



Hillcrest Family YMCA

5000 Mayfield Road, Lyndhurst, OH 44124

(216) 382-4300

SPRING

March 28-June 26, 2011

HOURS OF OPERATION*

Monday-Friday 5:30 a.m.-10:00 p.m.

Saturday 7:00 a.m.-6:00 p.m.

Sunday 10:00 a.m.-5:00 p.m.

SPORTS & FITNESS (6 week sessions)

Spring Session I..... March 28-May 8, 2011

Spring Session II May 9-June 19, 2011

AQUATICS SESSIONS

Spring Session I..... March 28-May 6, 2011

Spring Session II May 9-June 12, 2011

LEAGUES (8 week sessions)

Spring Session I... March 22-May 22, 2011

Spring Session II May 23-July 18, 2011

DANCE (12 week sessions)

Spring Session March 28-May 8, 2011

CHILDWATCH SERVICES

While you're using the YMCA facilities, your child will enjoy many activities including ... games, coloring, free play and much more.

(6 wks.-6 yrs.) HOURS SUBJECT TO CHANGE

Mon.- Thur. ... 8:30 am - 12:00 pm / 5:00 - 8:30 pm

Fri..... 9:00 am - 12:00 pm / 5:30 - 7:30 pm

Sat 8:30 am - 12:00 pm

COSE Y-DAYS

APRIL 2011 4, 6, 9, 12, 14, 18, 20, 26, 28

MAY 2011 2, 4, 10, 12, 14, 16, 18, 24, 26, 30

JUNE 2011 1, 7, 9, 11, 13, 15, 21, 23, 27, 29

Healthy Kids Day Saturday, April 16, 2011

Healthy Kids Day is the Y's national initiative to improve the health and well-being of families across the country. On this day, Ys hold events and encourage parents to make play dates with their kids every day as a simple way to become a healthier, more active and connected family. By making time for active play every day, families can work together, have fun and achieve greater health and well-being for their spirit, mind and body.

Each branch is hosting a variety of free activities and events for Healthy Kids Day. Check with your local branch for more information.

Free Diabetes Education and Self-Management Programs

The Greater Cleveland YMCA partners with the Cleveland Diabetes Association to offer a variety of free Diabetes programs including a 10-week Education and Self-Management program, a monthly empowerment class, and a four-part Informational Series. Classes are led by a combination of YMCA staff, registered dietitians, certified diabetes educators, nurses, and health educators.

Free 10-Week Diabetes program offered at Southeast Family YMCA: March 18 – May 20 Fridays, 9 am - 10 am (216) 663-7522

After successful completion of the program with 90% attendance at all classes, participants will receive a free six-month membership to the YMCA.

SWIM LESSONS

SCHEDULE IS SUBJECT TO CHANGE

Classes meet one day per week. (unless otherwise noted)

Spring Session I (6 weeks)March 28-May8, 2011
Member \$36/Program Member \$72; Registration begins March 7

Spring Session II (5 weeks)May 9-June 12, 2011
Member \$30/Program Member \$ 60; Registration begins April 8

Parent/Child

	MON	TUE	WED	THU	FRI	SAT	SUN
SHRIMP (6-24 mos.) swim only	5:00-5:30P			10:30-11:00A		10:30-11:00A	
SHRIMP (6-24 mos.) gym & swim*				9:45-11:00A		9:55-11:00A	
PERCH (24-36 mos.)			6:30-7:00P	10:30-11:00A		10:30-11:00A	

Preschool

Ages 3-5 yrs.

PIKE 1 & 2 - Beginner	6:30-7:00P	4:30-5:00P	5:30-6:00P	11:00-11:30A 5:00-5:30P		9:30-10:00A 10:30-11:00A	
EEL 1 & 2 - Intermediate	5:30-6:00P	5:00-5:30P	5:00-5:30P	11:00-11:30A 5:30-6:00P 6:00-6:30P		11:00-11:30A	
RAY 1 & 2 - Advanced	5:00-5:30P	4:00-4:30P	5:00-5:30P	10:30-11:00A 5:30-6:00P		11:30-12:00P	
Starfish	5:00-5:30P	4:00-4:30P	5:00-5:30P	10:30-11:00A 5:30-6:00P		11:30-12:00P	

Youth

Ages 6-9 yrs.

POLLIWOG 1&2 - Beginner	5:30-6:00P	4:30-5:00P	5:30-6:00P	4:30-5:00P 6:00-6:30P		10:00-10:30A 11:30-12:00P	
GUPPY 1&2 - Intermediate	6:00-6:30P	4:00-4:30P	6:00-6:30P	4:30-5:00P		9:30-10:00A	
MINNOW 1&2 - Advanced	6:00-6:30P	5:30-6:00P	6:00-6:30P			11:00-11:30A	
FISH 1&2	6:00-6:30P	5:00-5:30P				10:00-10:30A	

Swim Team Level

SHARK		5:30-6:00P		5:00-5:30P		10:00-10:30A	
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Teen/Adult Lessons

Ages 13+ yrs.	1:00-1:30P		6:30-7:00P	11:30-12:00P		9:00-9:30A	
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HURRICANES SWIM TEAM

Cost: 1st child \$150, Each Add'l child \$90

The Hillcrest Hurricanes Swim Team is for anyone 3-17 years of age (Guppy 2/Starfish Level or above) who likes to swim and wants to have fun participating in a team sport. The meet season will begin June 2011 and will run through August 2011. Practices begin April 4, we ask the you attend minimum 1 practice every week.

Kid's vs Water

June 13th-June 19th, 2011, Registration begins May 23

A week long intensive water safety and swim lesson program open to non YMCA members. Pre-registration required. Call 216-382-4300 closer to the start of the program for more details, schedule, and cost.

YMCA SPLASH

May 21, 1:00-3:00P

May 22, 12:00-2:00P

Get ready for summer with this free two day community based water safety program for children ages 6-12.

Private Swimming Lessons

Private: Member \$18/5 for \$80 - Program Member \$25/5 for \$120

Semi Private: Member \$25/5 for \$120 - Program Member \$34/5 for \$150 (cost for both people)

Tri-Private: Member \$32/5 for \$150 - Program Member \$48/5 for \$225 (cost for three people)

Program Participants (non-members) are required to pay an annual program participation fee of \$25

AQUATICS

Water fitness programs focus on the enhancement of physical fitness through movements that increase strength and endurance without putting stress or strain on the joints.

MEMBERS ONLY*
FREE WITH MEMBERSHIP
 (unless otherwise noted)

	MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics*	8:30-9:25A	8:30-9:25A 9:30-10:15A	8:30-9:25A 9:30-10:15A	8:30-9:25A 9:30-10:15A	8:30-9:25A		
Express	9:30-10:00A				9:30-10:00A		
Silver Splash* Silver Sneakers Water Exercise Class	1:45-2:30P		1:45-2:30P				
Arthritis Foundation Y Aquatic Program	Designed especially for those with arthritis, this program provides the participant with gentle aquatic activities.						
	2:30-3:30P	2:00-2:45P	2:30-3:30P	2:00-2:45P	2:30-3:30P		
Adult Lap Swim*	5:45-7:45A 12:00-1:00P 7:00-8:00P 9:00-9:30P	5:45-7:45A 12:00-1:00P 9:00-9:30P	5:45-7:45A 12:00-1:00P 7:30-9:30P	5:45-7:45A 12:00-1:00P 9:00-9:30P	5:45-7:45A 12:00-2:30P 5:00-6:30P	8:00-9:00A 12:00-1:00P	11:00A-12:30P
Adult Open Swim*	8:00-8:30A 11:00-12:00P	8:00-8:30A	8:00-8:30A 11:00-12:00P	8:00-8:30A	8:00-8:30A 11:00-12:00P		
All Age Open Swim*	3:30-5:00P		3:30-5:00P		3:30-5:00P	1:00-3:00P	10:00-11:00A
Family Swim* Parent must remain in the pool area					7:30-9:30P		12:45-2:00P
Toddler Rec. Swim* Parent must be in water w/ children		11:00-12:00P					

Birthday Parties At The Pool

One hour of open swim in the pool and one hour in our party room.

You supply the decorations and refreshments.

Limit 20 people. Fee: \$110
 (additional \$30 security deposit required)

Available Saturdays

3-4 p.m. (Pool) / 4-5 p.m. (Room)

4-5 p.m. (Pool) / 5-6 p.m. (Room)

Available Sundays

2-3 p.m. (Pool) / 3-4 p.m. (Room)

3-4 p.m. (Pool) / 4-5 p.m. (Room)

American Red Cross Lifeguard Class

Looking for a great job? Become certified in Lifesaving First Aid, CPR, and AED.

Participants must be at least 15 years of age. Fee \$225.

Class 1 Dates: Saturday, April 9 & 16, 12:00-6:00PM/Sunday, April 10 & 17 - 9:00AM-5:00PM

Class 2 Dates: Saturday, May 14 & 19, 12:00-6:00PM/Sunday, May 15 & 22 - 9:00AM-5:00PM

You must attend all sessions of the course and pass a written and practical exam to receive certifications.

If you are looking to get you lifeguard certification and this schedule does not work for you, contact the Aquatics Department at 216-382-4300, for more classes being offered.

YMCA Health and Wellness

Wellness Coaching: Meet with one of our wellness professionals to discuss personal health and wellness goals, familiarize yourself with branch programs and offerings, be set up on any equipment and ask any questions you may have. Stop by the front desk to schedule your one on one appointment. **FREE WITH MEMBERSHIP!**

Biometric Testing: Assess your current health status to determine the risk level for common diseases including diabetes and heart disease.

Bronze Package: Body Mass Index (BMI), Waist/ Hip Ratio and BMI to Waist Ratio Disease Risk Factor, Blood Pressure; and Body Fat Analysis using calipers. \$25

Fee based classes: Advanced Pilates pushes your Pilates-trained body to reach its ultimate potential. Using various tools, this class challenges you with higher levels of complexity, intensity and precision. Prior Pilates experience is required.
Thursday 7:00-7:50pm member, \$27, program member \$54

Yoga: Why is yoga thousands of years old and more popular than ever? Offering you strength, suppleness, energy and peace, yoga will transform your body and enrich your spirit. Come experience the harmony of spirit, mind and body.

Thurs. 9:00-9:50am member \$27, program member \$54

Tues. & Thurs. 6:30-7:45pm/Sat. 9:00-10:15am. member \$34, program member \$68

Drop In Fees member \$10, program member \$15

WOW - 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. Space is limited. Monday and Wednesdays: 9:30-10:20am/5:30-6:20pm, member \$27, program member \$54

Metabolic Inferno: Are you ready to finally take charge of your health and your weight? Stop wasting your time getting your advice from magazines and media ads. This class design is based on the best scientific research about the most effective ways to boost your metabolism and burn fat. Be prepared to sweat and work hard, be prepared to learn a lot, be prepared to do exercise homework and be prepared to ignite your metabolic inferno!
Mondays 5:30-6:20pm, member \$27, program member \$54

Steady & Stable: Boost your balance! Designed especially for adults over 55, this gentle and effective class contains precise exercises that will significantly improve your balance, align your posture, strengthen your legs, and increase your stability. Improve your confidence when you are on slippery surfaces and step stools.
Thursday 1:00-1:50 member \$27, program member \$54

YMCA Personal Training: A personal trainer is the key to achieving the results you desire with your workouts. Our experienced and certified trainers will custom design a program that is individualized and keeps you interested and motivated to reach your goals. Schedule by appointment.

Iron Kids: Each class introduces kids ages 8-12 to a new fitness component, including strength, flexibility, endurance, and agility. Participants learn the YMCA core values as they are guided through the creation of their own workouts. Wednesdays 5-5:50pm

Iron Teens: Do you want to build strength and endurance for sports? Do you just want to sculpt your physique? Our trainer will work with you on our strength and cardio equipment, making this small group personal training class suitable for all teen guys and girls, no matter what your experience. Tuesdays 7:10-8:00pm ages 13-18.

Personal Exercise Program: Need to know exactly what to do, but want to do it on your own? Our Personal Trainer will meet with you and go through your goals. The personal trainer will then write a customized workout plan designed just for you! Schedule by appointment. \$75

Group Exercise

Need a boost of motivation?

Looking to get results as quickly as possible?

Want your workout to be more fun?

Our wide array of group exercise classes gives you the freedom to choose the format that is the best way for you to reach your wellness goals --- and have a whole lot of fun on the journey! Exercise alongside friends with the help of our highly-trained, nationally-certified instructors who ensure that your workouts are always fresh, fun, and effective.

As a member of the YMCA family, you have access to dynamic, non-competitive classes from sunrise to sunset. Our instructors are dedicated to helping you achieve your wellness goals.

- ❖ Our cardio and sculpting classes will chisel your physique, strengthen your heart, improve your balance and posture, and rev up your calorie-burning furnace.
- ❖ Our cycling classes are geared to all ages and interests. Since you individually control your own speed and resistance, everyone can be successful in cycling. No coordination is required!
- ❖ Our mind-body classes such as Yoga and Pilates stretch and strengthen your body while calming your spirit and reducing your stress.

In all of our classes, we focus on helping you achieve the workout that is right for your body. There is absolutely no competition – we are a team working together to achieve our goals.

Yes, there is a place for YOU in our classes! We have formats designed for every age and fitness level. If you are new to group exercise, there is no need to be hesitant. Our friendly instructors will warmly welcome you and help you feel safe, comfortable, and successful.

The majority of classes are free with your YMCA membership. Our current Group Exercise schedules and class descriptions are available online and in our branch. Please join us!



SPORTS

SPORTS - Spring Session I.....March 28-May 8, 2011

SPORTS - Spring Session II.....May 9-June 19, 2011

Classes meet one day per week for 6 wks. (unless otherwise noted)

Preschool

Ages 3-5 yrs.

Member \$18, Program Member \$36

	MON	TUE	WED	THU	FRI	SAT	SUN
TOT BASKETBALL	5:30-6:00P				5:00-5:30P		
TOT SOCCER - Spring 1	5:00-5:30P		5:30-6:00P				
TOT T-BALL - Spring 2	5:00-5:30P		5:30-6:00P				
TOT SPORTS COMBO			5:00-5:30P		5:30-6:00P		
TOT TENNIS				5:00-5:30P			

Youth

Ages 5-7 yrs.

Member \$18, Program Member \$36

ROOKIE SOCCER - Spring 1	6:30-7:00P						
ROOKIE BASEBALL - Spring 2	6:30-7:00P						
ROOKIE BASKETBALL					6:00-6:30P	11:00-11:30P	
ROOKIE SPORTS COMBO	6:00-6:30P						
ROOKIE TENNIS				5:30-6:00P			

Ages 8-14 yrs.

Member \$18, Program Member \$36

WINNER BASKETBALL					6:30-7:00P	11:30-12:00P	
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Martial Arts

KARATE KENPO - (7-12)	6:00-7:00P		6:00-7:00P				
KARATE KENPO - (13+ yrs.)	7:00-8:00P		7:00-8:00P				
TAE KWON DO- Beginner						1:30-2:30P	
TAE KWON DO-Advance		TAE KWON DO & FENCING:				2:30-3:30P	
FENCING- (5-12 yrs.)		Member \$24/Program Member \$48			6:00-6:45P		

FREE MEMBER ONLY OPEN BASKETBALL:

ALL AGE, TEEN AND ADULT SCHEDULES AVAILABLE AT MEMBER SERVICE

**GYM RENTALS
AVAILABLE**

FREE WITH MEMBERSHIP: Tot Aerobics, ages 2-6 years, Wednesdays, 9:30-10:15 a.m.

Through our YMCA Super Sports "Game Approach" kids get to pay the games, learn the tactics, and learn the skill. Class emphasize character values, fitness, family and fun. It's not just another sports program; we are building Winners for Life!

Participants in youth leagues will have one hour on Saturday morning with 30 minutes of practice followed by a 30 minute game. Teams will be decided by the YMCA staff person in charge of the league. Volunteers will coach and officiate the games. Leagues will be offered for ages 3-4, 5-6, 7-8, and 9-14 years old.

Private Sports Lessons

One 1/2 hour session: Member \$10/Guest \$15

Eight 1/2 hour sessions: Member \$50/Guest \$80

We offer private sports lessons for youth, ages 3-16. Sports include baseball, football, basketball, or bowling. Please contact the Program Director to schedule.

Program Participants (non-members) are required to pay an annual program participation fee of \$25

Youth Basketball League:

Spring I: March 26-May 22, 2011

Spring II: May 23-July 10, 2011

Teams based on grades: K-1, 2-3, 4-5, 6-8

Members: \$30, Program Members: \$70

Our philosophy is to provide a fun, safe, and low-competitive environment for our participants, while stressing the importance of fair play, teamwork, and sportsmanship. Our teams are developed for players to learn essential skills and focus on team play and character development. The programs are designed for everyone to play and participate. Sat. 12:00-5:30P

Men's Basketball League:

League Begins May 2, 2011, Registration due by April 18, 2011

All teams may have up to 10 adults on a roster and will have the opportunity to play 12 games plus a single elimination tournament. Price is \$200 per teams plus a \$25 registration fee. The referee fees are \$30 per game. There will be a \$50 T-shirt fee for any team needing shirts.

CHILD CARE

PRESCHOOL

Ages 3-5 yrs. (must be potty trained)

- Licensed lead teacher
- Creative curriculum
- Safe and nurturing environment
- Nutritious snacks
- Family activities
- Financial assistance available
- Access to YMCA facilities and programs

For more information contact Jill Irish at 216-382-4300.

SUMMER CAMP

Registration starts March 1, 2011 for current YMCA members.

The YMCA of Greater Cleveland provides Summer Camp at 15 locations throughout the area. Our program offers weekly field trips, breakfast and afternoon snack, swimming, convenient hours and dedicated staff. Price is \$125.00 per week, county vouchers accepted and financial assistance is available.

2011 Weekly Camp Themes:

Around the World	Super Heroes
Our Community	Barnyard Palooza
The Great Outdoors	Sports Extravaganza
Stars and Stripes	H2O Here We Go
Camp Idol	Hawaiian Hullahaloo

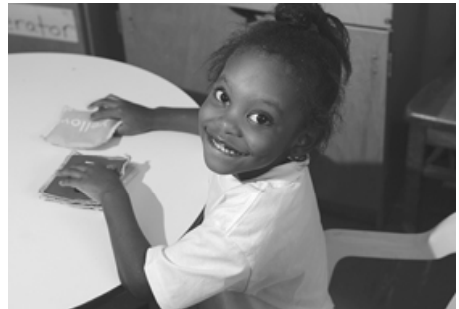
YMCA ADVENTURE GUIDES



YMCA Adventure Guides is for parents (or other significant adults) and children, ages 5 through 9. The program helps foster a lifetime of understanding and companionship and to strengthen the relationships between children and adult family members.

The Hillcrest YMCA Adventure Guides & Princesses recruit from the entire northeast area. The program relies heavily on the dedicated work of parent volunteers to make it one of the YMCA's strongest leadership and volunteer development programs.

Participate today with your child.



TEENS

YOUTH & TEEN DEVELOPMENT



Teens are an important part of our community! The Y believes in the positive development of teens through programs that will teach leadership, develop skills, provide positive social activities and encourage community involvement. Contact the Youth Director to find out more about our teen programs.

LEADERS CLUB

For teen's age 12-17. This club will meet January through June, Thursday evenings 7-8PM to discuss current events, plan service projects, and group outings. Events rotate on a three month cycle, with a service outing for the two month and a fun group outing for the third month.

Interested teens should contact the branch with any questions. This is a great opportunity to develop strong leadership skills and have fun giving back to surrounding communities.

BECOME A MEMBER

SAVE UP TO 50% ON PROGRAMS!

MEMBERSHIP RATES	Joiner Fee	Monthly
Youth/Teen (Ages 0-17)	\$30	\$ 15.00
Adult (Ages 18-64)	\$100	\$35.00
Family *	\$100	\$52.00
Senior (Ages 65+)	\$100	\$31.60
College Student	\$50	annual \$180
Program Member		\$25 annual fee

(prices listed do not include sales tax)

*Household Adult/Couple plus dependent children under age 24 and/or dependent parents living in the same household

STAFF

Jeff Jacko	Executive Director
Paul Rogerson	Regional Program Director
Jill Irish	Childcare Director
John Graves	Aquatics Director
Andrea Phones	Health & Wellness Coordinator
Tanner Gilbert	Membership Director

BOARD OF ADVISORS

Jeanie Chamey	John Maslar	Sarah Nice
Karen Conway	David Mayher	Lisa Voleski
Jamie Schneider	James Mylen	Glen Westlund
Lou Fatita	Lorraine Muldoon	Shermelle Willson
Eugene Lyons	Miesha Headman	

The YMCA of Greater Cleveland Mission
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



the YMCA of Greater Cleveland

HILLCREST FAMILY BRANCH

5000 Mayfield Road
Lyndhurst, Ohio 44124
(216) 382-4300 tel
(216) 382-4383 fax

Non-profit
Organization
U.S. Postage
PAID
Cleveland, Ohio
Permit #3152

THE YMCA SCHOLARSHIP PROGRAM is a sliding fee scale that is designed to provide services for any family, adult or senior who desires to participate and understands the benefits of the YMCA, regardless of their ability to pay the prescribed fee. Those not able to pay the full fee may be awarded Scholarship based on their demonstrated ability to pay and the YMCAs ability to fund the subsidy. Applications are available at your local branch member service desk.



A United Way Participating Agency