

FRENCH CREEK FAMILY YMCA | clevelandymca.org



Program Guide

2026

ABOUT OUR PROGRAM GUIDE

- We have worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.
- You will find the categories as follows:
 - Early Childhood (ages 0-4)
 - Youth (ages 5-12)
 - Teens (13-18)
 - Adult (18+)
 - Active Older Adults (55+)
 - Families (all ages)
 - Aquatics (all ages)
 - Sports (all ages)
- Ages are meant to be a guide, each program and discipline varies

MEMBERSHIP & AMENITIES

CAMP

YOUTH & FAMILY

WELL-BEING & FITNESS

AQUATICS

MENTAL HEALTH

ACTIVE OLDER ADULTS

EMPLOYMENT & VOLUNTEERISM

PROGRAM SEASONS

- We have separated our programs up into seasons, working to line our schedules up throughout the year. Under each program, you will find that seasons that each program will be running.
- Below are the 6 seasons that we will have for our programs for the year of 2026. Along with the seasons, we have listed the dates that these seasons cover, each about 8 weeks long.
- Program dates within each season may vary from the exact season dates and may overlap seasons. Please stay tuned for further info as the programs get closer for the exact schedules for each program.

WINTER: January 5 – March 1

SPRING I: March 2 – April 26

SPRING II: April 27 – June 7

SUMMER: June 8 – September 6

FALL I: September 7 – November 1

FALL II: November 2 – December 27

YEAR ROUND: Register Any Time!

MEMBERSHIP & AMENITIES



MEMBERSHIP

As a member of the YMCA of Greater Cleveland, you are part of something much larger than a gym or a program. You are now part of a powerful association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow and thrive.

Membership Type	Join Fee	Rate, Including Tax
Adult	\$100	\$62.84
Adult Plus	\$100	\$73.49
Family	\$100	\$95.85
Family Plus	\$100	\$111.83
Senior (65+)	\$100	\$46.86
Senior Plus (65+)	\$100	\$58.58
Young Adult (18-27)	\$50	\$48.99
Young Adult Plus (18-27)	\$50	\$59.64
Youth/Teen (0-17)	\$30	\$25.56

ANNUAL CAMPAIGN

When you give to the Y, you support critical programs and services for young people, adults and families who need them the most. As a leading nonprofit organization dedicated to strengthening communities, the Y relies on the support of neighbors like you to enable us to fulfill our commitments. From ensuring that kids have a place to thrive before and after school, to teaching people life skills in our Safety Around Water program and more, your contributions allow everyone to access the resources and support they need. Your charitable contributions help make a big impact in the lives of so many people in our area.

BRANCH ADVISORY BOARD

Advisory board members play a crucial role in helping organizations make informed decisions. By providing guidance and advice, they help steer the organization in the right direction and ensure that it stays on track to achieve its goals. Advisory board members bring a wealth of experience and expertise to the table. Interested? Contact Joe Cerny.

EMPLOYMENT OPPORTUNITIES

Looking for a job that is committed to supporting kids, families and adults as they reach their full potential? At the Y, we are continually seeking out opportunities for our staff to learn, grow and thrive. When you are involved with the Y, you help bring about lasting personal and social change. Visit our website to see available opportunities: www.clevelandymca.org/careers

JOIN US

MEMBERSHIP & AMENITIES

24/7 ACCESS

Enjoy fitness on your schedule! With 24/7 Access included as a benefit for adults with active memberships, you can work out whenever it fits your lifestyle — early mornings, late nights, or anything in between. Your membership gives you the freedom and flexibility to stay committed to your goals around the clock.

CHILD WATCH

Enjoy your workout with peace of mind! Our Child Watch center is a complimentary benefit for children on family memberships, providing a safe, fun, and supervised space for kids while you focus on your fitness. With engaging activities and caring staff, your little ones will love their time with us just as much as you do. Available for children on family memberships ages 6 weeks-11 years.

KIDS CLUB

Give your kids a place to learn, play, and grow! Our Kids Club is a special member benefit for children on family memberships, offering a safe, engaging environment filled with age-appropriate activities and positive supervision. While you enjoy your workout, your child can have fun, make friends, and explore new interests — all included with your family membership. Available for children ages 7-11 years.

HYDROMASSAGE BEDS

Relax, recover, and recharge — all included with your membership! Our HydroMassage beds offer a soothing, full-body experience designed to relieve muscle tension, reduce stress, and enhance post-workout recovery. Slip in for a quick session anytime and enjoy a little extra wellness built right into your membership. Available for adult members only -- Standard memberships include monthly access; Plus memberships include daily access.

PARENT-CHILD TIME

Strengthen bonds while staying active together! Parent-Child time in our Youth Fitness Center is a unique member benefit for families with active memberships, offering a dedicated space for parents and kids to play, explore, and build confidence through movement. It's a fun, energizing way to connect as a family.

PLUS MEMBERSHIP

Upgrade your experience with a Plus Membership! This enhanced membership type gives you daily access to our relaxing HydroMassage beds, exclusive rates on programs and services, and even more premium perks designed to elevate your wellness journey. Enjoy extra value, extra comfort, and extra motivation with a Plus Membership!

MEMBERSHIP & AMENITIES

SAUNA & WHIRLPOOL

Unwind and rejuvenate with our co-ed sauna and whirlpool — relaxing benefits included with every active membership. Soothe sore muscles, reduce stress, and enjoy some well-deserved downtime in these inviting wellness spaces. It's the perfect way to complement your workout and recharge your body and mind.

COFFEE BAR

Start your visit with a boost! Our free Coffee Bar is a warm, welcoming perk for all members, offering a fresh cup of coffee to energize your day. Whether you're gearing up for a workout or winding down afterward, enjoy this complimentary pick-me-up as part of your membership.

YMCA 360

Stay connected to your wellness journey anytime, anywhere with YMCA 360! This digital platform is a valuable benefit for all active members, offering virtual workouts, group exercise schedules, facility updates, and more — all in one convenient app and website. It's your go-to resource for staying active, informed, and inspired wherever you are.



CAMP



SPORTS CAMP

In our camps, kids improve sport skills through teamwork and friendly competition. Each week brings a new themed, complete with drills, scrimmages and activities to enhance their athletic ability and general sports knowledge. Available for children ages 5-12 (must have completed kindergarten). Campers should bring two snacks and lunch to camp daily.

Not only are kids guaranteed to learn something new and make lifelong memories, but will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: Caring, Fairness, Honesty, Respect, Responsibility, Teamwork- as guides to show our campers how to be leaders and lifelong learners. We teach kids how to Play with Purpose!

SEASONS AVAILABLE IN 2026:

SUMMER

CHEER CAMP

French Creek Cheer Camp is designed to build spirit and confidence in both girls and boys! Campers are taught basic cheer-leading movements and formations, tumbling moves, yoga/flexibility, dance routines and more!

Not only are campers guaranteed to learn something new and make lifelong memories, but will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: Caring, Fairness, Honesty, Respect, Responsibility, Teamwork- as guides to show our campers how to be leaders and lifelong learners. We teach kids how to Play with Purpose!

SEASONS AVAILABLE IN 2026:

SUMMER

**2026 SUMMER CAMP
REGISTRATION OPENS
FEB 2nd, 2026 @ 12am!**

CAMP

CAMP

ART CAMP

Art is all about being open and receptive to the world- inside and out. French Creek Art Camp helps kids expand their creativity and ideas through an interactive and engaging curriculum that varies week to week. We aim to expose our campers to different art mediums and encourage them to think outside the box!

Not only are kids guaranteed to learn something new and make lifelong memories, but will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: Caring, Fairness, Honesty, Respect, Responsibility, Teamwork- as guides to show our campers how to be leaders and lifelong learners. We teach kids how to Play with Purpose!

SEASONS AVAILABLE IN 2026:

SUMMER

SCIENCE CAMP

French Creek Science Camp helps kids expand their horizons and worldly knowledge through an interactive, engaging curriculum that varies week to week. Our wide variety of topics range from life on earth all the way to outer space. Certain weeks include field trips designed to supplement the curriculum.

Not only are kids guaranteed to learn something new and make lifelong memories, but will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: Caring, Fairness, Honesty, Respect, Responsibility, Teamwork- as guides to show our campers how to be leaders and lifelong learners. We teach kids how to Play with Purpose!

SEASONS AVAILABLE IN 2026:

SUMMER

**2026 SUMMER CAMP
REGISTRATION OPENS
FEB 2nd, 2026 @ 12am!**

TRADITIONAL CAMP (AVON EAST)

YMCA Summer Day Camp provides outdoor activities, sports, arts, crafts, games, and summer adventures. Whether you choose one week or all summer, YMCA Day Camp fits your schedule and provides fun, enriching activities for your child! Traditional Day Camp is offered at Avon East Elementary School and other local schools.

SEASONS AVAILABLE IN 2026:

SUMMER

SPRING BREAK CAMP

Need Child Care over Spring Break? Looking for something fun for your kids to do over the holidays? We are offer Spring Break Camp at French Creek Family YMCA! We have structured activities; crafts, gym time, swim time, and free play to keep kids active and engaged while they spend time out of school! Sign up before fill up! Dates determined year to year based off of multiple school district calendars.

SEASONS AVAILABLE IN 2026:

SPRING I

WINTER BREAK CAMP

Need Child Care over Winter Break? Looking for something fun for your kids to do over the holidays? We are offer Spring Break Camp at French Creek Family YMCA! We have structured activities; crafts, gym time, swim time, and free play to keep kids active and engaged while they spend time out of school! Sign up before fill up! Dates determined year to year based off of multiple school district calendars.

SEASONS AVAILABLE IN 2026:

FALL II

WINTER

CAMP

YOUTH & FAMILY



BASKETBALL

YMCA Jr. Cavs League (Ages 3-11) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Fall and Winter sessions available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach - this league depends on parent volunteers!

SEASONS AVAILABLE FOR 2026:

FALL I-II

WINTER

YMCA Spring Basketball League(Ages 3-11) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Fall and Winter sessions available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach - this league depends on parent volunteers!

SEASONS AVAILABLE FOR 2026:

SPRING I-II

DANCE

Youth/Teen Dance Program (Ages 7-17) An 8-week program in Ballet, Jazz, Hip Hop, or Contemporary dance led by one of our wonderful dance instructors. This program currently focuses on core technique in Ballet and Jazz. Additional styles, including Hip Hop and Contemporary, will be introduced and incorporated into the class schedule later this year.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

YOUTH & FAMILY

IRON KIDS

Iron Kids (Ages 7-12) is designed to start teaching youth importance and proper structure of an exercise or training program. these classes will focus on areas such as warm-up, flexibility, mobility, running mechanics, agility, full-body strength, and core work.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

IRON TEENS



This program serves to educate and train teen athletes for sport, power, and performance by focusing on specific muscle groups each week. You'll gain a deep understanding of the gym, how to lift safely, and more. Our Certified Personal Trainer will teach each movement's importance for your body and improve your training potential, building a smarter and stronger athlete.

LOWER BODY TRAINING includes bodyweight squats, lunges, deadlifts, RDLs, glute bridges, plyometrics, & more along with education on muscles worked & importance of training for their individual sport.

UPPER BODY TRAINING includes shoulder, chest, bicep, tricep, shoulder, and back exercises, training on various modes of equipment, along with education on muscles worked & importance of training for their individual sport.

CORE & FUNCTIONAL TRAINING targets improvements in stability & safety while lifting, specifically knowledge of how to strengthen the deep core muscles, add functional training to their daily routine, & more

SPEED & AGILITY TRAINING aims to enhance athletic performance & power by sharing how to train fast twitch muscles & boost potential.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

KARATE

Youth & Family Karate Class (Ages 7+) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. Parents/guardians are encouraged to participate and assist children in class. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly. 30-minute classes.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

Traditional Class (Ages 8-99) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly following Family Karate class. 30-minute classes.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

YOUTH & FAMILY

NINJAZONE

This action-packed youth program combines obstacle course training, gymnastics, parkour, and character development — helping kids build strength, focus, and confidence while having fun.

NinjaZone (Ages 1st grade +) Participants learn a combination of flips, rolls, jumps, and kicks. Strength and agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children advance and learn at their own pace.

SEASONS AVAILABLE IN 2026:

WINTER

SPRING I

SPRING II

FALL I

FALL II

Lil Ninja (Ages Pre-School-K) Ninja classes combine movement, speed, agility and strength to create a safe, energetic activity. With obstacle courses and gymnastics training, Ninjas learn rolls, flips and kicks while building strength, coordination and agility. We believe the long-term development of social skills can be even more important- Ninjas also develop: Self-confidence; Discipline; Focus; Impulse Control; and Safety Skills..

SEASONS AVAILABLE IN 2026:

WINTER

SPRING I

SPRING II

FALL I

FALL II

Baby Ninja (Ages Walking- 3 years) In this semi-structured class, your child will climb, crawl, jump, and balance through exciting obstacle courses designed for growing bodies and curious minds. Each class includes a mix of guided activities and open exploration.

SEASONS AVAILABLE IN 2026:

WINTER

SPRING I

SPRING II

FALL I

FALL II

Parent's Night Out (P.N.O.)

Child Watch will be open for the 3rd Friday of the month! Drop your kid(s) off at the Y for a night of crafts and activities. Parent's Night Out is offered to ages 4-12 (must be potty trained). We will provide scheduled activities, such as arts and crafts, gym time, and playground time. We also serve pizza for dinner!

SEASONS AVAILABLE FOR 2026:

YEAR ROUND

TUMBLING

Tiny Tots Tumbling (Ages 3-5 (Pre-K)) Tiny Tots is a tumbling program recommended for ages 3-5, with no experience necessary. We aim to improve basic strength, muscular coordination, balance, flexibility, and concentration/focus. Must take and pass a skills test to be eligible for the next level of classes.

Specific Skills taught are:

- Somersaults
- Headstands
- Bridges

SEASONS AVAILABLE FOR 2026:

YEAR ROUND

Beginner Tumbling (Ages 5+) (Those younger can test-out of Tiny Tots). Beginner class recommended for ages K+. Beginner tumbling classes focus on foundational skills like rolls, handstands, and cartwheels, designed for children ages 5-10 with little or no experience.

SEASONS AVAILABLE FOR 2026:

YEAR ROUND

YOUTH & FAMILY

YOUTH & FAMILY

VOLLEYBALL

Volleyball - Skills Session (Ages 7-8, 9-11, 12-14) Volleyball skills training session run by YMCA Program Instructors. 50 minute to 90 minute classes. Working on: sport fitness, technical skill development, and volleyball IQ. Typically a 6 week, 1x/week program.

SEASONS AVAILABLE IN 2026:

FALL I

WINTER

SPRING I

SUMMER

Volleyball - League (Ages 9-11 & 12-14): A youth volleyball league geared toward middle school aged athletes (boys and girls), designed to improve knowledge of the sport and sharpen skills involved in playing the game. Players are sorted onto teams, each team needs 1-2 parent volunteer coaches. There are about 8 practices and 8 games per season.

SEASONS AVAILABLE IN 2026:

SPRING I

FALL II



**VOLLEYBALL LEAGUE DEPENDS ON
PARENT VOLUNTEERS TO COACH THE
TEAMS! PLEASE CONSIDER
VOLUNTEERING TO HELP COACH SO WE
CAN RUN A GREAT PROGRAM!**

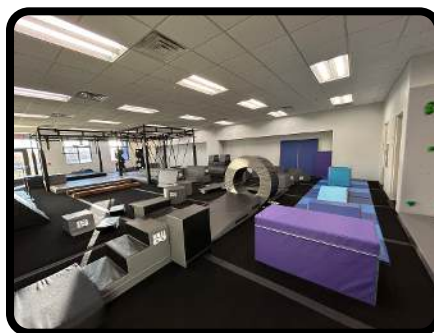
BIRTHDAY PARTY RENTALS

Birthday coming up? French Creek Family YMCA has everything kids love; we offer 5 custom Party Packages to guarantee the Best Birthday Ever! Contact the branch early about date availability. We currently do not schedule party rentals in June-August.

PARTY LEVEL	INCLUDED	DAYS OFFERED	MEMBER FEE
#1 SUPER	*Kids' Club (2 HR)	FRIDAY, SATURDAY, SUNDAY	\$150
#2 MEGA	*Kid's Club -Half of Gym	SATURDAY 3-6pm	\$250
2+ MEGA PLUS	*Kid's Club -Half of Gym +INFLATABLES	SATURDAY 3-6pm	\$300
#3 ULTIMATE	*Kid's Club -Rec Pool -Half Gym	SATURDAY 2-6pm	\$350
#4 SUPER MEGA ULTIMATE	*Kid's Club -Rec Pool -Whole Gym +INFLATABLES	SATURDAY 2-6pm	\$450
#5 PLATINUM	*Kids' Club -Youth Fitness Center (Gaga Pit Available)	FRIDAY, 5-8p SUNDAY, 1-4p	\$350

YOUTH FITNESS CENTER

Level 5 rental only!



INFLATABLE OBSTACLE COURSE

YOUTH & FAMILY

WELL-BEING & FITNESS



BOOTCAMP, CIRCUIT, & HIIT TRAINING

Elevate your fitness with our 4-week or 8-week Circuit Training, Bootcamp, and HIIT classes. These programs provide a rotating mix of strength and conditioning, offering a new challenge every session. Expect varied formats, including Total Body workouts, endurance drills, and high-intensity interval training (HIIT) to help you build strength and improve cardiovascular fitness throughout the year. All fitness levels are welcome and encouraged to participate.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

FITNESS CHALLENGES

The YMCA offers monthly health and well-being challenges for members to focus on your goals and strive to become 1% better every day. These programs encourage participation in activities focused on fitness, nutrition, mental wellness, and more.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

HIKING CLUB

Join the YMCA Hiking Club for organized outings on local trails throughout the year. We explore various locations, often rotating weekly or monthly, to provide diverse opportunities for outdoor activity. All paces and experience levels are welcome, and we encourage members to bring friends or family. Hikes are dependent on weather conditions. Please check the current program schedule for specific dates, locations, and times.

SPRING II

SUMMER

FALL I

FALL II

INBODY SCAN

INBODY (Ages 18+) To thoroughly learn about your body and its condition, take the InBody test. In less than 60 seconds, the InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body weight balance; components that are key in understanding more about your body.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

MOVE 2 LOSE

MOVE2LOSE is a 10-week weight loss program proven to help participants lose weight and reach their other health and wellness goals!

What to expect:

This program includes 10 weeks of guided help from Certified Personal Trainers in a small group setting. There are 2 in-person workouts each week (AM and PM times available), along with biweekly nutrition classes, so you get to workout and discussion nutrition goals with a community of like-minded people with similar goals as you!

The program also includes 3 InBody Scans (body composition assessments) to help you track your progress on a deeper level, a Move 2 Lose Tee Shirt, weekly newsletters to guide you and help you grow your knowledge, and an awards week for all participants to celebrate their accomplishments.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

PICKLEBALL

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

Pickleball – Adult Clinics (Ages 18+) We offer beginner, Intermediate and Intermediate + clinics. Intermediate + Clinic participants must be pre-approved by pickleball instructors.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

RESTORATIVE YOGA SERIES

Join us once a month, all year long, for 90 minutes of dedicated relaxation featuring meditation, mindfulness, and Restorative Yoga.

This series is designed to promote deep mental and physical rest. Poses are held for an extended time (three to five minutes) to deepen your stretch, clear your mind, and help you focus on your breath.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

WELL-BEING SPEAKERS & SPECIAL EVENTS

Throughout the year, we host a rotating schedule of expert speakers and interactive workshops focused on physical, mental, and nutritional well-being. Offerings vary each month and may include sessions led by dietitians, personal trainers (e.g., focused lifting technique workshops), mindfulness coaches, and creative wellness instructors (e.g., vision board making).

SEASONS AVAILABLE IN 2026:

YEAR ROUND

WOMEN ON WEIGHTS

Do you want to take your training to the next level? Have you trained with an actual goal in mind? Do you want to get stronger? Put on more muscle? Get leaner? Reduce your body fat?

This 4 or 8 week program will do just that! We will use different periodizations in our program and hit free weights as well as machines to enhance your training. Each session will be a combination of upper and lower body muscle groups with a different focus.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

GENERAL FITNESS

Smart Start & Machine Orientation (Ages 13+)

Smart Start is a one on one meeting with one of our Wellness Department team members. In this meeting, you will establish what your health and fitness goals are and our Wellness Department will support you to help you attain those goals. Appointments are free of charge and available upon request.

Machine Orientation is a one on one meeting with one of our Wellness Department team members walking you through the exercise equipment available on our Wellness Floor so you can start your health journey with confidence. Appointments are free of charge and available upon request.

GroupX (Ages 13+)

We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

See Schedule:



Personal Training (Ages 13+)

Our YMCA offers personal, partner, and small group training to help you set and meet your personal fitness goals. Whether you're new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a fitness plateau, or looking to enhance your functional fitness for everyday life, our trainers will help you reach your goals in a way that works best for you!

More Information



AQUATICS



SWIM LESSONS: EARLY CHILDHOOD

A: Water Discovery (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance.

B: Water Exploration (Ages 18 months - 35 months) In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. In stage B, the instructor will give prompts to parents similar to our preschool group lessons to prepare the child for independent lessons starting at age 3.

SEASONS AVAILABLE FOR 2026:

WINTER**SPRING I****SPRING II****SUMMER****FALL I****FALL II**

SWIM LESSONS: SPECIAL

Private Swim Lessons (All ages) Whether you are interested in getting comfortable in the water for the first time, want to improve your form, or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you to determine the best path to help you achieve your personal goals.

Teen Swim Lessons (Ages 13-19) Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

Adult Swim Lessons (Ages 20+) Offering beginner and intermediate levels. Participants are evaluated on the first day of class and placed accordingly. Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

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

AQUATICS

SWIM LESSONS BY LEVEL

Level 1: Water Acclimation (Ages 3-5 & 6-12) Develop comfort with underwater exploration, learn to safely exit in the event of falling to a body of water.

Level 2: Water Movement (Ages 3-5 & 6-12) Focus on body position and control, directional change and forward movement in the water, how to safely exit in the event of falling into a body of water.

Level 3: Water Stamina (Ages 3-5 & 6-12) Students learn how to swim to safety from a longer distance, introduction to rhythmic breathing, integrated arm and leg action.

Level 4: Stroke Introduction (Ages 6-12) Learn stroke technique in front and back crawl, learn the breaststroke, butterfly kick, treading water, and elementary backstroke.

Level 5: Stroke Development (Ages 6-12) Learn stroke technique, all major competitive strokes, treading water, and sidestroke.

Level 6: Stroke Mechanics (Ages 6-12) Students will refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SEASONS AVAILABLE IN 2026:

WINTER

SPRING I

SPRING II

SUMMER

FALL I

FALL II

SWIM ACADEMY

Swim Academy (Ages 5-18) Through hybrid group lesson and practice sessions participants will gain skills needed to successfully join FCY Rubber Ducks swim team.

FALL I

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

FCY RUBBER DUCKS SWIM TEAM

Rubber Ducks Swim Team is a competitive program that offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Participants build character values through personal improvement, training, goal-setting, teamwork, and competition. Teams compete locally, regionally and nationally. Season runs from September - March, with practices during the week and swim meets on the weekends. Swimmers will progress as participants, role models and leaders.

FLUFFS (Beginner) In the Fluffs level, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool, freestyle and backstroke, to be placed in the Fluffs level. The coaches will teach all four strokes, starts, and turns. Swimmers will learn rules and etiquette around swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.

DUCKLINGS (Intermediate) The Duckling level is for middle school aged swimmers who have mastered the basic fundamentals of each stroke and are physically and mentally prepared for more rigorous training. In this group, swimmers will be instructed on advanced stroke mechanics and skills. Training will become more of an emphasis in this level, with a focus on aerobic capacity and individual medley proficiency. Swimmers will be educated on advanced race strategies and will begin to participate in dry-land activities. It is encouraged that swimmers attend 4 practices per week.

DUCKS (Advanced) The Ducks level is for high school aged swimmers. There will be a heavy emphasis on training while continuing to develop and refine stroke mechanics and skills. At the Duck level, the training will be more event-specific, with more emphasis on race pace training. Swimmers are encouraged to attend at least 4 practices per week.

SEASONS AVAILABLE IN 2026:

FALL I – WINTER

AQUATICS

AQUATICS

Masters Swim Team (Ages 20+) This program is for dedicated adult swimmers who want to experience an intense workout while advancing swimming skills and techniques. The coach will provide instruction and workouts tailored to each swimmer's individual ability. The goal is for participants to become efficient and advanced swimmers. 8-week session, 2 days per week.

COMING SOON!!

LIFE GUARDING

Red Cross Lifeguard Certification Course (Ages 15+) Red Cross life guarding students must be at least 15 years old by the last day of class and pass a swimming skills test. Once students are enrolled, they'll receive the latest science-based training from experienced instructors and develop skills they'll use for a lifetime. Flexible training courses are available in-person or via Blended Learning, which combines online coursework with in-person skills sessions.

EMPLOYMENT OPPORTUNITIES

Lifeguard (Ages 15+) The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring. Candidates must be able to ensure the safety of patrons by minimizing or eliminating hazardous situations or behaviors. This person will need to be able to solve on-the-job issues by utilizing effective critical thinking and decision making skills and possess the ability to work with diverse populations. Lifeguards must be able to enforce pool policies and be able to communicate our policies effectively.

Swim Instructor (Ages 16+) Swim Instructors plan and deliver effective swim instruction, using the Y of the USA swim curriculum in a designated program area for YMCA members, program participants, and non-members. Instructors must be knowledgeable, punctual, professional, and show concern for class participants.

Water Fitness Instructor (Ages 16+) The Water Fitness Instructor plans and delivers effective classes in a designated program area for YMCA members and program participants. Instructors must be knowledgeable, professional, and show concern for class participants.

MENTAL HEALTH



MENTAL HEALTH

ACCESS TO MENTAL WELLNESS SERVICES HAS NEVER BEEN EASIER!

Mental Wellness Services at the French Creek Family YMCA

At the French Creek Family YMCA, we are committed to fostering mental wellness in our community. We are proud to offer mental health counseling and support services to help individuals and families navigate life's challenges.

MEET MARLON JOHNSON BEHAVIORAL HEALTH MANAGER



Marlon L. Johnson, LPCC-S, LICDC, is a compassionate mental health and substance abuse professional with Master's degrees in Clinical Mental Health Counseling and Practical Theology from Ashland Theological Seminary. He specializes in supporting adolescents, adults, couples, families, and the LGBTQ+ community.

Marlon addresses concerns such as anxiety, depression, trauma, self-esteem, and dual diagnoses, while also navigating complex issues related to relationships, grief, loss, and spirituality. Utilizing a multifaceted therapeutic approach, he is dedicated to empowering individuals on their journey toward healing, self-discovery, and personal growth.

CONTACT MARLON JOHNSON
MJohnson@ClevelandYMCA.org | 216.431.2018 ext. 3775
Fax: 216.431.2023 | Cell: 216.695-2269

GRIEF & LOSS

Find Healing and Support in Our Free 24-Week Grief & Loss Program

Beginning this January, we invite you to join our compassionate, supportive Grief & Loss Program—completely free of charge. Over the course of 24 weeks, participants will connect in a safe, understanding space designed to foster healing, resilience, and community. Whether you're coping with the loss of a loved one or navigating other forms of grief, this program offers guided support, practical tools, and a caring network to help you move forward at your own pace. All are welcome.

SEASONS AVAILABLE IN 2026:

WINTER

SPRING I

SUGGESTIONS

We want to hear from You -- Help us shape future Mental Well-Being Programs at the French Creek Family YMCA

Your voice matters. As we continue to expand our mental well-being offerings, we invite you to share the topics, workshops, and support programs you'd like to see at the YMCA. Whether it's stress management, mindfulness, parenting support, grief resources, or something entirely new, your suggestions help us create meaningful programs that truly serve our community. Tell us what would support **your** well-being—together, we can build a healthier, more resilient YMCA community.

ACTIVE OLDER ADULT



AOA BUS TRIPS

The YMCA's AOA Bus Trips offer year-round, social excursions to a variety of exciting destinations.

Enjoy convenient group travel to local shows, cruises, holiday activities, and special out-of-country trips. These trips are a wonderful way to socialize and explore new places.

AOA FITNESS ASSESSMENTS

Are you curious about your current fitness level and how it impacts your long-term health as you age?

Take the first step towards a healthier future with our NEW AOA Fitness Assessments! Increase your knowledge about your current fitness level and how this impacts your overall health. Schedule your first assessment today!

You will complete fitness tests including the Chair Stand Test, Arm Curl Test, 2-Minute Step Test, Chair Sit & Reach Test, and many more! You will also receive guidance on what to do with the results you receive, including ideas for new training, machines, and classes to try, typing of exercises to improve cardiovascular health, endurance, and strength, and more!

SEASONS AVAILABLE IN 2026:

YEAR ROUND

AOA ORIENTATION

AOA Meet & Greet (Ages 55+) At our Meet & Greet, you will learn all about your new Y: Get familiar with the facility, learn about programs and services just for our Active Older Adults, and meet the people that are passionate about helping you transform your life. Enjoy refreshments, door prizes, branch program information, YMCA 360, Y Stars, bus trips and fitness equipment orientation.

BIBLE STUDY

(All Ages Welcome) Study through the chapters, topics, and readings within the Bible, along with fellowship amongst others of faith

ACTIVE OLDER ADULT

CAPS N' LAPS

The Caps and Laps Club meets once a week on Thursdays to create handmade items for community members in need.

Participants knit and crochet hats, scarves, and other warm goods. This club offers a relaxing and social opportunity to utilize your skills for a charitable cause. All skill levels are welcome.

YEAR ROUND

FITNESS CHALLENGES

The YMCA offers monthly health and well-being challenges for members to focus on your goals and strive to become 1% better every day. These programs encourage participation in activities focused on fitness, nutrition, mental wellness, and more.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

HIKING CLUB

Lace up your boots and join the new French Creek Family YMCA Hiking Club this September and October! We're exploring four different local trails, rotating locations weekly. All paces and experience levels are welcome – grab a friend or the whole family for some outdoor fun! Hikes are weather dependent. See you on the trail!

SEASONS AVAILABLE IN 2026:

SPRING

SUMMER

FALL I

FALL

MOVE 2 LOSE

MOVE2LOSE is a 10-week weight loss program proven to help participants lose weight and reach their other health and wellness goals!

What to expect:

This program includes 10 weeks of guided help from Certified Personal Trainers in a small group setting. There are 2 in-person workouts each week (AM and PM times available), along with biweekly nutrition classes, so you get to workout and discussion nutrition goals with a community of like-minded people with similar goals as you!

The program also includes 3 InBody Scans (body composition assessments) to help you track your progress on a deeper level, a Move 2 Lose Tee Shirt, weekly newsletters to guide you and help you grow your knowledge, and an awards week for all participants to celebrate their accomplishments.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

PICKLEBALL

Pickleball - Open Play (Ages 18+) We offer open-net Pickleball for adults of all ages and skill levels. Equipment is ready for players including nets, paddles, and balls. Players are responsible for set-up and tear-down. SEE GYM SCHEDULE ON Y360 APP FOR HOURS OFFERED

Pickleball - Adult Clinics (Ages 18+) We offer beginner, Intermediate and Intermediate + clinics. Intermediate + Clinic participants must be pre-approved by pickleball instructors.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

ACTIVE OLDER ADULT

RESTORATIVE YOGA SERIES

Join us once a month, all year long, for 90 minutes of dedicated relaxation featuring meditation, mindfulness, and Restorative Yoga.

This series is designed to promote deep mental and physical rest. Poses are held for an extended time (three to five minutes) to deepen your stretch, clear your mind, and help you focus on your breath.

SEASONS AVAILABLE IN 2026:

YEAR ROUND

WELL-BEING SPEAKERS & LUNCH AND LEARNS

Throughout the year, we host a rotating schedule of expert speakers, Lunch and Learns, and interactive workshops focused on physical, mental, and nutritional well-being. Offerings vary each month and may include sessions led by dietitians, personal trainers (e.g., focused lifting technique workshops), mindfulness coaches, and creative wellness instructors (e.g., vision board making).

YEAR ROUND

GENERAL INFO

GroupX (Ages 13+) We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

See Schedule:



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



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of this Program Guide

EMPLOYMENT & VOLUNTEERISM



LIFEGUARD

Lifeguard (Ages 15+) The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring. Candidates must be able to ensure the safety of patrons by minimizing or eliminating hazardous situations or behaviors. This person will need to be able to solve on-the-job issues by utilizing effective critical thinking and decision making skills and possess the ability to work with diverse populations. Lifeguards must be able to enforce pool policies and be able to communicate our policies effectively.

SWIM INSTRUCTOR

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WATER FITNESS INSTRUCTOR

Water Fitness Instructor (Ages 16+) The Water Fitness Instructor plans and delivers effective classes in a designated program area for YMCA members and program participants. Instructors must be knowledgeable, professional, and show concern for class participants.

WELLNESS CONSULTANT

Wellness Consultant (Ages 18+) Wellness Consultants are responsible for assisting in membership growth & retention through leadership & continuous follow through with members. Tasks include phone and in-person interactions with prospective & current YMCA members, administrative tasks, onboarding new members, and maintaining our fitness facility & equipment.

YOUTH PROGRAM INSTRUCTOR

Program Instructor (Ages 16+) The Youth Program Instructor is responsible for providing age appropriate programs & branch activities. They are responsible for implementing these program plans and incorporating YMCA Character Development values into each lessons, reinforcing the Y culture.

PERSONAL TRAINER

Personal Trainer (Ages 18+) The Personal Trainer develops & implements individualized workout regimens & conduct fitness assessments for members.

GROUP EXERCISE INSTRUCTOR

Group Exercise Instructor (Ages 18+) The Group Exercise Instructor is responsible for the design & instruction of safe, high-quality, effective, challenging, & fun group exercise classes.

MEMBER SERVICE REPRESENTATIVE

Member Service Representative (Ages 18+) The MSR is responsible for conducting all member interaction tasks to promote member satisfaction, membership sales, and member retention. Tasks include phone & in-person interactions with staff, active & prospective members, as well as administrative activities that include program enrollment, record keeping, & payment processing.

AMBASSADOR

As a YMCA Ambassador, you play a key role in creating a welcoming, inclusive, and engaging environment for our members and community. Ambassadors connect with new members to help them feel at home, assist with day-to-day activities around the YMCA, and support a variety of outreach initiatives and special events. This volunteer position is perfect for individuals who enjoy engaging with people, promoting community wellness, and contributing to a positive, vibrant YMCA experience. Ambassadors serve as friendly representatives of the YMCA, helping to foster connections, share information about programs, and enhance the overall member experience.

YMCA360



We know life gets busy! That's why we're excited to provide our members with YMCA360: A virtual fitness option offering on-demand, livestream workouts, and more! This platform allows you to take fitness classes from home when you need to, or exercise while away on vacation. Allowing you to take charge of your fitness, anytime, anywhere!

What is YMCA360? YMCA360 is an on-demand video platform that offers a variety of fitness, wellness, and enrichment programs from the YMCA. It is available to all YMCA of Greater Cleveland members and can be accessed from anywhere with an internet connection.

Discover some of the benefits of using YMCA360:

- It is **convenient and accessible**. You can access YMCA360 from anywhere with an internet connection.
- It is **affordable**. YMCA360 is included in all YMCA memberships.
- It offers a **variety of programs**. There are programs for all ages and interests, from group exercise to youth sports to cooking classes.
- It is a great way to stay active and healthy. YMCA360 can help you reach your fitness goals and **improve your overall health**.

YMCA360 is a great way to stay active, healthy, and engaged. It is also a convenient way to access YMCA programs, even if you are not able to visit a YMCA branch.



SCAN ME

YMCA360