

AQUATICS

RECREATION POOL

Monday

5:30-7:00am - Adult Swim
7:00-7:45am - Shallow Water Volleyball
8:00-8:45am - Aquasize
9:00-9:45am - Aqua Aerobics
10:00-12:00pm - Adult Swim
12:00-12:45pm - Arthritis Class
11:00-1:00pm - Toddler Swim
1:00-3:00pm - Adult Swim
3:00-4:45pm - Family Swim
5:00-8:00pm - Swim Lessons
8:00-9:30pm - Family Swim

Tuesday

5:30-7:00am - Adult Swim
7:00-7:45am - Shallow Water Volleyball
8:00-8:45am - Arthritis Class
9:00-9:45am - Aqua Barre
10:00-3:00pm - Adult Swim
11:00-1:00pm - Toddler Swim
3:00-6:45pm - Family Swim
7:00-7:45pm - Family Aqua Zumba
8:00-9:30pm - Family Swim

Wednesday

5:30-7:00am - Adult Swim
7:00-7:45am - Shallow Water Volleyball
8:00-8:45am - Aqua Aerobics
9:00-9:45am - Splash
10:00-12:00pm - Adult Swim
12:00-12:45pm - Arthritis Class
11:00-1:00pm - Toddler Swim
1:00-3:00pm - Adult Swim
3:00-4:45pm - Family Swim
5:00-8:00pm - Swim Lessons
8:00-9:30pm - Family Swim

Thursday

5:30-7:00am - Adult Swim
7:00-7:45am - Shallow Water Volleyball
8:00-8:45am - Arthritis Class
9:00-9:45am - Aqua Barre
10:00-3:00pm - Adult Swim
11:00-1:00pm - Toddler Swim
3:00-6:45pm - Family Swim
7:00-7:45pm - Family Aqua Zumba
8:00-9:30pm - Family Swim

Friday

5:30-7:00am - Adult Swim
7:00-7:45am - Shallow Water Volleyball
8:00-8:45am - Aquasize
9:00-9:45am - Aqua Aerobics
10:00-12pm - Adult Swim
12:00-12:45pm - Arthritis Class
11:00-1:00pm - Toddler Swim
1:00-3:00pm - Adult Swim
3:00-9:30pm - Family Swim

Saturday

7:00-9:45am - Adult Swim
10:00-1:00pm - Swim Lessons
1:00-4:30pm - Family Swim

Sunday

10:00-3:30pm - Family Swim

Pool Closed:
- During all Swim Lessons times
- 1:00-3:00pm during "Fun Days"

COMPETITION POOL

Monday

5:30-9:00am - Adult Swim (Lanes 1-8)
9:00-12:00pm - Water Walking (Lanes 1-4)
11:00-11:45am - Aqua Jog (Lanes 1-4)
12:00-3:00pm - Adult Swim (Lanes 1-8)
3:00-8:00pm - Family Lap Swim (Lane 1-2)
3:30-8:30pm - RYD Swim Team (Lanes 3-8)
8:30-9:30pm - Family Swim (Lanes 1-8)

Tuesday

5:30-9:00am - Adult Swim (Lanes 1-8)
9:00-12:00pm - Water Walking (Lanes 1-4)
11:00-3:00pm - Adult Swim (Lanes 1-8)
3:00-8:00pm - Family Lap Swim (Lane 1-2)
3:30-8:30pm - RYD Swim Team (Lanes 3-8)
8:30-9:30pm - Family Swim (Lanes 1-8)

Wednesday

5:30-9:00am - Adult Swim (Lanes 1-8)
9:00-12:00pm - Water Walking (Lanes 1-4)
11:00-11:45am - Aqua Jog (Lanes 1-4)
12:00-3:00pm - Adult Swim (Lanes 1-8)
3:00-8:00pm - Family Lap Swim (Lane 1-2)
3:30-8:30pm - RYD Swim Team (Lanes 3-8)
8:30-9:30pm - Family Swim (Lanes 1-8)

Thursday

5:30-9:00am - Adult Swim (Lanes 1-8)
9:00-12:00pm - Water Walking (Lanes 1-4)
11:00-3:00pm - Adult Swim (Lanes 1-8)
3:00-8:00pm - Family Lap Swim (Lane 1-2)
3:30-8:30pm - RYD Swim Team (Lanes 3-8)
8:30-9:30pm - Family Swim (Lanes 1-8)

Friday

5:30-9:00am - Adult Swim (Lanes 1-8)
9:00-12:00pm - Water Walking (Lanes 1-4)
11:00-11:45am - Aqua Jog (Lanes 1-4)
12:00-3:00pm - Adult Swim (Lanes 1-8)
3:00-8:00pm - Family Lap Swim (Lane 1-2)
3:30-8:30pm - RYD Swim Team (Lanes 3-8)
8:30-9:30pm - Family Swim (Lanes 1-8)

Saturday

7:00-9:00am - Adult Swim (Lanes 1-8)
9:00-10:00am - RYD Swim Team (Lanes 5-8)
9:00-1:00pm - Adult Swim (Lanes 1-4)
1:00-4:30pm - Family Swim (Lanes 1-8)

Sunday

10:00-3:30pm - Family Swim
11:30-12:15pm - Aqua Mashup

WELLNESS

GROUP EXERCISE STUDIO

Monday

5:30am - Power Intervals
8:30am - Cardio Strength Intervals
9:30am - Bar Bell Strength (RIP)
10:30am - Silver Sneakers Classic
11:30am - Silver Sneakers Classic
12:30pm - Chair Yoga
5:00pm - T-Bow Strength
6:00pm - Barre
6:00pm - Kettlebell
7:00pm - Zumba

Tuesday

8:30am - ZUMBA @
9:30am - Cardio Strength Intervals
10:00am - Barre (45min Class)
11:00am - Fitness after 50
1:00pm - Arthritis Exercise
5:00pm - Power Sculpt
6:00pm - Cle. Clinic Health Challenge
7:00pm - Boot Camp

Wednesday

5:30am - Boot Camp
9:00am - Power Sculpt
9:55am - BOOM @ 30 minutes
10:30am - Silver Sneakers Classic
11:30am - Chair Yoga
12:30pm - Silver Sneakers Classic
5:00pm - Boot Camp Circuits
6:00pm - ZUMBA @
7:00pm - Bar Bell Strength (RIP)

Thursday

8:30am - Bar Bell Strength (RIP)
9:30am - Barre (45min Class)
10:30am - BOOM @
11am - Fitness after 50
1:05pm - Arthritis Exercise
5:00pm - ZUMBA
6:00pm - Lethal Arms and Below the Belt
7:00pm - Kickboxing Express

Friday

5:30am - Bar Bell Strength (RIP)
8:30am - T-Bow
9:30am - Power Sculpt
10:30am - Nia
11:30am - Chair Yoga
12:30pm - Silver Sneakers Classic

Saturday

8:30am - Cardio Strength Intervals
9:30am - Power Sculpt
10:30am - ZUMBA

Sunday

10:30am - Bar Bell Strength (RIP)
11:30am - Hip Hop Dance

SPIRIT, MIND, BODY STUDIO

Monday

9:30am - Yoga Flow (PLUS)
10:30am - Gentle Yoga
6:00pm - PiYO - Michelle
7:00pm - Candlelight Yin/Gentle Yoga

Tuesday

9:30am - Yoga Flow (PLUS)
10:30am - Stretch & Core
11:30am - Tai-Chi
7:00pm - Cle. Clinic Health Challenge

Wednesday

8:30am - PiYO @
9:30am - Yoga Flow (PLUS)
10:30am - Gentle Yoga
5:30pm - Yoga Flow (PLUS)
6:30pm - Candlelight Gentle Yin Yoga

Thursday

9:30am - Yoga Flow (PLUS)
10:30am - Stretch & Core
11:30am - Tai-Chi (PLUS)
5:30pm - Gentle Yoga Flow

Friday

8:30am - PiYO @
9:30am - Yoga Flow (PLUS)

Saturday

9:30am - Yoga Flow (PLUS)

CYCLE STUDIO

Monday

8:30am - Y-Cycle
9:30am - Y Cycle 101
6:00pm - Y interval cycle

Tuesday

5:30am - Y-Cycle
9:00am - HIIT Cycle (30 Min)
6:00pm - Cycle Sculpt

Wednesday

9:30am - Cycle 101
5:30pm - Y-Cycle

Thursday

5:30am - Y-Cycle
8:30am - Cycle Sculpt
6:30pm - Cycle Sculpt

Friday

9:30am - Y-Cycle

Saturday

8:30am - Y-Cycle

Sunday

10:15am - Y-Cycle

WELLNESS

WELLNESS FLOOR

Monday

8:30am - Queenax Team (FEE)
9:30am - Sr. Strength Conditioning (FEE)
6:00pm - Kettlebell

Tuesday

9:30am - Strength Conditioning (FEE)

Wednesday

8:30am - Strength Conditioning (FEE)
9:30am - Queenax Team (FEE)

Thursday

9:30am - Strength Conditioning (FEE)
10:30am - Senior Queenax Team (FEE)

Friday

8:30am - Queenax HIIT (FEE)

COMMUNITY ROOM

Monday

10:30am - Zumbini (FEE)
5:30pm - Community Health Initiative

Thursday

12:00pm - Caps N Laps
6:30pm - Isshinryu Karate (FEE)

Saturday

11:00am - Isshinryu Karate (FEE)

SPECIAL DAYS

- May 20 - French Creek Blood Drive 10am-4pm in the Community Room. Walk ins welcome and preregistration available online at redcrossblood.org using the sponsor code "frenchcreekymca"
- May 27—Memorial Day—Special Group Exercise Schedule see flyer for details

SPORTS

BASKETBALL COURTS

FRONT COURT

Monday
8:30-11:30am - Pickleball
5:15-7:50pm - Youth Basketball league

Tuesday
8:30-9:30am - Boot camp (Doug)
5:15-8:00pm - Youth basketball league

Wednesday
8:30-11:30am - Pickleball
5:15-7:50pm - Youth Basketball league

Thursday
8:30-11:30am - Pickleball
5:15-8:00pm - Youth Basketball league

Friday
8:30-11:30am - Pickleball

Saturday

Sunday

BACK COURT

Monday
5:15-8:00pm Youth Volleyball League

Tuesday
5:15-8:00pm Youth Basketball League

Wednesday
5:15-8:00pm Youth Volleyball League

Thursday
5:15-8:00pm Youth Basketball League

Friday

Saturday

Sunday

DANCE STUDIO

Thursday
5:00pm - Little Movers (Ages 3-5)

BRANCH HOURS

Monday 5:00am-10:00pm
Tuesday 5:00am-10:00pm
Wednesday 5:00am-10:00pm
Thursday 5:00am-10:00pm
Friday 5:00am-10:00pm
Saturday 7:00am-6:00pm
Sunday 10:00am-5:00pm

HOLIDAY HOURS

Easter CLOSED
Memorial Day 7:00am-1:00pm
4th of July 7:00am-1:00pm
Thanksgiving CLOSED
Christmas Eve CLOSED
Christmas Day CLOSED
New Years Eve 5:00am-5:00pm
New Years Day 7:00am-1:00pm

Charity Butch, Executive Director
cbutch@clevelandymca.org

Ben Altemus, Membership Director
baltemus@clevelandymca.org

Thomas Lach, Aquatic Director
tlach@clevelandymca.org

Katie Blodorn, Wellness Director
kblodorn@clevelandymca.org

Griffin Beach, Sports/Fine Arts Director
gbeach@clevelandymca.org

CHILD WATCH

Monday 8:00-12:00pm
4:30-8:30pm
Tuesday 8:00-12:00pm
4:30-8:30pm
Wednesday 8:00-12:00pm
4:30-8:30pm
Thursday 8:00-12:00pm
4:30-8:30pm

Friday 8:00-12:00pm
Saturday 8:00-1:00pm
Sunday 10:00-1:00pm

French Creek Family YMCA
2010 Recreation Lane
Avon, Ohio 44011
440.934.9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Program Schedule
May 2019

FRENCH CREEK
FAMILY YMCA

Putting Christian principles into practice through programs that
build healthy spirit, mind and body for all.

