

COSE Wellness & The YMCA of Greater Cleveland

Committed to Developing a Healthy Small Business Community

The COSE Y-Days program offers COSE member businesses, employees and families FREE access to all YMCA of Greater Cleveland locations. This includes an array of outstanding facilities, equipment and classes at each branch.



Program Details

- 2 free days every week per location.
- There is no limit to how many total days you use or number of locations you visit.
- One additional weekend day each month at all locations.
- 50% off joiner fees for COSE members in 2012. June 15-22, July 15-22, December 15-22.

Just bring your COSE Y-Days Access Card or Medical Mutual health insurance card to present upon arrival. Have questions? Ask your employer or call COSE Customer Service at 216.592.2222.



COSE Y-DAYS ACCESS CARD
USE THIS CARD ON COSE Y-DAYS
FOR FREE ADMISSION.

COSE Member Number: _____



MEDICAL MUTUAL®



YMCA of Greater Cleveland



COSE Y-Days 2012 Schedule & Branch Information

January	February	March
S M T W T F S 1 2 3 4 6 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
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July	August	September
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October	November	December
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Downtown Branch
2200 Prospect Avenue
Cleveland, 44115
216.344.7700

Euclid Branch
631 Babbitt Road
Euclid, 44123
216.731.7454

Geauga Branch
12460 Bass Lake Road
Chardon, 44024
440.285.7543

Parma Y-Express Branch
7928 Day Drive
Parma, 44129
440.887.0430

Ridgewood Branch
6840 Ridge Road
Parma, 44129
440.842.5200

Southeast YMCA
460 Northfield Road
Bedford, Ohio 44146
216.663.7522

West Shore Branch
1575 Columbia Road
Westlake, 44145
440.871.6885

French Creek Family Branch
2010 Recreation Lane Avon,
4011
440.934.9622

Hillcrest Branch
5000 Mayfield Road
Lyndhurst, 44124
216.382.4300

Lakewood Branch
16915 Detroit Avenue
Lakewood, 44107
216.521.8400

West Park Branch
15501 Lorain Road
Cleveland, 44111
216.941.5410

North Royalton Branch
Located in the former Avalon
Event Center on State Road.
Open to COSE Y-Days August 1

Warrensville Heights Branch
Located in Town Center on
Northfield Road.
Open to COSE Y-Days June 1

Branch name color corresponds with weekday Y-Days at each location.

■ - COSE Y-Day for all YMCA locations

COSE
Join your cause.



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YMCA of
Greater Cleveland

Contact COSE Customer Service
at 216.592.2222
for details.

YMCA is closed: Easter Sunday,
Thanksgiving Day & Christmas
Day.

COSE Y-Days are FREE to COSE member employees
and their immediate families. There is no limit to how
many Y-Days one can participate. All participants must
provide their COSE Member Number and sign-in upon
arrival for admittance.

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Greater Cleveland**