent Night Out (PNO) at the Hillcrest Family YMCA Ages (5-12)

The Parent Night OUT (PNO) are programs to give working parents a break from their children and provide the children of evening of fun filled activities at the Hillcrest Family YMCA Branch. We provide themed activities from swimming parties, dance parties, game night and more. Parents can drop their children off from at 6pm-8pm for food, fun, and fellowship with their friends and staff at the Y. Parent Night Out is the fourth Friday of every month for a small fee and registration is required. Come and allow your children to join the FUN of PNO!

Hillcrest Family YMCA Summer Specialty Camp Ages (5-12)

Hillcrest Family YMCA Summer sports/specialty camp starts second week in June and offers a summer camp filled with swimming, sports, crafts, field trips, and other related to summer activities for your child to experience throughout the June through August. Registration opens for summer in late January early February every year. Every summer camp season, the YMCA staff wants every camper to experience the BEST SUMMER EVER!

SPECIAL EVENTS

- Free Community Luncheon on the Third Wednesday of the Month*, Doors open at 12:15
- Parent Night Out on the Third Friday of the Month*
- Information/Entertainment Guests Scheduled Monthly*
- Community Block Party
- Healthy Kids Day
- Women's Wellness Weekend
- American Red Cross Blood Drive

**Please review the schedules for updates to date and time*