

WEST PARK FAMILY YMCA | [clevelandymca.org](http://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)
- 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**



# EARLY CHILDHOOD

# 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 19

## CHILDWATCH

(Ages 6wks - 12 yrs) 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.



## Little Ballers

Coming soon!



YOUTH  
ALLIANCE

# YOUTH

## SOCCER

**Youth Soccer Skills (Ages 5-7 & 8-12)** Soccer skills training session run by YMCA Program Instructors. Skills training works on dribbling, passing, trapping, shooting, footwork, game-play concepts, teamwork, and sportsmanship. 8-week session. Practice on Tuesdays, games on Fridays.

Season	Dates	Member	Guest
Summer	COMING SOON	\$60	\$120

## BASKETBALL

**Basketball 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.

Season	Dates	Member	Guest
TBD	COMING SOON	TBD	TBD

## PARENTS NIGHT OUT

**Ages 4-14**

A monthly program designed to give parents a break and kids a night of FUN!

Season	Dates	Member	Guest
Monthly	Every 3rd Friday	\$5	\$8



## SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 19

# CAMPS

## SUMMER DAY CAMP

**YMCA Summer Day Camp (Ages 6-12)** 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.

## SCHOOL BREAK CAMPS

**Winter Break Camp (Ages 6-12)** The YMCA's Winter Break Camps provide day care and homework assistance, so your child has a safe environment during breaks from school.

**Spring Break Camp (Ages 6-12)** The YMCA's Spring Break Camps provide day care and homework assistance, so your child has a safe environment during breaks from school.

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# TEENS SNEE1



## BASKETBALL

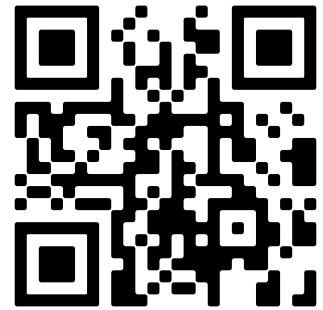
**RISE - Basketball** (Ages 8-13) Under Armour commits new national grant to expand Building Bridges through a basketball program, RISE, uniting youth and law enforcement. One-hour conversation period followed one-hour play time.

**3 on 3** - (High school students (Ages 14-18) 10 week program designed to give teens the opportunity to learn yet the freedom to showcase their style of play in an organized setting.

Basketball	Dates	Times	Member	Guest
RISE	TBD	5pm-7pm	FREE	FREE
3 on 3 League	April 22nd	4pm-6pm	\$75	\$100

**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 and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 19



**ADULT**

## PICKLEBALL

**Pickleball - Open Play (Ages 18+)** We offer open-net Pickleball for adults of all ages and skill levels. Equipment is ready for players including nets, paddles, and balls. Players are responsible for set-up and tear-down.

Pickleball	Days	Times	Member	Guest
Open Play	Mondays	8:30am-11am	FREE	3 Visit Max.
Open Play	Wednesdays	8am-10am	FREE	3 Visit Max.
Open Play	Saturdays	10:00am-1pm	FREE	3 Visit Max.

## Adult Basketball League

**Adult Basketball League (Ages 18+)** 5 v 5 Men's Basketball on Sundays with state certified officials(\$45 cash per game). Game times will vary between the hours of 6pm, and 10pm, depending on number of teams.

Season	Days	Times	Non-Member Team	Member Team
Spring	Tuesdays	6pm-10pm	\$280	\$250

## Fierce 3 - Women's 3 on 3 League

**Adult Basketball League (Ages 18+)** 3 on 3 half court basketball league designed to give all women the opportunity to play. This league is ran almost identically to the new Olympic sport that is taking the world by storm.

Season	Days	Times	Non-Member Team	Member Team
Spring	Wednesdays	6pm-10pm	\$150	\$100

## COMING SOON

**YMCA GroupX Instructor Training (Ages 18+) COMING SOON!**

# ADULT

## FITNESS

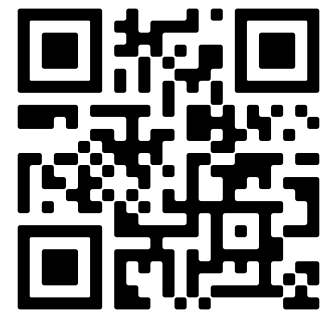
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See Schedule:



**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 19

**WOMEN ON WEIGHTS!** Do you want to take your training to the next level? Do you want to get stronger? Put on more muscle? Get Leaner? Reduce Body fat?

This program will do just that. In this program we will use free weights as well as machines to enhance your training. Each session will be a combination of upper and lower body muscle groups.

Check schedule for  
[details/Questions:dhupka@clevelandymca.org](mailto:details/Questions:dhupka@clevelandymca.org)



**ACTIVE OLDER ADULT**

## AOA ORIENTATION

**AOA Orientation (Ages 55+)** Individualized orientation to welcome AOA members.

## EVENTS

**Bus Trips (Ages 18+)** In the mood for an adventure? Join us on our next bus trip! These trips can be seeing a show, visiting a new city, trying different restaurants, and more! You can find bus trip information and dates on our website and social media pages. Bus trips are offered many times throughout the year for our AOAs and registration is required.

**Lunch and Learn (Ages 18+)** Monthly lunch meeting, topic changes monthly.

**Book Club (Ages 18+)** Meets on the third Monday of each month. Discuss topics in monthly book, share opinions gained from reading. In these meetings, AOAs choose their next month's reading. Snacks and coffee provided.

**Coffee with Cops (Ages 18+)** Opportunity to meet with Avon Police Officers to discuss safety topics.

**Coffee Talk (Ages 18+)** Tuesday and Thursday at 11:15 am. Coffee is provided, and light snacks.

**AOA Birthday Potluck (Ages 18+)** Celebration of birthdays that month, set for the last Tuesday of every month. Run by AOA group.

**Lunch Outings (Ages 18+)** Monthly lunch meeting designed to try local restaurants and socialize.

**AOA Ambassador Program (Ages 18+)** Coming soon! AOA participants help welcome new members by representing the YMCA through setting up classes, discussing offerings, and integrating them into our YMCA community.

**AOA FITNESS ASSESSMENTS:** Take the first step towards a healthier future. Learn about your current fitness level.

April & May dates.

# ACTIVE OLDER ADULT

## WELLNESS

**Quarterly Health Screenings (Ages 18+)** City EMS staff come in to the branch to perform blood-pressure, cholesterol, and glucose testing.

**Pickleball - Open Play (Ages 18+)** We offer open-net Pickleball for adults of all ages and skill levels. Equipment is ready for players including nets, paddles, and balls. Players are responsible for set-up and tear-down.

Pickleball	Days	Times	Member	Guest
Open Play	Mondays	9am-11am	FREE	3 Visit Max.
Open Play	Wednesdays	8am-10am	FREE	3 Visit Max.
Open Play	Saturdays	10:45am-1pm	FREE	3 Visit Max.

**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:



## SWIM LESSONS

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**Active Older Adult Fitness Assessments;** Are you curious about your current fitness level and how it impacts your long-term health as you age? Take the first step towards a healthier future with our

Increase your knowledge about your current fitness level and how this impacts your overall health. Schedule



# FAMILY S



# FAMILIES

## CAMPS

### SUMMER DAY CAMP

**YMCA Summer Day Camp** (Ages 6-12) 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.

## EVENTS

**Parent's Night Out** (Children ages 4-12) Child Watch will be open for parents to drop-off their children while they enjoy a night out. This program is for kids 4\*-12 years old (\*must be potty trained). We will provide scheduled activities such as, arts and crafts, gym time, swimming time, and movies. Pizza will be provided! Program runs once a month.

Days	Drop-off	Pick-up	Member	Guest
Every 3rd Friday	6pm	8pm	\$10	\$15

**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
April 5th, 2025	12-3PM	FREE	FREE

**Swim & Cinema** (All ages) COMING SOON!

Date	Time	Member	Guest
Coming Soon!	Afternoons TBD	TBD	TBD

# FAMILIES



# AQUATICS

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## SWIM LESSONS: EARLY CHILDHOOD

**A: Water Discovery** (Ages 6 months - 18 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 18 months - 36 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
A	5/5-6/29/2025	Mondays	5:20-5:50 PM	\$52.80	\$112
B	5/5-6/29/2025	Thursdays	6:20-6:50 PM	\$52.80	\$112

## 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.

**Teen Swim Lessons** (Ages 13-17) 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.

**Adult Swim Lessons** (Ages 18+) 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.

\* 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, Tuesday	\$88	\$176
6-12 Group	Tuesday	\$88	\$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, Tuesday	\$88	\$176
6-12 Group	Tuesday	\$88	\$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	Thursday	\$88	\$176
6-12 Group	Monday, Thursday	\$88	\$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	Thursday	\$88	\$176
6-12 Group	Thursday	\$88	\$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	Thursday	\$88	\$176

**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	Thursday	\$88	\$176

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

# AQUATICS

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## Babysitting Classes Coming soon!

### Program Highlights:

Covers child care basics, behavior management, leadership, and business skills.

Teaches emergency response for choking, life-threatening bleeding, and more.

Includes hands-on practice with diapering, feeding, and safely handling infants.

Participants earn a Babysitter's Training Certificate (valid for 10 years).

Additional course options include Pediatric or Adult & Pediatric First Aid/CPR/AED certifications (valid for 2 years).

### Course Formats & Times:

Courses are offered in instructor-led and blended-learning formats, with durations ranging from 4 hours, 50 minutes to 8 hours, 30 minutes, depending on the course level.

## 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**