WELCOME TO THE Y!
It’s another vibrant year at the Lake County YMCA, and we’re glad you’re a part of it! For 148 years, the Lake County Y has stood for youth development, healthy living and social responsibility. With your help, we can strengthen the foundation of our community.

You may notice is that our guide looks a little different. Instead of having different program guides at each location, we’ve combined all of the information into one resource guide. Inside, you will find descriptions of all the classes and programs the Lake County Y offers, and the locations where you will find them. Keep an eye out at your local Y, our website, or Facebook for time and price information.

In addition to some of our most popular classes and activities—[such as: swim lessons, group exercise, older adult field trips]—we’re pleased to call your attention to three new programs we know will address important needs for our members and participants.

SUMMER LEARNING LOSS PREVENTION
This summer, the Lake County Y was a pilot site for a Summer Learning Loss Prevention Program through Y-USA. The program focused on improving writing and reading skills for under-performing students in 1st and 2nd grade at Maple Elementary School in Painesville. The program was held four days a week for six weeks. In addition to being in the classroom for part of the day, students enjoyed enrichment activities like art, music, sports, games and nutrition lessons that all tied into literacy and the weekly theme. The program was such a success that we will be expanding it to other school districts in the summer of 2014.

DIABETES PREVENTION PROGRAM
The Lake County YMCA is currently creating a plan to implement the YMCA of the USA’s Diabetes Prevention Program. This program will help overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. The evidence-based program provides a supportive environment where participants work together in a small group, facilitated by a trained YMCA Lifestyle Coach, to achieve the program goals.

MEMBER-LED COMMUNITY SERVICE
Our annual community snapshot survey indicates, year upon year, that members of the community believe it is they, themselves, the members of a community, who have “the largest opportunity to make a difference in improving the quality of life in their own community.” Y members are the movement’s single largest asset and can be a powerful force for good if engaged in meaningful and effective service opportunities that benefit their communities. The Member-Led Community Service program will provide members with convenient, rewarding and meaningful opportunities to give back and support their neighbors, and to actively participates in the Ys cause of strengthening the foundations of community. Currently, members can get involved through Join 365, a website that connects people to volunteer opportunities in the community. Check out lakecounty.join365.org to get registered today!
MEMBERSHIP LOCATIONS
The Lake County YMCA has four great membership locations to meet your needs.

WEST END Y
37100 Euclid Avenue
Willoughby, OH 44094
440.946.1160

EAST END Y
730 North Lake Street
Madison, OH 44057
440.428.5125

CENTRAL Y
933 Mentor Avenue
Painesville, OH 44077
440.352.3303

OUTDOOR Y
4540 River Road
Perry, OH 44081
440.259.2724

CHILD CARE LOCATIONS
The Lake County Y also provides infant/toddler, preschool and school-age child care. Contact information for each site is listed below.

PAINESVILLE CITY LOCAL SCHOOLS
933 Mentor Avenue
Painesville, OH 44077
440.352.3303
Contact Sherry Kantz
skantz@lakecountyymca.org

BROADMOOR SCHOOL
933 Mentor Avenue
Painesville, OH 44077
440.352.3303
Contact Sherry Kantz
skantz@lakecountyymca.org

EAST END CHILD CARE
730 North Lake Street
Madison, OH 44057
440.428.5125
Contact Lori Klem
lklem@lakecountyymca.org

WILLOUGHBY-EASTLAKE SCHOOLS
37100 Euclid Avenue
Willoughby, OH 44094
440.946.1160
Contact Pattie Ritt
pritt@lakecountyymca.org

PERRY CHILD CARE CENTER
4325 Manchester Road
Perry, OH 44081
440.259.4596
Contact Angie Reed
areed@lakecountyymca.org
JOIN US IN SOMETHING BIG

Membership at the Y is a special thing. Be a part of a leading charitable organization for youth development, healthy living and social responsibility.

When you join the Y you belong to a place where:

• Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
• Families come together to have fun and spend quality time with each other.
• Children and teens play, learn who they are and what they can achieve.
• Adults connect with friends, pursue interests and learn how to live healthier.
• Communities thrive because neighbors support each other and give back.
• We all build relationships that further our sense of belonging and purpose.

MEMBERSHIP FOR ALL
We believe everyone deserves a Y, so the Lake County YMCA offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It’s easy to apply and the Y does everything it can to make the Y a place for all.

VOLUNTEER, DONATE, ADVOCATE
As a nonprofit, the Y is able to strengthen community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y.

Well-being for many of our neighbors is all too frequently limited by income or social isolation. In low-income communities, the Y offers opportunities for every child, teen or adult to achieve his or her potential regardless of economic status. With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y’s impact.

MEMBERSHIP CARD
Upon joining the Y each member is issued a key tag card. We ask that you scan this card at the Welcome Center every time you enter the Y. Loaning of your membership card subjects the owner to loss of privileges. All lost or stolen cards should be reported immediately.

MEMBER GET A MEMBER PROGRAM
Current members receive one (1) FREE month of membership for each friend you refer to our Y that joins!

MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Type</th>
<th>Join Fee</th>
<th>Monthly Rate</th>
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<tbody>
<tr>
<td>Family (Age 24 &amp; up)</td>
<td>$50</td>
<td>$66.50</td>
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<tr>
<td>Adult (Age 24 &amp; up)</td>
<td>$50</td>
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<tr>
<td>Youth (Age 6 - 23)</td>
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RATES EFFECTIVE JANUARY 1, 2014. RATES SUBJECT TO CHANGE. YMCA MEMBERSHIPS SUBJECT TO A 7% SALES TAX.
YOU BELONG
With the Y, you’re not just a member of a facility; you’re part of a cause. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community, too.

BE OUR GUEST
We believe in opportunities for all to experience the endless benefits the Y has to offer. Become a part of our community and enjoy a positive social experience like you’ve never had before. We want to get to know you and you to know us.

Guests must present a driver’s license or other photo identification and pay a fee as described below. A guest pass may only be used for one (1) visit and must be purchased on the day of use. Guests are limited to three (3) visits per calendar year. Each Y may suspend guest pass sales during busy times to better accommodate members.

CENTRAL, EAST END AND WEST END GUEST FEE
Youth – $5
Adult – $10
Family – $15

OUTDOOR Y SUMMER ONE DAY PASS
Youth – $8
Adult – $10
Under 40” tall – FREE!
Twilight Fee—$4/$5 Admission after 5pm

Guest pass fees will be applied to your membership dues when you join the Y!

ALWAYS WELCOME AT Ys
The Lake County Y participates in the AWAY program and accepts Y membership cards from all Ys outside a 50 mile radius at no cost. Members of Ys within a 50 mile radius are welcome to use the Lake County Y at a discounted rate equal to half-off the regular guest pass fee.

PROGRAM REGISTRATION
<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Online</th>
<th>Members</th>
<th>Program Members</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Jan 6 - Feb 22</td>
<td>Dec 14</td>
<td>Dec 16</td>
<td>Dec 19</td>
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<tr>
<td>Session 2</td>
<td>Mar 3 - Apr 19</td>
<td>Feb 15</td>
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<td>Apr 28 - Jun 14</td>
<td>Apr 12</td>
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<td>Jun 23 - Aug 9</td>
<td>Jun 7</td>
<td>Jun 9</td>
<td>Jun 12</td>
</tr>
<tr>
<td>Session 6</td>
<td>Nov 3 - Dec 20</td>
<td>Oct 18</td>
<td>Oct 20</td>
<td>Oct 23</td>
</tr>
</tbody>
</table>

Register online at www.lakecountyyymca.org
• Click on “My Account” at the top of the page
• Create a user name and password
• Register for most programs and special events

Register In Person
Everyone is welcome to stop in and register for their favorite Y activity. The Y staff will be glad to help you register during business office hours.

By Phone
• During business office hours
• We accept VISA, MasterCard, Discover or American Express.

Some Things to Remember
• Payment is due upon registration.
• A class age requirement must be met on or before the class session.
• In case of absence, some classes may be made up within the current session. See a director to make arrangements.

Program Refund Policy
All program fees are to be paid at the time of registration. If the class is cancelled or you cancel registration prior to the first class a 100% refund or system credit will be issued. All other situations will be handled at the Program Director’s discretion. System credits will be valid for one year. There are no refunds on membership payments. Memberships may not be transferred to another person.
RELAX, EXPLORE AND PLAY AT THE OUTDOOR YMCA!

PLAN AHEAD

MEMORIAL DAY WEEKEND
Saturday, Sunday, and Monday
May 24, 25, 26 Noon – 5 pm

EARLY SEASON
Tuesday, May 27 through Thursday, June 5
11 am – 6 pm (7:45 pm on Splash Day June 7)
All areas may not be open. Subject to staff availability.

REGULAR SEASON
Saturday, June 8 through Sunday August 17
Monday–Friday 1 – 7:45 pm
Saturday & Sunday 11 am – 7:45 pm
Members Only 10 am–11 am
We’re OPEN JULY 4 from 11 am – 7:45 pm

LATE SEASON
Monday, August 18 – Friday, August 29
Monday–Friday 3 – 6 pm
Saturday & Sunday 11 am – 6 pm
Members Only 10 am–11 am
All areas may not be open. Subject to staff availability.

LABOR DAY WEEKEND
August 30 – September 1 11 am – 5 pm
Members Only 10 am–11 am

TOOTDLER SWIM TIME
Monday, June 9 through Friday, August 15
Monday–Friday 11 am – 12:30 pm Must be checked-in at Pool Desk by noon. This time is designated for toddlers and their siblings only.

KEEPING SAFETY FIRST

• Posted rules and lifeguard instructions apply to everyone.
• Swim diapers are required for children who are not toilet trained. We have them available for purchase in the snack bar.
• Any person with an infectious wound or illness will not be permitted in any of the pools.
• Children under the age of 12 that want to use the drop slide area or want to use the twisty waterslide but do not meet the minimum height requirement must pass the deep–water test. All others are encouraged to take this test if there are any questions about swimming ability. This test consists of swimming across the diving well in a competent manner.
• Footwear must be worn in bath house and snack bar.
• Smoking is prohibited on YMCA property.

POLICIES

Pool is cleared at 7:45 pm and the bath house closes promptly at 8 pm. The last 15 minutes of each hour is open swim time for adults 18 years and older, except the 7pm hour.

• Children under the age of 5 may accompany adult in main pool.
• Monday through Friday the times of 11 am – 12:30 pm are designated for YMCA Day Camp, toddler swim and other youth group swims. Except July 4.
• Lap swim is Monday through Friday 8:30 – 9:30 am and 12:30 – 1 pm Lap swim times are 8 – 9am during the weeks of July 1 – 5 and July 8–12 (No lap swim July 4)
SOME PLACE DIFFERENT FOR YOUR NEXT EVENT

The Outdoor Y is a tremendous, year–round venue for your family, group, organization or business function. We have just what you need for baby showers, graduation parties, family reunions, company picnics, church outings, retreats and more!

INDOOR
We have 3 indoor facilities available for your party: The Hearth Room, Arbor Room and NEWLY RENOVATED Skeggs Chapel. All rooms have access to a kitchen and restrooms as well as outdoor areas. Capacity ranges from 60–150, so there is a space for every occasion!

OUTDOOR
We have 3 large pavilions available, all equipped with water and electricity, picnic tables and portable restrooms. Pavilions accommodate up to 250 people.

FAMILY AQUATIC CENTER
We have two pavilions and one Arbor area available for those wanting an area inside the aquatic center. These areas accommodate up to 40. Guests who are not Y members must pay the Guest Fees, but with a rental, there are discounted group rates available.

CAMPING
A primitive camping site with a fire pit and nearby water spigot and portable restrooms. $12/car

<table>
<thead>
<tr>
<th>Indoor Spaces</th>
<th>Capacity</th>
<th>Rental Length</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Hearth Room</td>
<td>150</td>
<td>6 hours</td>
<td>$180</td>
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<tr>
<td>Arbor Room</td>
<td>60</td>
<td>6 hours</td>
<td>$130</td>
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<tr>
<td>Skeggs Chapel</td>
<td>75</td>
<td>6 hours</td>
<td>$165</td>
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<table>
<thead>
<tr>
<th>Outdoor Spaces</th>
<th>Capacity</th>
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<tr>
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<td>All day</td>
<td>$155</td>
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<tr>
<td>Oak Pavilion (B)</td>
<td>200</td>
<td>All day</td>
<td>$130</td>
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<tr>
<td>Hickory Pavilion (C)</td>
<td>250</td>
<td>All day</td>
<td>$130</td>
</tr>
<tr>
<td>Pool Arbor</td>
<td>40</td>
<td>4 hours</td>
<td>$65</td>
</tr>
<tr>
<td>Pool Pavilion I</td>
<td>35</td>
<td>4 hours</td>
<td>$65</td>
</tr>
<tr>
<td>Pool Pavilion II</td>
<td>35</td>
<td>4 hours</td>
<td>$65</td>
</tr>
</tbody>
</table>

Wedding packages available. Call the Outdoor Y for details.

SKATE, CLIMB, SWIM PARTIES

SKATING PARTIES
Celebrate your birthday Y style. Instead of having the party at your house, relocate it to the Y. Bring your guests and spend the afternoon skating on our rink.

FEE $120 – Includes skate rental and use of a room for a party up to 20 children. Additional participants $5/each.

CLIMBING PARTIES
Try the exhilarating sport of climbing at our outdoor wall. Challenge your friends to see who can reach the top. Each participant gets to climb the wall twice.

FEE $120 – Includes climbing and use of a room for a party up to 10 children. Additional Participants $5/each.

ULTIMATE POOL PARTY PACKAGES
These all-inclusive pool parties include:
- Use of a pool pavilion or arbor
- Admission to the Aquatic Center for your guests
- Option to purchase lunches and Froyo Twist sundaes for your guests

FEE: Pre-paid pool party up to 20 guests $150
     Pre-paid pool party up to 35 guests $235
Optional lunch: $6/person
Optional Froyo Twist sundaes: $3/person
LEADERS CLUB

Leaders Club enables young people to learn that they can make a positive difference in the lives of others. The club involves social time with other teens, service projects, development of social skills, team building activities, special event field trips and many other fun activities. It also focuses on issues such as volunteerism, group dynamics, conflict resolution, personal growth, leadership skills and the YMCA character development values of caring, honesty, respect and responsibility. We not only promote student achievement in school, but also the ability to carry those skills learned with them after graduation and beyond.

Our ultimate goal is to HAVE FUN! With that said, there is still work to be done. To participate in this program, teens will need to earn volunteer hours through community service opportunities. Leaders Club is an international YMCA program that meets and interacts with several other local and distant chapters from other YMCA’s. We participate in rallies, community service projects, learning opportunities and group discussions.

MINORITY ACHIEVERS

It can be hard to figure out a place in the world. As a young person with their whole life ahead of them, having the right guidance and support can make a real difference in figuring out who they are and what they can achieve. Whether kids come to the Y looking to explore their interests or to find support in navigating challenges, the staff at the Y is committed to help. The Minority Achievers program is for teens who are ready to take the ultimate step towards achieving excellence and demands high levels of commitment and maturity.

Teens who commit to this program walk away ready to do more and be more. They are motivated to succeed in school, be exposed to the world of work and develop practical leadership skills.

Minority Achievers encourages youth to pursue higher education and career goals. It unites teens with caring adult volunteers and generous corporate sponsors who are looking for ways to impact their future workforce. The program is for students in grades 9-12, and offers them a jump start on their future through the following:

- leadership meetings
- college tours/fairs
- college preparation
- tutoring
- life skills seminars
- social activities
- cultural events
- community service projects
- job shadowing
ADVENTURE GUIDES AND PRINCESSES

Parents and children participating in Adventure Guides and Adventure Princesses develop strong bonds that support self-esteem and communications skills, setting the foundation for positive, lifelong relationships.

In Adventure Guides and Adventure Princesses, parents and children develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families, and community service projects. They spend constructive, quality time together, emphasizing the vital role that a parent plays in the development of a child.

Some activities enjoyed by the Guides and Princesses include...

- An annual Feast
- Sleepovers at the Captains games, Science Center, Buffalo Naval Park, and the Zoo.
- Campouts at Perry Outdoor Y and Camp Fitch.
- Father Daughter Dances.
- Bowling parties.
- Cedar Point.
- Hikes, picnics, and outdoor scavenger hunts.
- Pinewood derby.
- Swim and gym at the Y.
DAY CAMP

At the Y, we value the unique personalities and potential of every child and teen. For some children this is their first experience away from Mom and Dad. Summer Day Camp will strengthen their abilities to try new activities, make new friends and give them courage to learn new skills. This camp experience leads to a successful understanding of who they truly are, and of the four core values of honesty, caring, respect and responsibility. Summer Day Camp creates an environment where kids can be themselves, discover exciting new things, cultivate friendships and make memories to last a lifetime.

Our Counselors are current teachers, college students, and responsible upper-level high school students. Our top priorities include the safety of every camper, creative lessons planning, and 100% participation. Staff are trained in the areas of first aid, CPR, behavior/conflict management, risk management, Day Camp leadership, child abuse prevention, creative programming, and incorporating Y character values.

Volunteers are welcome. We are always looking for friendly and enthusiastic parents to volunteer as group leaders on big trip days. Volunteers are responsible for a small group of children for the day and are expected to follow Y policies and procedures pertinent to the trip. Volunteers must go through a background check two weeks prior to the date of volunteering.

A ONE-OF-A-KIND OUTDOOR Y

In addition to the great facilities at each local Y, day campers can also look forward to visiting the Outdoor Y in Perry. The Outdoor Y has a large Family Aquatic Center with an Olympic size pool, spiral water slide, drop slide, and two aqua climbing walls. The Family Aquatic Center also has an interactive spray-n-play area including a double dump bucket that gradually fills itself and then spills, a rain castle, a rain hoop that produces a rainbow-like shimmer of water, circle jets, and rain tunnel with jets of water coming from the concrete pad at such an angle that they “sculpt” a tunnel.
CAMP FITCH

Like many Y programs, camping is about learning skills, developing character and making friends. Camp is a special place where youth come together to engage in physical, social and educational activities. Camping teaches self-reliance, a love for nature and the outdoors, and the development of character and leadership skills—all amidst the fun of camp fires, rock climbing, canoeing, archery, talent shows, and meaningful relationships. Y counselors are dedicated to making sure camp is an amazing experience for every camper.

Camp Fitch is located on 450 beautiful acres on Lake Erie at North Springfield, PA. Campers are divided into girls camp and boys camp. Each has a recreation lodge for indoor activities, showers, and modern plumbing. Campers live with six other campers and a counselor in one of Camp Fitch’s unique cabents.

The Lake County YMCA will celebrate 40 years of overnight camping at Camp Fitch this summer! Join us for a great experience that will create memories that last a lifetime.

SCHOOL DAY OFF CARE

“Kids today focus on video games and electronics to entertain themselves, not always wanting to give the outdoors and everything it has to offer a chance. School day off camp gives kids that opportunity and allows them to meet new friends.”

A break from school means a safe and fun filled day for your kids at the Y. School Day Off Care provides opportunities to swim, go on filed trips, and play games. Your child will have a chance to exert energy, try new things, and make new friends. Field trips can vary by Y, but your child can take a trip to the Science Center, the pumpkin patch, or even Fun N’ Stuff. Youth will have the time of their lives going on exciting adventures, learning how to work as a team, and getting to interact with new people. School Day Off is offered at all of our Ys including the Outdoor Y for special holidays.
CHARITY 5K RUN AND WALKS

WEST END Y
WEST END RUN 5K & WALK
Whether you run, walk or jog in this event you are an inspiration to other. Every day people come to the Y looking to start living healthier lives, but don’t know where to begin and can’t afford to join. Proceeds from this event help us provide membership assistance so that we can start them on their journey without delay. Thanks to you, we’re here for people from start to finish. The scenic course will start and end at the Y while you run a flat course through neighborhoods of Willoughby. Race day is May 4, 2014.

OUTDOOR Y
RIVER RAMPAGE 5K MUD RUN
Lake County YMCA and the Madison Joint Recreation District are hosting the second annual River Rampage 5K Mud Run in September. The race route will begin and end at the Y Outdoor Family Center in Perry. Runners will be making twists and turns along wooded trails, through obstacles that include trees, mud puddles, and even the Grand River. Proceeds from this event will help to provide sports scholarships to families in Madison and will go to the Y Annual Giving Campaign. The race is June 29th, 2014.

EAST END Y
RABBIT RUN 5K RUN & WALK
The Rabbit Run Community Arts Association and the East End Y are proud to announce the 4th annual Rabbit Run. This run will benefit both organizations in the pursuit of providing more community services to the Madison area. Rabbit Run Community Arts Association provides arts education, including music, drama, visual art and dance classes as well as cultural opportunities such as concerts and plays. The race will be held on October 26, 2014 and will start at the Rabbit Run Theatre.

CENTRAL Y
TURKEY DAY 5K RUN & WALK
Start a new Thanksgiving tradition the whole family will enjoy. Walk, run or jog in our 4th annual Turkey Day 5k. The 3.1 mile course will take you through the streets of beautiful Painesville and will end at the Y. Proceeds from this race will benefit the Y’s Annual Giving Campaign which helps to provide membership and program scholarships to families in need. Join us on November 27, 2014.
FOR YOUTH DEVELOPMENT
At the Y, we believe every child has potential, and we’re here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do.

CHILD CARE
With so many demands on today’s families, parents need all the support they can get. That’s why child care at the Y is about more than looking after kids. It’s about nurturing their development by providing a safe place to learn, developing healthy, trusting relationships and building self-reliance through the Y values of caring, honesty, respect and responsibility.

PRESCHOOL CHILD CARE  AGES 3 - 6
State Licensed and committed to providing quality care for your preschooler. Our goal is to help your child develop personally in a safe and secure healthy environment. Offered all year. Child must be toilet-trained.
Offered at: Central, East End, Perry Child Care

BEFORE AND AFTER SCHOOL CHILD CARE  GRADES K – 5
School age child care is available at over 10 sites throughout Lake County. The program includes swimming and homework time as well as a variety of other planned activities. Contact your Child Care Director for more info.
Offered at: Central, East End, West End, Perry Child Care

CHILD WATCH
Child Watch is a place parents can drop off their kids while they take some time for themselves. Our welcoming staff is here to care, encourage and play with kids in a safe environment while their parents are in the building. Ages vary. Check your Y for details.
Offered at: Central, East End, West End

PARENT’S TIME OUT  AGES 4 – 10
We believe it is important to give yourself the gift of time during the holiday season. Our child watch staff will provide simple holiday activities, fun games, and compassionate care for your children while you prepare for the holidays. Keep an eye out at child watch for dates and times. Please pack a healthy meal!
Offered at: East End, West End

SCHOOL DAY OFF CARE  AGES 6 – 12
When schools are out for scheduled holidays and other occasions, we offer a full day of supervised fun. Planned activities include field trips, sports, games, swimming and more. Your local Y will have fliers with dates and trip information.
Offered at: Central, East End, West End, Outdoor Y

SCHOOL CANCELLATION CARE  AGES 6 – 12
The Y is committed to ensuring our community has safe, accessible care for children when schools close due to weather and other unforeseen emergencies. Rather than plug in at home in front of the TV, come to the Y for a full day of swimming, games and more. Contact your Y for details.
Offered at: Central, East End
EDUCATION AND LEADERSHIP
At the Y children gain confidence and recognize the Y as a place where they belong and can feel comfortable exploring new interests and passions.

ACADEMIC ENRICHMENT
School isn’t the only place we can learn! At the Y your child can learn new languages, discover hidden talents, and unlock their full potential.

EXPERIENTIAL EDUCATION
School programs allow students the opportunity to get out of the classroom and participate in a hands-on learning experience. Trained and caring staff lead hikes and nature studies to reinforce curriculum introduced in the classroom. For scheduling or programming information, call 440.259.2724.
Offered at: Outdoor Y

HOMESCHOOL ENRICHMENT CLASSES AGES 6-17
A wide variety of classes for homeschool students of all ages ranging from art to gym & swim.
Offered at: Central, East End

PRESCHOOL LEARNING PROGRAM AGES 3 – 5
Healthy development starts early. Our trained, supportive staff work to help every child have the best possible start in their education.
Offered at: Central, East End, Perry Child Care

SCIENCE AGES 3 – 12
Explore our world of science through hands on experiments and lessons. Offered at: Central

SIGN LANGUAGE AGES 6 – ADULT
Taught by a certified American Sign Language instructor. Offered at: Central

SPANISH CLASS AGES 6 – 12
Learn the basics or achieve mastery in one of the fastest growing languages in the United States. Offered at: Central

STORYTELLING AGES 6 – 12
Children learn to “think like a writer” while being guided in short story writing. Offered at: Central

WRITERS CLUB AGES 13 – 20
Young adults experiment with creative writing in a fun and supportive setting. Offered at: Central

“We feel that the Y has a positive impact on our family because it is a place where we can go as a family to encourage exercise and activity instead of sitting at home watching the television. Our children have met friends and enjoy interacting with other kids and us adults enjoy the opportunity to get healthy together.”
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

ARTS & HUMANITIES
It’s a workout for your mind. Your children will explore their creativity in a supportive environment. At the Y, we help them experience culture and beauty in the world around them.

DANCE INSTRUCTION AGES 3 – 18
From a basic introduction to rhythm and movement to refining advanced techniques, a wide variety of classes are available to meet your needs.
- Ballet
  Offered at: Central, East End, West End
- Hip Hop
  Offered at: Central, East End, West End
- Jazz
  Offered at: Central, East End, West End
- Tap
  Offered at: East End, West End

ART INSTRUCTION AGES 1 – 17
Encourages creativity and self-discovery while building self-esteem through art.
Offered at: Central

ART & MUSIC AGES 1 – 5
Spend half of the class focusing on art and the other half on music.
Offered at: Central

BALLROOM DANCE AGES 16 – ADULT
Learn the basic steps of various ballroom dances.
Offered at: Central

COMMUNITY ART SHOW AND RECEPTION
Show off the final products from all of our art classes at one of our Community Art Shows. Art work will be displayed around the Y for your friends and family to view, and then a pot luck reception to celebrate will conclude the evening. Seasonal shows are in Spring and Winter.
Offered at: Central

DANCE CAMP
Kids enjoy learning a variety of dance steps from ballet, jazz and hip hop while building self-esteem and expressing creativity. Additional activities include a daily craft and snack. Dancers should wear loose, comfortable clothing and ballet or jazz shoes. A brief performance is given the final day of camp.
Offered at: East End

FOOD ART AGES 4 – 10
Children create art using their imaginations and healthy foods. The best part of Food Art is eating your creation at the end of the class.
Offered at: West End

GIRLS, BUILDING A STRONGER YOU AGES 9-13
A weekly program for girls only! Each class focuses on a different skill and fun activity. Things like nail art and hair braiding as well as crafting and discussing with some exercise are a part of this program.
Offered at: West End

I SAW IT ON PINTEREST AGES 14 & UP
As a class, pick several ideas from Pinterest and create your own.
Offered at: Central
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

ARTS & HUMANITIES

PHOTOGRAPHY AGES 12 & UP
Learn how to use all the functions of your camera and how to compose photos.
Offered at: Central

POTTERY AGES 12 & UP
Learn the basics of pinch pots, coil pots, and sculptures with an experienced ceramics artist.
Offered at: Central

RECYCLABLE ARTS AGES 6 – 12
This class allows the students to have a taste of different aspects of design with various textiles and media, as well as recyclables from around the house and have them leaving with some phenomenal finished products.
Offered at: Central

SCULPTURE AGES 8 – 18
Learn about sculpture and how to create ideas and techniques from different materials.
Offered at: Central

LEADERS CLUB GRADES 7 – 12
Leaders’ Club is an organization that welcomes and supports all teens who are interested in developing leadership skills, building strong friendships and giving back to the community. Calendar posted online.
Offered at: Central, East End, West End

TEAM BUILDING
Programs that positively enhance the abilities of a group are referred to as Team Building Programs. By participating in a series of initiatives and activities with no ‘real’ consequences, folks have the opportunity to grow as individuals and as a team. For scheduling or programming information, call 440.259.2724.
Offered at: Outdoor Y

YOUTH IN GOVERNMENT GRADES 9 – 12
The YMCA’s Youth in Government is a civic engagement and leadership development program for high school students which helps develop critical thinking competence, strengthens interpersonal communication skills, and raises awareness of and engagement in community issues and their possible solutions. Youth participate in both preconference training experiences and a statewide conference, during which they play the role of a critical civic leader, debating and finding solutions for current issues in their communities by submitting real legislation.
Offered at: West End

“"The Y helps my children build positive relationships, develop respect for others, and learn how to be leaders. It has provided them with a new network and experiences they may not have had.”"
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

POST-SECONDARY EDUCATION PREP
We’re committed to strengthening community. We help high school students get ready for adult life.

MINORITY ACHIEVERS   GRADES 9 – 12
For teens who are ready to take the ultimate step towards achieving excellence in education, career development, life skills and leadership.
Calendar posted online.
Offered at: Central

SPIRITUAL ENRICHMENT
It’s the “C” in YMCA. Our heritage teaches that believing in something greater than yourself is an important step to being a well-rounded individual.

CHILDREN’S MORNING OUT   AGES 3 – 5
Christian based half day preschool including weekly gym and swim classes. Please make sure children are potty trained.
Offered at: Central

VACATION BIBLE SCHOOL
Everyone in your family can join us as we tell the stories of Christmas and Easter through crafts and celebrate with games and open swim.
Offered at: Central

WHAT’S YOUR Y STORY?

After losing his wife, Steven Balazs came to the YMCA with his 2 young daughters looking for child care. The Y was able to help the family out financially/emotionally by providing quality child care. Marissa was old enough for the day camp program and came everyday in the summer. She made new friends and tried new experiences.

Ava came to the Y’s preschool child care in the summer. She was very quiet and played all by herself the first month. But soon, she was joining in activities and has become very social, inquisitive, caring, affectionate and excited for each day. She greets the staff each day in the mornings with a big smile and a hug.

Ava did so well this summer, that Steven kept her in the program for the preschool learning as well.
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY
The Y is the starting point for many youth to learn about becoming and staying active and developing healthy habits they will carry with them throughout their lives. Whether it’s gaining confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and team work, our swim, sports and play programs build the whole child, from the inside out.

COMPETITIVE TEAMS
Teams are a long time Y tradition. We invite you to work together with new and old friends learning new skills and setting goals for self-improvement in a safe, social team environment.

GYMNASTIC TEAM AGES 6 – 18
For gymnasts who have mastered the skills required in the YMCA Youth Program. Gymnasts compete within the Northeast Ohio Gymnastics League. The gymnastic team gives gymnasts the chance to improve their skills while building friendships and healthy habits that last a lifetime. A Y membership and approval by coaching staff are required.
Offered at: West End

SWIM TEAM STROKE & CONDITIONING CLINICS AGES 6 – 18
The Swim Team Clinic is designed for new swimmers interested in swim team. This class will help you to improve your stroke technique. Starts and turns are also part of this class. Participants must be a Minnow level swimmer.
Offered at: Central, East End, West End

SWIM TEAM AGES 6 – 18
Varieties of competitive experiences are available to challenge novice and experienced swimmers alike. We compete in the Northeast Ohio Swim League. Through practice and competition the swim team strives to make each swimmer the best they can be while having fun! For additional information including fees and practice times, see the Welcome Center or visit our website. A Y membership is required.
Offered at: Central, East End, West End

SYNCHRONIZED SWIM CLINIC AGES 6 – 18
Sharpen your technique, refine your skills, and build endurance. Prerequisite: Must have completed one year of Synchronized Swim Introduction classes.
Offered at: Central

SYNCHRONIZED SWIM TEAM AGES 6 – 18
Join the Cygnets! Must be at least a Minnow level swimmer. All swimmers and parents must attend a mandatory informational meeting before the start of the season. Prerequisite: Must have completed one year of Synchronized Swim Introduction classes. A Y Membership is required.
Offered at: Central

WRESTLING AGES 6 – 12
Children learn the techniques to become a skilled wrestler. The program offers opportunities to practice those skills in competition. Basic movements, physical development and good sportsmanship are the cornerstone of this program. A Y Membership is required.
Offered at: West End
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

RECREATION
Enhance your life with play! Make it a play date and enjoy everything the Y has to offer.

BIRTHDAY PARTIES
Celebrate your year at the Y. Bring your friends and family to the Y for a unique birthday celebration. Celebrate without the stress and mess, swim and play in a safe environment. Call your desired location for pricing info, times, or to reserve your date.
Offered at: Central, East End, West End, Outdoor Y

CUB SCOUTS  AGES 8-12
Scouts complete requirements for the belt loop and begin working towards completing the requirements for the pin. Geology and Ultimate programs can be brought to your pack or den meetings, call Program Director, Dave Duricky at 440.259.2724 for details.
Offered at: Outdoor Y

DODGEBALL  AGES 6 – 17
A combination of dodgeball battle, where everyone is out for himself and tournament play. Fast paced, action packed activity that requires endurance, agility and speed. Children will learn the strategy of this fast paced game of running, throwing and dodging.
Offered at: Central, East End, West End

GEOCACHING  AGES 8 & OLDER
GPS units are provided for this intro to Geocaching. Once you know the basics you get to explore the trails at the Outdoor Y in search of a cache.
Offered at: Outdoor Y

OVERNIGHTS  GRADES K – 6
We have swimming, gym games, snacks and more! Pre-registration required. Supervised by the Y Staff, adult volunteers and teen Leaders.
Offered at: Central, East End

SATURDAY MORNING FUN/MANIA  AGES 6 – 12
Give your kids a chance to explore their leadership potential as they engage in activities such as: team building games, sports, swimming, and gym games.
Offered at: Central, East End

TEEN NIGHTS  AGES 12 – 15
Teens come spend your Friday nights at the Y! The Y staff will supervise and guide your safe Friday night activities.
Offered at: West End

“My son has been in the Y day camp for 6 years. He is always so excited to go back every year, not only to see his summer friends but to see the counselors. They always remember us and make him feel welcome. That helps him to continue on during the day and the summer.”
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

YOUTH SPORTS CLASSES & LEAGUES
Through fun activities kids learn healthy living habits and develop physical stamina. Not only that, but they also establish meaningful relationships and a supportive community of friends, which encourages a sustaining commitment to health and fosters a sense of achievement and increased confidence.

ADAPTED SPORTS
A smaller class size to offer a more personalized experience to participants with special needs. Sports will vary throughout the session.
Offered at: Central

BASEBALL/SOFTBALL INSTRUCTION  AGES 6 – 12
Boys and girls are introduced to catching, throwing, and hitting as well as some basic rules of the games.
Offered at: West End, Outdoor Y

BASKETBALL INSTRUCTION  AGES 3 – 14
Children develop and practice the skills of dribbling, passing and shooting. There is a big emphasis on teamwork. Coaches instruct the fundamentals of basketball through playing modified games.
Offered at: Central, East End, West End, Outdoor Y

“**We chose to join the Y because we wanted a sense of community. A sense of belonging. We needed a place to exercise to be able to better out health. A great place for our children to come to learn, have fun, while living healthy in a great community. It really gives them a chance to grow and develop in such a positive environment. To teach them to care for themselves and other is priceless.”**

BASKETBALL LEAGUE  GRADES 1 – 6
The league teaches kids important basketball skills as well as sportsmanship. Please pick up an information packet available at the Y or online. Any questions contact dduricky@lakecountyymca.org.
Offered at: Central

CHEERLEADING INSTRUCTION  AGES 6 – 12
Children learn and practice fundamental cheerleading skills. Everything from arm positions and jumps to chants and cheers!
Offered at: Central, East End, West End

CLIMBING INSTRUCTION  AGES 6 – 12
Learn the principles of rock climbing on our outdoor climbing wall.
Offered at: Outdoor Y

FISHING AND BOATING  AGES 8 & UP
Participants learn how to fish and use paddle boats safely during this hands-on program created and developed by the Recreational Boating and Fishing Foundation.
Offered at: Outdoor Y

FLAG FOOTBALL INSTRUCTION  AGES 3 – 12
Learn the basics of football safely without the need for heavy pads.
Offered at: Central, East End, Outdoor Y

FLOOR HOCKEY INSTRUCTION  AGES 3 – 12
Participants develop hand-eye coordination, sportsmanship and teamwork while having fun.
Offered at: Central
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

YOUTH SPORTS CLASSES & LEAGUES

GAGA   AGES 13 – 17
Come check out one of the hottest games around, which is actually an Israeli form of Dodgeball.
Offered at: Central

GLADIATOR DODGEBALL
Gladiator is a combination of dodgeball, flag football and capture the flag. Player defend their team’s flag while trying to capture the opponent’s flag. Players stealthily navigate a maze-like court while avoiding being hit by dodgeballs or having their flags removed from their belts.
Offered at: West End

GOLF INSTRUCTION   AGES 8 – 17
Children learn the basics of a golf swing. All classes are held at Red Mill Golf Practice Range in Perry.
Offered at: Outdoor Y

GYMNASTICS INSTRUCTION  AGES 3 – 15
PRE-SCHOOL
Basic gymnastic skills and techniques, movement, tumbling along with teaching control and body awareness, or Super Gym with a different theme each week.
Offered at: Central, East End, West End

ROLLERS
Beginner skills include basic tumbling and elementary skills are taught on all four pieces of equipment.
Offered at: Central, West End

SWINGERS
Intermediate skills are more difficult with an emphasis on combining movements on all pieces of equipment.
Offered at: Central, West End

KIPPERS
Advanced skills include the most difficult skill set. This class is designed for the gymnast who is working toward becoming a member of the team or wants to challenge themselves.
Offered at: Central, West End

JUMP ROPE   AGES 7 – 14
All skill levels are welcome. Come to improve speed, endurance, strength and freestyle skills while fostering confidence, discipline, responsibility and leadership. Participants have the opportunity to learn basics of single rope, double Dutch, wheel and long rope.
Offered at: West End

KIDS FIT CHALLENGE
A easy to follow, easy to do challenge for your children. Of course, they may need a little help and guidance from you! We have designed a point system for you to use to challenge your children to make healthy choices. Choices that will get them out, up and moving! Activities like participation in sports teams, swimming lessons, exercising like riding a bike or taking a walk. There are all sorts of motivating activities to keep the energy level up for the entire summer. Healthy kids are happy kids. This challenge kicks off with a meeting in June and ends with a celebration in August. The activities are done on the honor system with a tracking sheet and materials from the Y.
Offered at: West End
YOUTH SPORTS CLASSES & LEAGUES

MOVEMENT EDUCATION  AGES 3 – 5
A gym class designed especially for preschoolers. Children will explore levels, space and locomotion. They participate in fun games and physical activity so your preschooler gains confidence in their ability to move through space! These classes match up with Pike, Eel, Ray and Starfish classes if you are interested in participating in both.
Offered at:  West End

SKATING INSTRUCTION  AGES 6 – 12
Children learn to in-line skate on our outdoor rink. Caring instructors teach kids to skate smart and safely.
Offered at: Outdoor Y

SNORKELING
(At least Minnow Level) Learn new skills using a mask, fins and snorkel. You must be comfortable in the deep water. All equipment is provided. Learn the proper way to enjoy all the beautiful water life under the sea!
Offered at:  West End

SOCCER INSTRUCTION  AGES 3 – 12
Children learn the fundamentals of soccer such as dribbling, passing, shooting, and goal keeping. We encourage teamwork and sportsmanship.
Offered at:  Central, West End, Outdoor Y

SOCCER LEAGUE  AGES 6 – 15
The Y Soccer program maximizes the positive effects of playing sports by emphasizing healthy competition and promoting teamwork along with individual development. The Y focuses on the life lessons to be learned from sports, and coaches strive to instill a positive self image in each player. Playing time is guaranteed for everyone, and our flexible scheduling ensures that everyone gets a chance to play.
Offered at: Outdoor Y

SPORTS INSTRUCTION  AGES 3– 12
Children experience a new sport each week of the session. They will also learn the importance of warming up, stretching and being physically active. The class features basketball, kickball, soccer, flag football and more.
Offered at: Central, East End, West End

T-BALL INSTRUCTION  AGES 4 – 6
Children learn the basics of hand-eye coordination and making contact with the ball.
Offered at: Outdoor Y

TEAM HANDBALL/ULTIMATE FRISBEE AGES 8 – 14
Learn the basics of these similar, fast paced, and exciting team focused games.
Offered at: Central

TEEN FITNESS/STRENGTH TRAINING  AGES 12 – 15
A great opportunity to learn proper technique and etiquette in the cardio and free weight areas. Includes lectures, demonstration and practice on our weight equipment as well as time on our cardio equipment. Youth who successfully pass a written exam earn the privilege of working out without parental supervision.
Offered at: East End, West End

TEEN GAME TIME  AGES 11 – 15
Come let loose with some of your favorite games such as dodgeball, tag, gaga, relay races, kickball and more classics! Round up your friends for a night of fun competition and activity.
Offered at: Central

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YOUTH DEVELOPMENT
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YOUTH SPORTS CLASSES & LEAGUES

**TENNIS INSTRUCTION**  **AGES 6 – 17**
Children learn the basics of the sport, including backhands, forehands, and serves.
*Offered at: Outdoor Y*

**TRIATHLON FOR KIDS**
Training begins in May with the Triathlon Event Scheduled for Sunday June 1.
*Offered at: West End*

**TUMBLING**  **AGES 6 – 14**
Basic tumbling, body awareness and floor work are the main emphasis.
*Offered at: Central*

**VOLLEYBALL INSTRUCTION**  **AGES 6 – 12**
Skills, drills and game play to improve the child’s skills as well as confidence on the court.
*Offered at: Central, West End, Outdoor Y*

**VOLLEYBALL LEAGUE**  **AGES 8 – 12**
League play and skills for beginners! We work on volleyball skills and drills with coaches and play games each week.
*Offered at: West End*

**WET BALL AGES 8 – 12**  
*(At least Minnow level)* This is the YMCA’s version of water polo. Learn how to “dribble and shoot” in this fast moving water game. Participants are swimmers who are comfortable in the deep end of the pool and can tread water.
*Offered at: West End*

**YOGA AGES**  **8 – 12**
Learn fun and relaxing yoga poses that will help children make the mind-body connection.
*Offered at: West End*

**ZUMBA® KIDS**  **AGES 7 – 12**
A dance party after school for kids who like to move to popular and energizing music!
*Offered at: East End, West End*

**YOUTH SWIM LESSONS**
Join our swim lessons for a fun, safe way to overcome fears, build confidence and learn skills that will last a lifetime. We believe swimming is a critical life skill for everyone. Our qualified instructors meet emerging swimmers at their level, help families set achievable goals and celebrate all successes. We welcome you to partner with us in our efforts to prevent drowning in our community through swim lessons.

**MINIMUM CLASS SIZES**
Many times excellent classes are cancelled because people wait until the last minute to register. It’s always a good idea to register at least a week before a class or special event begins.

**ADAPTED SWIM LESSONS AGES 3 – 18**
This class is structured for individuals who are unable to participate in typical group lessons. A parent or responsible adult may be asked to participate with the student to enhance their experience and provide more individual attention.
*Offered at: Central, West End*

“*My daughter is much more confident not only in the water, but at school and all around. She looks forward to going to her lessons every week. She feels like part of a team, and loves making new friends.”*
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

YOUTH SWIM LESSONS

CHILD/PARENT GYM & SWIM LESSONS
AGES 6 - 36 MONTHS
We use songs, games and play to promote water safety and readiness by educating parents and children. As the child grows, we incorporate flotation devices to build confidence and develop greater skill. Deepening the parent/child bond, while building independence for safe water exploration, is an integral part of the program. The first half hour is a gym class followed by swim. Ages are broken down as follows:

- Shrimp  Ages 6-12 months
- Inias  Ages 13-18 months
- Perch  Ages 19-36 months

Swim only classes may be available at your Y.
Offered at: Central, East End, West End, Outdoor Y

SWIM LESSONS  AGES 3 - 5 (WITHOUT PARENT)
PIKES & EELS BEGINNERS  AGES 3 - 5
Pikes develop safe pool behavior, adjust to the water, learn basic paddle strokes and kicking skills, pool safety and are comfortable with their face in water. Eels are comfortable in the water and can swim independently with a flotation device. A gym component may be available.
Offered at: Central, East End, West End, Outdoor Y

RAYS & STARFISH  INTERMEDIATE/ADVANCED
AGES 3 - 5
Rays review previous skills, improve stroke skills, build endurance, tread and dive. Children can swim across the width of the pool on their front and back unassisted. Starfish can swim on their own the length of the pool on their front and back. A gym component may be available.
Offered at: Central, East End, West End, Outdoor Y

SWIM LESSONS  AGES 6 - 12
POLLIWOG
Students must be at least 6 years old. This is an entry level class; no skills required.
Offered at: Central, East End, West End, Outdoor Y

GUPPY
(Completed Polliwog) Student must swim on his/her front, back and side continuously for 25 yards (one pool length) without flotation devices.
Offered at: Central, East End, West End, Outdoor Y

MINNOW
(Completed Guppy) Students must swim the following strokes for 25 yards: Front Crawl using rhythmic breathing, Back Crawl using good form and Side Paddle.
Offered at: Central, East End, West End, Outdoor Y

FISH
(Completed Minnow) Students must swim Front Crawl using rotary breathing for 50 yards, Back Crawl using good form for 50 yards, Elementary Back Stroke for 25 yards and Dolphin Dives for 15 yards. Students must also tread water for 1 minute.
Offered at: Central, East End, West End, Outdoor Y

FLYING FISH
(Completed Fish) Students must swim Front and Back Crawl for 100 yards, Side Stroke with scissors kick for 50 yards and Breast Stroke for 25 yards. Students must also tread water for 5 minutes.
Offered at: Central, East End, West End
WHAT’S YOUR Y STORY?

This year Lake County Y received a grant from the Hershey Foundation. The Y Perry Child Care Center used the grant to build a raised vegetable garden. The children planted all of the vegetables and visit the garden to help maintain and harvest.

Angie Reed, Child Care Director at Perry, said “The best lessons come from getting your hands dirty!” Perry Child Care is starting to build a greenhouse so they can continue gardening throughout the year. The kids are learning valuable lessons on healthy eating and have even learned they can help themselves to the lettuce in the garden whenever they like. “We don’t have to worry about pesticides or other harmful chemicals. You can’t get any fresher!” said Angie.

Thank you to all of the amazing staff at The Y Perry Child Care Center for everything you do everyday for our youth!
FOR HEALTHY LIVING
HEALTHY LIVING
Improving the nation’s health and well-being

Achieving and maintaining wellness is a task that’s never finished. That’s why a healthy lifestyle is so important. We’re here to help you regardless of your starting point with a variety of classes and support to keep you healthy in spirit, mind and body!

FAMILY CAMP
Make new friends, discover new skills and spend quality time with your family. Our caring staff provides a weekend full of programmed activities, free time, cookouts, campfires, and a private swim on Sunday morning. **Offered at: Outdoor Y**

FAMILY GAME TIME
Enjoy classic games like freeze tag, dodgeball, 4 square, and kickball. Bring the family in for some game time! Laugh, play, bond, and build memories together! **Offered at: Central**

FAMILY NIGHT
Our best and most fun camp games are sure to get you moving and laughing. The climbing wall and skating rink will be open and have lights so you can enjoy them after dark. **Offered at: Outdoor Y**

FAMILY TIME
Serving families has always been at the heart of the Y. We are a place where they can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance, and become more engaged with their communities.

ADVENTURE GUIDES  CHILD AGES 6 & UP/PARENT
These programs consist of fathers and sons or daughters. These groups enjoy pinewood derbies, overnight camping, fishing derbies, boat regattas, dances and trips. It’s all about the strong bond that is enhanced when a child and parent spend special time with their kids. **Offered at: West End**

EASTER EGG HUNT AGES 3 – 9
Kids are welcome to participate in an egg hunt, craft projects and the opportunity to spend time with their families. Some eggs have a Golden Ticket that can be redeemed for a larger egg. The Bunny is available for pictures so make sure to bring your camera. **Offered at: Outdoor Y**

FALL FESTIVAL
Celebrate Fall with an outdoor scavenger hunt, pumpkin carving, hay rides, crafts, cupcake decorating and the always entertaining seed spitting contest. Enjoy the beautiful fall scenery on the grounds of the Outdoor Y. **Offered at: Outdoor Y**

“**The Y is a wonderful place for families and the family is the core of community. Without strong families our community would fail. One of the best parts of the Y is the interaction with others from the community who have similar goals either personally or for family. The Y encourages healthy habits.**”
HEALTHY LIVING
Improving the nation’s health and well-being

FAMILY TIME

MARTIN LUTHER KING DAY BREAKFAST
Celebrate the life achievements of Dr. King. Open to all. Location to be determined.
Offered at: Central

PINEWOOD DERBY CHILD/PARENT  AGES 6 – 15
Work together from start to finish! Pizza, drinks, and chips included.
Offered at: Central

PUMPKIN SPLASH
A great time with family swimming and picking your pumpkin in the pool. After picking the pumpkin of your choice, your next activity is to decorate your pumpkin so you can take it home and put it on display.
Offered at: Central, West End

SUMMER SPLASH PARTY
Our annual summer kick-off open house. Admission to the Aquatic Center is free, all day long!
Offered at: Outdoor Y

SYNCHRONIZED SWIM SHOW
Join us for the annual show put on by our Synchronized Swim Team and/or class participants. To participate in West End’s show, both level 1 and level 2 swimmers must be registered for and participate in all sessions of synchronized swimming.
Offered at: Central, West End

TEDDY BEAR BALL CHILD/PARENT DANCE  AGES 6 – 15
Fathers and daughters, uncles and nieces will enjoy our Teddy Bear Ball including a dance with a DJ, keepsake, photos, and snacks.
Offered at: Central

WHAT’S YOUR Y STORY?

After years of active duty serving in the U.S. Navy, including time in Iraq, Jennifer Golden transitioned to active reserves and . . . continued her role in life as a wife, mother, student and more.

When Jennifer joined the East End Y about seven years ago, she found great programs for her kids and plenty of ways to exercise. It didn’t take long for her to realize that the Y’s purpose is much deeper than a pool.

“The Y is like a greenhouse for people. It’s a place where we have the opportunity to plant the seed, especially in our youth and help them to understand and grow up to be responsible citizens in the community.”

Her passion to serve others and make a difference in the community sparked an interest in volunteering for the Y. She accepted a position on the East End Y Board of Managers and serves as the chair of the fund-raising committee.

We’re happy to say that she was elected Board Member of the Year for 2012.
Congratulations!
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTH, WELL-BEING & FITNESS
Being healthy means more than simply being physically active. It’s about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through life-long learning programs or bringing your loved ones closer through family centered activities.

GROUP CLASSES
Healthy living through physical activity is central to the Y’s cause. The YMCA’s Group Exercise programs are fun and interactive ways to engage members in activity and positively impact their health. Tailored to health seekers, group exercise classes provide a variety of experiences that are designed to engage individuals in a supportive group setting, enhancing social bonds and strengthening community.

The YMCA’s Group Exercise instructors are highly trained to provide health seekers safe and effective exercise programs. Additionally, YMCA Group Exercise instructors facilitate connections within the class setting and create opportunities for storytelling and relationship building.

Health seekers participating in YMCA Group Exercise programs have improved physical activity, enhanced overall well-being, and heightened self-mastery to stay motivated to participate and engage in physical activity over a sustained period of time.

NEW TO GROUP EXERCISE?
Group exercise is a wonderful way to increase physical fitness while learning in a supportive group environment. As you develop friendships you will also nurture your own self confidence. If you are new to group exercise, look for the classes with a ◆. They’re a great place to get started.

LOOKING FOR A CHALLENGE?
If you are ready to challenge yourself with a more intense workout, look for the classes with a ◇. You will be sure to get the maximum experience you’re looking for.

MINIMUM CLASS SIZES
Many times excellent classes are cancelled because people wait until the last minute to register. It’s always a good idea to register at least a week before a class or special event begins.

ACTIVE OLDER ADULTS
SILVERSNEAKERS® FITNESS PROGRAM ◆
SilverSneakers is a unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity. Based upon “fitness, fun and friends,” the fitness center-based program incorporates fun, social programming with an exercise program that enhances independent living skills.

SILVERSNEAKERS® CIRCUIT ◆
The class features upper-body strength workouts using hand-held weights, elastic tubing with handles and other fun accessories in non-impact aerobic activity. A chair is available for support and easy head to-toe stretching.

Offered at: Central, East End, West End

SILVERSNEAKERS® CLASSIC ◆
This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility helping you stay healthy and independent. As in other SilverSneakers® classes, the instructor guides you through the exercises at your own pace.

Offered at: Central, East End, West End

SILVERSNEAKERS® YOGA ◆
This class helps you learn gentle, effective stretching and help maintain joint flexibility and prevent injury.

Offered at: Central

Key: ◆ Great classes for beginners ◇ Intense exercise
HEALTHY LIVING
Improving the nation’s health and well-being

GROUP CLASSES

AEROBICS/DANCE
CARDIO CHALLENGE
Never get bored as each week brings you a variety of cardiovascular and strength workouts in different class format.
Offered at: Central

CARDIO INTERVAL CLASS IN THE HLC
An instructor will guide you as you use the treadmills and ellipticals in the HLC for a fun class to give you a great and different workout. An instructor will guide you through a combination of hills and speed intervals to get you out of your rut. You’ve never done a workout on your own like this one. This is for all fitness levels.
Offered at: Central

EARLY BIRD FLOOR WORKOUT
Start the day with traditional exercises you did as a kid. Have fun with a routine that includes stretching and strength maneuvers.
Offered at: Central

HIGH/LOW IMPACT AEROBICS
A good-for-the-heart class that combines some choreography and some easy to follow steps. The leader demonstrates high and low impact moves, you choose where to take your workout.
Offered at: West End

HIGH INTENSITY INTERVAL TRAINING
Each exercise set alternates intervals of all-out work with rest. This is one of THE most efficient and challenging ways to build strength and cardio endurance. Let the instructor push you to new levels of training.
Offered at: East End

KICKBOXING
Martial arts for fun and fitness – punch, kick, jump, shout, hit, laugh! Get your “mean” out in this energetic class – no belts awarded!!
Offered at: East End

STEP
Step up, down and over an elevated platform that can be adjusted according to your fitness level.
Offered at: Central, East End, West End

TAI CHI EXERCISE
Learn to relax while moving through slow and deliberate exercises that will improve balance and core strength to give you an overall feeling of well-being.
Offered at: Central

TAI CHI CHUAN
Traditional slow exercise that develops and relaxes the whole body. Improves balance and core muscle strength.
Offered at: Central

ZUMBA®
Have fun while dancing to latin-inspired rhythms, and sweat while you improve your cardiovascular fitness.
Offered at: Central, East End, West End

Key: ☀ Great classes for beginners  ◆ Intense exercise
HEALTHY LIVING
Improving the nation’s health and well-being

GROUP CLASSES

ZUMBA GOLD® ✴
The lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life. If you are just starting a journey to a fit and healthy lifestyle, this is for you. Designed for active older adults, fitness beginners and party animals!
Offered at: Central, East End, West End

ZUMBA TONING®
This specialty class is designed to blend body-sculpting techniques and Zumba dance moves into a calorie burning, strength training class. Using weighted, maraca-like Zumba Toning Sticks you’ll dance and tone to the Latin-inspired rhythms of Zumba. Fun and Flavor! Toning Sticks will be provided.
Offered at: East End

CROSS TRAINING

BOOT CAMP ◆
Develop speed and agility, while increasing strength and endurance. Move more efficiently and improve balance and coordination. Get the motivation you need to work harder.
Offered at: Central, East End, West End

CARDIO STRENGTH CIRCUIT ◆
Never get bored as each class brings you a combined cardio and strength workout in a circuit format using any and all equipment in our Aerobic Studio.
Offered at: East End

CROSS TRAINING
This class incorporates both strength and cardio with a high intensity level. There are periods of moderate rest mixed with more demanding intervals. Use your body weight for some drills, and equipment (weighted balls, dumbbells, bosu, etc.) for others.
Offered at: Central

CROSS TRAINING
JUMP ROPE / KETTLEBELL ◆
This class will use the jump rope as the tool for the cardiovascular portions of this express workout. The kettlebell will be used for the strengthening portions.
Offered at: West End

KETTLEBELL BOOTCAMP ◆
A physically and mentally challenging class, just like regular boot camp. The leader will push you to your limits to improve all areas of fitness. This class will use the kettle bell for the strength portion as well as other fitness tools.
Offered at: West End

STEP AND STRENGTH TRAINING
A great combination of cardiovascular training on the step and strength training.
Offered at: West End

TABATA ◆
Tabata is 20 seconds of intense training with 10 seconds rest in between. It’s the trendiest thing in group exercise today. This is a form of high-intensity interval training that offers more health benefits than traditional cardiovascular exercise. It is efficient and can fit in almost any fitness program.
Offered at: Central, East End

INDOOR CYCLING
CYCLE ✴◆
Ride a stationary bike with a group but get an individual workout. Experience virtual hills, flat land and all sorts of intervals.
Offered at: Central, East End

“The group class instructors really make you feel like you belong!”

Key: ✴ Great classes for beginners ◆ Intense exercise
HEALTHY LIVING
Improving the nation’s health and well-being

GROUP CLASSES

CYCLE/STABILITY BALL ❖
Ride a stationary bike with a group at a more beginner-paced rate than our regular cycle classes, with the added bonus of stability ball exercises for your core.
Offered at: Central

STRENGTH TRAINING

BASIC STRENGTH TRAINING
Learn the fundamental principles of strength training through lecture, demonstration and participation on the Technogym machines.
Offered at: West End

BEGINNER TRX SUSPENSION TRAINING ❖
An introduction to the terminology, set up procedures and basics of TRX.
Offered at: Central

CORE BURN
This class is a concentrated class focusing on the core area, abdominals, lower back, upper back and obliques. Core strength is the basis for all daily functional movement.
Offered at: East End

CORE STRENGTH
Anything goes in this core strength class. You’ll do a variety of exercises designed to work your abs and back. It’s only a half-hour, but you’ll really benefit from the efficiency of the exercises using the weights, bosu, and/or medicine balls.
Offered at: Central

CORE WORKOUT
A ten minute concentrated abdominal and lower back strengthening workout, offered after some of our group classes for all sessions.
Offered at: West End

GROUP STRENGTH TRAINING
Lift weights with your friends without going into the weight room. Learn the proper techniques needed for a safe and effective workout.
Offered at: Central, West End

STRENGTH TRAINING

KETTLEBELL
Kettlebell training incorporates advanced principles of strength and conditioning. Swinging and lifting the kettlebell improves your heart and lungs, power and strength as well as flexibility and balance.
Offered at: West End

MATRIX
Whole body conditioning using dumbbells, bands and medicine balls through all planes and levels of motion. Improve your ability to perform everyday activities of daily living.
Offered at: West End

STABILITY BALL ❖
Round out your fitness program using a stability ball and other pieces of equipment to strengthen your middle and increase your balance.
Offered at: West End

TONING WITH DUMBELLS ❖
A class designed to tone and tighten your body using dumbbells. There is a limited supply of dumbbells available, we suggest you bring your own.
Offered at: West End

TRX SUSPENSION TRAINING
is a revolutionary method of leveraged body weight exercise. Safely perform countless exercises that build power, strength, flexibility, balance, mobility and prevent injuries at the intensity you choose.
Offered at: Central

Key: ❖ Great classes for beginners ❖ Intense exercise
HEALTHY LIVING
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GROUP CLASSES

STRENGTH TRAINING
TRX SUSPENSION TRAINING BOOTCAMP
Cardiovascular components are added to the TRX class for the ultimate workout.
Offered at: Central

YOGA & PILATES
BEGINNER PILATES
Learn the fundamentals of Pilates; breathing, posture, form and balance.
Offered at: Central

BEGINNER YOGA
Improve your mind/body connection and enhance your concentration by moving through a variety of postures that will help develop balance, strength and flexibility.
Offered at: Central

CHAIR YOGA
Gently relieve stress, providing you with an overall feeling of well-being. Use the chair as a prop while practicing yoga postures and breathing techniques.
Offered at: Central, East End, West End

PILATES
Develop core strength and stabilization to gain control of movement and develop a toned body. Proper form and technique is emphasized to get the most benefit from this tried and true form of exercise.
Offered at: Central, East End, West End

YOGA
Improve your mind/body connection and enhance your concentration by moving through a variety of postures that will help develop balance, strength and flexibility.
Offered at: Central, East End, West End

HEALTHY LIFESTYLES
Living healthy is about spirit, mind and body at every age and stage.

CPR/FIRST AID
ASHI COMMUNITY CPR
Be confident in an emergency. Learn basic emergency response and CPR techniques for infants to adults from our certified instructors. Certification valid for 2 years.
Offered at: Central, West End

ASHI CPR FOR THE PROFESSIONAL RESCUER
Professional rescuers serve our community as lifeguards and healthcare professionals. Build your leadership skills in an emergency with our certified instructors. Learn the skills to work as a team providing airway management or CPR for adults, children and infants using a bag valve mask and AED.
Offered at: Central, East End, West End

ASHI FIRST AID
Our certified instructors will train you to recognize and provide care for sudden illness and injuries from frostbite to heatstroke, burns, lacerations and more. Certification valid for 2 years.
Offered at: Central, East End, West End

ASHI CORPORATE CPR /FIRST AID/BLOODBORNE PATHOGENS
Enable your employees or members of your organization to be prepared in an emergency situation with First Aid Training, CPR training, Bloodborne Pathogens Training or all 3. Contact Amy Basco 440.352.3303 or abasco@lakecountyymca.org about our group and business CPR trainings. Off-site and on-site training available. Certifications are valid for 2 years.
Offered at: Central

Key: ❖ Great classes for beginners  ❖ Intense exercise
HEALTHY LIVING
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HEALTHY LIFESTYLES

CPR/FIRST AID

COMBINED ASHI COMMUNITY CPR/FIRST AID
Obtain certification in both classes. Valid for 2 years and includes keychain CPR barriers.
Offered at: Central, West End

HEALTH SCREENINGS

BLOOD PRESSURE SCREENING
Get your blood pressure checked while you are here to work out! Offered the first Monday of every month!
Offered at: Central

FLU SHOT CLINIC
Local pharmacies will be here to provide flu shots. Be healthy this winter and get your immunization early. The fee will be paid to the pharmacy at the time of the service.
Offered at: Central, East End, West End

HEARING SCREENINGS
Holly’s Hearing Aids will be here for FREE hearing screenings. Sign up at the Welcome Center or just drop in.
Offered at: East End

TOTAL HEALTH SCREENING
Nurses from University Hospitals will be in our lobby to do general health screenings for you including blood pressure, glucose, total cholesterol, BMI and body fat. No advance registration necessary.
Offered at: East End

LIFEGUARD & INSTRUCTOR TRAININGS

Y LIFEGUARD AGES 16 & OLDER
Be prepared to prevent, anticipate and respond to water emergencies. Develop the skills and knowledge, along with confidence and judgement, to help make local pools and beaches safer. This is a blended learning class incorporating online learning to be completed throughout the course. First Aid, CPR Pro and Oxygen Administration are included. Participants must be at least 16 years old and pass a Physical Competency Assessment.
Offered at: Central, East End, West End, Outdoor Y

Y SWIM LESSON INSTRUCTOR
Expand your lifeguard knowledge and share your passion for sage aquatic environments by becoming a Y Lifeguard Instructor. This course will enable you to train others to recognize potential victims, activate emergency action plans, perform rescues, provide emergency care and complete reports. Participants will be prepared to teach lifeguard candidates how to keep pool, lake, river, surf and water park environments safe. In addition, participants will gain knowledge of course administration procedures, experience teaching from an instructor guide and become an American Safety & Health Institute (ASHI) authorized teacher.
Offered at: Central, West End

YSL INSTRUCTOR RENEWAL: STROKE MECHANICS
Maintain your YSL Instructor certification and build better stroke mechanics for yourself and your students. Learn the finer aspects of stroke development in the one day course. Prerequisite: current YSL Instructor.
Offered at: Central, West End
HEALTHY LIVING
Improving the nation’s health and well-being

HEALTHY LIFESTYLES

LIFEGUARD & INSTRUCTOR TRAININGS

Y AQUATIC SAFETY ASSISTANT
Learn the knowledge and skills needed to help prevent and recognize aquatic risks and to assist and alert a lifeguard in the emergency response to an accident or injury. CPR Pro, First Aid and Emergency Oxygen are included. Prerequisites: at least age 14.

Offered at: Central

Y LIFEGUARD INSTRUCTOR
The course provides participants with the skills to train others in CPR for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration and YMCA Lifeguard. The participants will also be certified to teach how to recognize potential victims, activate emergency action plans, make rescues, provide emergency care and complete reports. In addition, the participants will be prepared to teach lifeguard candidates how to keep pool, lake, river, surf and water park environments safe. Participants will gain knowledge on course administration procedures and experience teaching from an instructor guide.

Offered at: Central, West End

Y WATER FITNESS INSTRUCTOR
Expand your knowledge as a personal trainer or share your love of water fitness by becoming a Water Fitness Instructor. Learn how to utilize the properties of water to develop holistic water workouts using sound exercise science principles. Our certified trainers will help you develop your skills for teaching classes with diverse fitness levels and abilities where water is the great equalizer. Prerequisites: Y Lifeguard or Y Aquatic Safety Assistant.

Offered at: Central

STRESS MANAGEMENT/RELAXATION PROGRAMS

BREATHE WELL
Advance to the next level of total fitness and health by learning how to breathe optimally. Stop snoring, insomnia or sleep apnea so you wake up refreshed and ready for your workout. Schedule appointments with expert breathing coach Carol Baglia, RRT, BBE.

Offered at: Central

MASSAGE
Comfortable, Private, Personalized! Our massage room is a warm, comfortable, quiet room with access for both men and women from the pool area. Plan to arrive early so that you have time to consult with your massage therapist. Visit our website for details. Schedule your massage at the Front Desk or by calling the Y at 440.352.3303.

Offered at: Central

PERSONAL FITNESS
Sometimes we all need a little help to get in shape. Whether it’s an orientation to help you get started, or a personal trainer to give you that extra push, the Y is ready to help you meet your personal goals.

EXERCISE PLANNING & TRACKING

FITNESS EVALUATIONS
This evaluation is based on National YMCA Assessment Standards. This is a 45 minute battery of tests which assess cardiovascular fitness, muscular endurance and strength as well as body composition and flexibility. Your results are measured against people your same age using the Y standards. By appointment. Contact the Healthy Living Director.

Offered at: Central, East End, West End
HEALTHY LIVING
Improving the nation’s health and well-being

PERSONAL FITNESS

PERSONAL TRAINING
One to one personal fitness education. The trainer will listen to you and help you discover your goals, teach you an effective way to accomplish them and guide you as you journey into a new healthier lifestyle. Appointments set as trainer is available.

Offered at: Central, East End, West End

PERSONAL NUTRITION COUNSELING
Consult with a registered dietician to learn new and healthy eating habits. By appointment. Contact the Healthy Living Director.

Offered at: Central

STARTER FITNESS

FITNESS AREA ORIENTATION
Our cardio and free-weight areas, with state of the art exercise equipment, are designed to meet the needs of members at various fitness abilities. Basic orientations, for members 15 years and up, are recommended and are free. Simply call or stop by each branch to make an appointment.

Offered at: Central, East End, West End

PERSONAL FITNESS PROGRAM
This program is based on behavior change. It includes effective goal setting and strategies for helping new exercisers identify and overcome barriers. This 12-week program is designed for those who have little time or motivation to exercise. It’s comfortable here. The program is flexible, convenient and fun. You’ll have your own workout plan and stay motivated with the help and guidance of our trained staff. Call Personal Fitness Coach Jillian Cole for an appointment.

*Not to be confused with Personal Training. The Personal Fitness program is designed specifically to introduce inactive people to regular exercise.

Offered at: East End

TECHNOGYM
Using an integrated software system on the equipment, your workout will be tailored just for you. At your first of at least 3 appointments, you and your trainer will decide if you will use the Technogym Circuit workout, or your own specially-designed routine to begin. After the initial set-up, make another appointment to add your strength exercises. A non-stress test performed on one of our treadmills ensures that your workouts are appropriate for you and that you will continue to make improvements.

Offered at: Central, East End

WATER ACTIVITIES
Swimming gets the heart pumping, the blood flowing and the muscles working – plus it’s much easier on joints than impact exercise. Between our swimming programs, pool aerobics and other water fitness classes, our members can stay active all their life at the Y.

NEW TO WATER EXERCISE?
Water exercise is a wonderful way to increase physical fitness while learning in a supportive group environment. As you develop friendships you will also nurture your own self confidence. Look for the classes with a 🌟. They’re a great place to get started.

LOOKING FOR A CHALLENGE?
If you are ready to challenge yourself with a more intense workout, look for the classes with a 🔥. You will be sure to get the maximum experience you’re looking for.

ADAPTED SWIM
This is a recreational swim program for individuals with disabilities. Participants must be accompanied by a family member or an assistant who may be asked to participate in the pool with the individual.

Offered at: Central, West End
HEALTHY LIVING
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WATER ACTIVITIES

ADULT SWIM LESSONS
This class is designed for non-swimmers and beginners looking to gain confidence in the water and improve their swimming skills.
Offered at: Central, West End

AQUACISE
A low impact exercise class designed to increase muscle tone and flexibility with aerobic conditioning. No swimming skills required.
Offered at: East End

AQUAJOG
A moderate intensity, no to low impact program with a warm up, aerobic workout and cool down. Possible jogging in shallow and deep ends of the pool. Flotation belts provide buoyancy and full range of motion.
Offered at: East End

AQUAZUMBA®
Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.
Offered at: East End

ARHTRITIS WATER EXERCISE
Arthritis Foundation YMCA Aquatic Program is a water exercise class for people with arthritis and other joint related problems. Instructors are certified through the Arthritis Foundation and the Y.
Offered at: Central, East End, West End

BOOT CAMP IN THE WATER
A physically challenging water workout that will push you to your limits. The class will utilize all areas of the pool including the deck! Yes, you will climb in and out of the water! Water shoes are required.
Offered at: East End, West End

CARDIO & STRENGTH
This class will utilize both the shallow and deep end of the pools using different water exercise equipment. This is a combination cardio and strengthening class. Non-swimmers welcome.
Offered at: West End

DEEP WATER JOGGING
This is a non-impact class done with flotation equipment in the deep end of the main pool for cardiovascular fitness and strength. Non-swimmers welcome!
Offered at: West End

INTERVAL TRAINING
This class is a HIGH intensity class using the interval training method. The goal is to work at different levels of intensity and always keep moving! The class will take place in shallow and deep water. Water shoes are recommended.
Offered at: West End

“I am 82 years old. In all that time I often wanted to learn how to swim. Now I have that opportunity. The YMCA provides healthier living. Isn’t that what it’s all about? The entire staff are truly the best and so very helpful. I would encourage any senior that can do so join. You will never regret it!”

Key:  ♦ Great classes for beginners  ◆ Intense exercise
HEALTHY LIVING
Improving the nation’s health and well-being

WATER ACTIVITIES

FUNCTIONAL WATER FITNESS
This program is designed to maintain or improve the quality of people’s lives, minimize age-related disability and maximize physical activity, independence and general well-being.
Offered at: Central

PRIVATE SWIM LESSONS
Personalized instruction tailored to fit your needs. Lessons are 30 minutes and can accommodate up to four swimmers per instructor. Dates and times are scheduled individually with the instructor. Semi-private lessons also available.
Offered at: Central, East End, West End

SILVERSNEAKER® SPLASH ❧
A water exercise class for members designed by Healthway’s SilverSneakers®. Non-swimmers welcome!
Offered at: East End, West End

SWIM WITH FINS ◆
This class is of high intensity to boost cardiovascular fitness as the participant swims laps with fins on their feet. Not for the beginner.
Offered at: West End

SWIM AGES 55+ ❧
Half the pool is designated for lap swim and half the pool is for open swim. The last 20 minutes of the hour are spent playing volleyball in the shallow end.
Offered at: West End

WATER FITNESS
Instructors will cue intensity and modifications to allow participants to tailor their workout to meet their individual needs. Class will incorporate use of the whole pool, stationary and traveling intervals as well as laps.
Offered at: Central

SPORTS & RECREATION

At the Y, sports and recreational activities are something special. Friendly competition (even with yourself), lots of variety and a supportive environment means team sports and recreation is fun again, and it makes for a healthier lifestyle and a good story or two.

MEN’S BASKETBALL LEAGUE AGES 35 +
This is competitive, fun and friendly basketball league for men over the age of 35. Baskets will only be counted as one point and the game will consist of two, 15 minute halves. Register as a team or individual. Individuals will be placed onto a team. Minimum of 7 players per team with a maximum of 6 teams total.
Offered at: West End

PICKLEBALL ALL AGES
This sport is described as a combination of ping pong, tennis and badminton... and is sweeping the country! It’s a fun workout, social and competitive and an athletic game. Check it out! All ages and athletic abilities will enjoy playing.
Offered at: Central, West End, Outdoor Y

PICKLEBALL LEAGUE
The Y is starting a travelling indoor pickleball league this winter. Participants of all skills levels are welcomed to play. Check out your local Y for more details!
Offered at: Central, East End, West End

Key: ❧ Great classes for beginners ◆ Intense exercise
HEALTHY LIVING
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SPORTS & RECREATION

RACQUETBALL LEAGUE
Whether you are learning a new game or perfecting your skills, the racquetball league welcomes all levels. Enjoy a high energy game while meeting new people and challenging yourself!
Offered at: Central

RACQUETBALL TOURNAMENTS
Divisions include A, B, C, Masters (Over 40), Seniors (Over 50), Doubles, Women, and Youth. Watch for registration flyers.
Offered at: Central

RECESS FOR ADULTS
By adding play to your life, you will de-stress and feel good! The class is based on your favorite childhood games.
Offered at: West End

SCUBA EDUCATORS INTERNATIONAL
This scuba class meets in the classroom and the pool. Class size is limited. Please look for dates and times on website.
Offered at: West End

Y IRONMAN
Swim, bike and run for the “medal” of your choosing - gold, silver or bronze. There is a level of competition for everyone, from novice to pro. If you complete the Y Ironman you will receive a T-Shirt. Be on the lookout for information at the Welcome Center or on the website.
Offered at: Central, East End, West End

GROUP INTERESTS
At the Y, we believe healthy living has as much to do with pursuing interests, passions and learning new things as it does with eating healthy and being active. Our minds and spirits need stimulus and enrichment, and we get so much more from life when we find things—and people—that inspire us.

LIFE–LONG LEARNING
At the Y, we believe no one should ever stop learning. New skills and experiences are key to healthy living.

ADULT ART
This class is designed for all levels. No experience is necessary, shared expertise is welcome.
Offered at: Central

FINANCIAL PEACE UNIVERSITY
Discover financial freedom by learning to manage personal finance, get control of spending, and set financial goals through the support of trained facilitators in a supportive, resourceful setting. Financial Peace University provides the resources needed by using the acclaimed materials created by Dave Ramsey.
Offered at: West End

HOLIDAY CARD MAKING
The Y leader will provide a holiday card making packet. Bring your own glue, glue stick or double – sided tape as well as your scissors and start creating.
Offered at: West End

PHOTOGRAPHY CLASSES
See page 16 for details.
Offered at: Central

SIGN LANGUAGE  AGE 13 & UP
Basic sign language taught by a certified instructor.
Offered at: Central
LIFE-LONG LEARNING

SHARING OUR TALENTS
What better way to spend a winter Sunday afternoon than sharing an hour or two with someone who shares your interest. We will gather together people who share the same hobbies or crafts, provide the space for you to gather and watch the knowledge and relationships grow! A perfect time for adults and older children to grow and thrive!
Offered at: West End

SOCIAL GROUPS

BOOK CLUB
If you are interested in joining this small group of enthusiastic readers, please contact the your Y for more information.
Offered at: East End, West End

OLDER ADULT LUNCHEONS & TRIPS

50+ ADULT LUNCHEONS
Gatherings of adult Y members and their friends with the sole purpose of celebrating holidays and life! Good times, great friends, and glorious food! Listen for announcements! Watch for flyers!
Offered at: Central, East End, West End

50+ ADULT TRIPS
Tired of being cooped up? Join us on one of our great trips, such as local fire stations, the West Side Market, or even New York City! Keep an eye out at your local Y for announcements.
Offered at: Central, East End, West End

50+ ADULT HEALTH LECTURES
Listen to our expert guests talk about health, fitness, or life issues while enjoying a light snack. Watch for flyers and announcements at your local Y for more information.
Offered at: Central, East End, West End

WOMEN’S RETREAT

WOMEN’S WEEKEND GETAWAY
Camp Fitch YMCA, North Springfield, PA
When asked what they liked most about the getaway, the ladies answered: Laughing with new friends, fellowship, being pampered, and the chance to relax. Avoid the late fee and register before November 1! Get connected with everyone and keep tabs on exciting plans for the weekend in the YMCA Women’s Weekend Getaway Group on Facebook. Go to our website for a quick link under Social Groups.
Offered at: Central, East End, West End, Outdoor Y

SPIRITUAL DEVELOPMENT

MEN’S BIBLE STUDY
Are you searching for the meaning of life? Our weekly, non-denominational Bible Study can help you.
Offered at: Central

BIBLE STUDY – 7 STORIES OF HOPE: EXPERIENCING THE LOVE OF GOD IN REAL LIFE
For every seeker of truth, even with little or no Bible knowledge. This study explores 7 stories from the Gospels that will change your life from the inside out! You will not only learn about the love of God, but also experience personally God’s heart of love for you, your family, and your loved ones far from God.
Offered at: Central

“‘The friendly atmosphere and helpful staff are what I like about the Y. I appreciate the efforts by the staff to support the SilverSneakers program with a variety of social and educational events.’”
HEALTHY LIVING
Improving the nation’s health and well-being

CHAPLAIN SERVICES
The volunteer chaplain team is here to tend to your spirit. The chaplains are willing to serve and guide with any needs, concerns or questions. They will listen to you. The chaplains can be reached through the Welcome Center. They also gather the prayer requests from the welcome center on a regular basis.
Offered at: Central, East End, West End

CHRISTIAN EMPHASIS COMMITTEE (CEC)
The mission of this group is to continually lift the “C” in YMCA. We believe that “whatever we do we do for the glory of God.” The CEC has been instrumental in developing service based programs and projects within the Y. They raise awareness of the needs in our Y community and the greater community and work to serve those needs. If you are interested in being a part of this group, see the Welcome Center for day and time of the monthly gathering.
Offered at: Central, East End, West End, Outdoor Y

SPIRITUAL ENRICHMENT PROGRAMS
CHRISTIAN LEADERSHIP CONFERENCE
Camp Fitch YMCA, North Springfield, PA
Explore methods of weaving the Christian mission through life at work and home. Music, workshops, small group discussions, and special guests will help you grow personally and professionally in your Christian experience.
Offered at: Central, East End, West End, Outdoor Y

BOOK DISCUSSION
“How Can I Let Go If I Don’t Know I’m Holding On” is a very informal book discussion led by a member of our CEC. No need to purchase the book or read the material; it will all be presented for you. You can drop in at any time and fully appreciate the material, the conversation and the fellowship. Many pearls of wisdom are collected and shared!
Offered at: West End

WHAT’S YOUR Y STORY?

Just hearing Bill Walton speak for any length of time, listening to his infectious laugh, could make one fall in love. The way he looks at life and how he emphatically speaks about the YMCA and how it ‘literally changed his life’ is inspiring. He tells anyone who will listen how wonderful the Y is and how he lives a life without pain because of the Y.

Bill was diagnosed with cerebral palsy and is confined to a wheelchair, or scooter. Although he has limited use of his arms and hands and no use of his legs, this never stopped his zeal for life! After finding out that he could use a NuStep machine, we worked together to help him improve his quality of life. The Y again felt called to help when we found out that Bill’s insurance was no longer covering the expense of his rehabilitation.

Bill now comes to the West End Y three times a week to work out on the NuStep machine for 60 minutes. He averages between 3 and 6 miles each visit. When it’s a hard workout, you can hear Bill quietly repeating scripture to get him through the tough spots.
FOR SOCIAL RESPONSIBILITY
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

Giving back and supporting our neighbors is part of what makes the Y the Y. We’re a community and we lend a hand where we can.

SOCIAL SERVICES
When you are a member of the Y, you are part of so much more than health and wellness programming. At the Y this includes outreach and the provision of critical human services through our collaborations with social service groups in Lake County.

CHILD WELFARE
We are committed to eliminating child abuse and neglect.

CHILD ABUSE PREVENTION
This class teaches recognition of signs and symptoms of child abuse. Qualifies for state licensed Child Care In-Service.
Offered at: Central

COMMUNICABLE DISEASE RECOGNITION CLASS
Participants will learn the signs and symptoms of communicable diseases in the early childhood years. Qualifies for licensed Child Care In-Service. Instructor: Susan Conte, RN.
Offered at: Central

“I have been unemployed and with health issues for over a year and was not able to keep my membership on my own. The Y granted me a nearly full scholarship and restored my membership. I am truly grateful for that.”

GIRLS IN REAL LIFE SITUATIONS
Sometimes life can sneak up on you. This program will help you prepare for life situations girls will run into. Meets at Heritage Middle School after school hours. For details contact Abby Silvestri 440.352.3303 or asilvestri@lakecountyymca.org.
Offered at: Central

COMMUNITY HEALTH
Leading the community in wellness.

CORPORATE WELLNESS
For every 100 employees in the United States . . .

- 27 have cardiovascular disease
- 24 have high blood pressure
- 50 have high cholesterol
- 26 are at least 20% overweight
- 59 do not get adequate exercise
- 21 smoke

Source: US Department of Health & Human Services

Not only that, but a study by the Wellness Council of America found that for every dollar invested into wellness, a median savings of $24 in missed work and healthcare costs is achieved. Through a corporate wellness program at the Lake County Y, your employees can get fit and feel great, while helping your company improve its fiscal fitness. Contact Kathy Spence at kspence@lakecountyymca.org
Offered at: Central, East End, West End, Outdoor Y

HEALTH FAIR
Includes health screenings and safety information.
Offered at: Central

MILITARY OUTREACH INITIATIVE
Military One Source is a no cost membership for the families of active duty military personnel deployed overseas.
Offered at: Central, East End, West End, Outdoor Y
QUALITY OF LIFE

BFIT 4 LIFE
Lake Health, Lake Metroparks, and the Lake County Y have joined forces to bring you the BFIT 4 LIFE Program. The program encourages you to walk 10,000 steps a day, which is equivalent to engaging in 30 minutes of exercise three times a week. Don’t like to walk? Not a problem. The flexible program offers step equivalents to help you convert activities such as dancing, playing basketball, and performing household chores into steps. To join the 10,000 Steps Program, call the Best of Health Line at 800.454.9800.
Offered at: Central, East End, West End

MENTAL HEALTH REFERRAL
We have partnered with the Lake County ADAMHS Board to provide frontline support and referral services to those in need. Our trained staff members and volunteers are here to help you.
Offered at: Central, East End, West End, Outdoor Y

OHIO BENEFIT BANK (OBB)
We understand that during these difficult economic times you may need support from state and local agencies. As an official OBB site, we can help ease your application process by using the Quick Check program to see if you are eligible for additional income-based assistance. Contact Julie Headings for details jheadings@lakecountyymca.org.
Offered at: East End

PEANUT BUTTER & JELLY DRIVE
We will give back to our community by collecting peanut butter and jelly during the month of December. The PB&J will be distributed to local food pantries in January, when the cupboards are empty. Spread some joy! It will warm your heart.
Offered at: West End

TEENS GROCERY SHOPPING FOR SENIOR CITIZENS
This program allows selected teens to be part of a biweekly grocery shopping service for qualifying residents of Wesley Village in Painesville. Contact Suzanne Hrwatzki at shrwatzki@lakecountyymca.org to learn more.
Offered at: Central

THANKSGIVING DINNER
We will provide Thanksgiving Dinner to those in our community who are in need of good company and a warm meal on Thanksgiving Day. The Y is recruiting volunteers to set up, serve and clean up. We are requesting donations of various items such as pies, cranberry sauce, paper goods, etc. Be listening for opportunities to serve our neighbors in this meaningful way.
Offered at: West End

VOLUNTEERISM & GIVING

FINANCIAL SUPPORT

ANNUAL GIVING CAMPAIGN
At the Y, we believe no one should be turned away because of inability to pay. Donations to our Annual Giving Campaign help provide financial assistance to families who need help benefitting from the Y. As a 501c3 all donations are tax deductible, please pledge today.
Offered at: Central, East End, West End, Outdoor Y

OPPORTUNITIES FOR ALL
The Y is for everyone. Our programs, services and initiatives enable kids to realize their potential, prepare teens for college, offer ways for families to have fun together, empower people to be healthier in spirit, mind and body, prepare people for employment, welcome and embrace newcomers and help foster a communitywide service ethic. Thanks to individual contributions and support from the United Way we can offer assistance to help reduce the cost of memberships and programs. Our process is simple and private. Applications are available online www.lakecountyymca.org or at any Lake County Y.
Offered at: Central, East End, West End, Outdoor Y
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

VOLUNTEERS
We do what we do because of your help. Join us in the cause of strengthening communities and volunteer your time today.

ANNUAL GIVING TEAM
We believe the Y is a cause worth supporting. We are here to strengthen our community in ways that no other non-profit can do. We develop youth, we work to improve the health of our community and we are here to address the needs of others. The Y is open to all; no one is turned away because of inability to pay. We have opportunities for you to share the impact the Y has had in your life and to help us transform the lives of others. We are looking for people to join our team and make the Y difference a sustainable difference. We need your help to raise dollars to transform lives.
Offered at: Central, East End, West End, Outdoor Y

JOIN 365
Join365 is a free tool that connects volunteer opportunities to people who want to give back and serve. Volunteers create a profile and receive notifications when community service opportunities become available. If you represent a church, school, non-profit group, or municipality and have a service opportunity, send an email to jdaling@lakecountyymca.org and ask about using our free service to recruit volunteers.
Offered at: Central, East End, West End, Outdoor Y

POLICY VOLUNTEERS
We get help from the community. A board of volunteers advises us on our policies and helps us decide the best way to run the Y. Contact your local Y’s Executive Director if you are interested in helping.
Offered at: Central, East End, West End, Outdoor Y

LAKE COUNTY Y BOARD OF DIRECTORS
President
Kirk Stonebrook
Vice Presidents
Robert S. Coleman
Andrew Gardner
Recording Secretary
Paula Coleman
Treasurer
Kenneth E. Mears

CONTRIBUTORS TO THE LAKE COUNTY Y BOARD OF DIRECTORS
Chairperson
Erik Walter*
Vice-Chair
Larry Greene*
Secretary
Joan Pouewells
Board Members
Jerome Barclay
Robert Buckman
Peggy Bullard

CENTRAL Y BOARD OF MANAGERS
Chairperson
Erik Walter*
Vice-Chair
Larry Greene*
Secretary
Joan Pouewells
Board Members
Jerome Barclay
Robert Buckman
Peggy Bullard

EAST END Y BOARD OF MANAGERS
Chairperson
Janice Cassidy*
Vice-Chair
Kenneth Mears*
Secretary
Nellie Vince
Board Members
Ben Archinal
Jerry Bell
Trevor Behm
John Braidich

WEST END Y BOARD OF MANAGERS
Chairperson
Randy Richmond*
Vice-Chair
Stan Lipinski*
Secretary
Susan Vines
Board Members
Tanzie Adams

OUTDOOR Y BOARD OF MANAGERS
Chairperson
Jim Pelich*
Vice-Chair
John Sivon*
Secretary
Tom Burns

“I feel very comfortable at the Y. The people are very friendly and down to earth. I enjoy the diversity of ages, races, and nationalities at the Y.”
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

VOLUNTEERS

PROGRAM VOLUNTEERS
When you volunteer at the Y, you provide leadership and talent vital to empowering people and communities to learn, grow and thrive. With a focus on youth development, healthy living, and social responsibility, Y volunteers give men, women, and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected, and secure. The opportunities are limitless! Get your application today.
Offered at: Central, East End, West End, Outdoor Y

ADVOCACY
We collaborate with policy makers, community leaders, private and public organizations to develop youth, prevent chronic disease and build healthier communities.

PUBLIC POLICY
OHIO STATE ALLIANCE
The Alliance is made up of 60 associations, including our Lake County YMCA, covering 173 diverse communities. The Alliance legislative priorities are three fold: supporting the children and youth of Ohio, preventing and helping to treat Diabetes and combating childhood obesity. For more information go to www.ohioymcas.org

CORPORATE LEADERSHIP

STRATEGY TEAM
Chief Executive Officer
Dick Bennett
Chief Financial Officer
Carolyn Tippie
Chief Facilities Officer
Bob Hoffman

LEADERSHIP TEAM
Director of HR & Leadership Development
Alyssa Gustwiller
Director of Marketing Communications
Dave Saifman
Director of Membership Development
Kathy Spence

Director of Mission Advancement
Debbie Johnson
Director of Program Development
Abby Silvestri
Director of Social & Global Services
Jacob Daling

Business Manager/Accounts Receivable
Janet Storer
Executive Assistant
Teresa White
Finance Assistant/Data Reporting
Susan Davis

WEST END Y LEADERSHIP TEAM
Executive Director
Clint Simons
Child Care Director
Pattie Ritt
Healthy Living Director
Margaret Warner
Member Engagement Director
Amy Schedler
Property Manager
Ryan Nedoma
Swim, Sports and Play Director
Sue Dietrich
Youth Development Director
Jonathan Sweet

CENTRAL Y LEADERSHIP TEAM
Executive Director
Sue Palliser
Child Care Director
Sherry Kantz
Healthy Living Director
Beth Horvath
Member Engagement Director
Kevin Sraj
Program Director(Aquatics)
Suzanne Hrwatzki
Property Manager
Denny Reho
Youth Development Director
Elisa Hennies

EAST END Y LEADERSHIP TEAM
Executive Director
Michele Kuester
Child Care Director
Lori Klem
Healthy Living Director
Janie Snyder
Member Engagement Director
Julie Headings
Program Director
Greg Church
Property Manager
Nathan Ricket

OUTDOOR Y LEADERSHIP TEAM
Executive Director
Jessica Martin
Program Director
Dave Duricky

PERRY CHILD CARE LEADERSHIP TEAM
Child Care Director
Angie Reed
Lake County YMCA
Four convenient locations to serve you.

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.