

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 - Summer Camp 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
10:00-1:00pm - Adult Swim
11:00-1:00pm - Toddler Swim
1:00-3:00pm - Summer Camp 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 - Summer Camp 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
10:00-1:00pm - Adult Swim
11:00-1:00pm - Toddler Swim
1:00-3:00pm - Summer Camp 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

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
7:00pm - HIIT Kickboxing

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 - Bar Bell Strength (RIP)
6:00pm - PiYO
7:00pm - Hip Hop Dance

Wednesday

5:30am - Power Yoga
5:30am - Boot Camp
8:30am - Power Sculpt
9:30am - Core Blast Express
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 - Family ZUMBA @
7:00pm - Bar Bell Strength (RIP)

Thursday

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

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 - Gentle Flow with Yin

Tuesday

9:30am - Yoga Flow (PLUS)
10:30am - One the Rise - Yoga Workshop
11:30am - Tai-Chi light

Wednesday

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

Thursday

9:30am - Yoga Flow (PLUS)
10:30am - Stretch & Core
11:30am - Tai-Chi (PLUS)
6:00pm - PiYO @

Friday

8:30am - PiYO @
9:30am - Yoga Flow (PLUS)
10:30am - Zumbini (FEE)
12:00pm - Open Studio
1:40pm - Group Meditation

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 - Family Cycle
5:30pm - Y Kat

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

SMALL GROUP TRAINING

Monday

8:30am - Queenax Team (FEE)
9:30am - Youth Fitness Camp (FEE)
9:30am - Sr. Strength Conditioning (FEE)
5:00pm - Queenax Family (FEE)

Tuesday

9:30am - Strength Conditioning (FEE)
5:00pm - Teen Weight Lifting Camp (FEE)

Wednesday

8:30am - Strength Conditioning (FEE)
9:30am - Queenax Team (FEE)
5:00pm - Queenax Family (FEE)

Thursday

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

Friday

8:30am - Queenax HIIT (FEE)

COMMUNITY ROOM

Monday

5:30PM - Community Health Initiative

Thursday

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

Saturday

11:00am - Isshinryu Karate (FEE)

SPECIAL DAYS

Closed Early (9:00pm) for Fireworks:

- Friday, June 10th

- Friday, June 31st

SPORTS

BASKETBALL COURTS

FRONT COURT

Monday
8:45-4:00pm Sports Camp

Tuesday
8:45-4:00pm Sports Camp

Wednesday
8:45-4:00pm Sports Camp

Thursday
8:45-4:00pm Sports Camp

Friday
8:45-4:00pm Sports Camp

Saturday

Sunday

BACK COURT

Monday
7:00am-8:45am Day Camp
8:45-4:00pm Sports Camp

Tuesday
7:00am-8:45am Day Camp
8:45-4:00pm Sports Camp

Wednesday
7:00am-8:45am Day Camp
8:45-4:00pm Sports Camp

Thursday
7:00am-8:45am Day Camp
8:45-4:00pm Sports Camp

Friday
7:00am-8:45am Day Camp
8:45-4:00pm Sports Camp

Saturday

Sunday

Back side of the gym closed 4:00-6:00pm Monday-Friday for Summer Day Camp if there is inclement weather.

DANCE STUDIO

Monday -Friday:
9:00am-4:00pm -Art Camp

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-5:00pm
Sunday 10:00am-4:00pm

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
June 2019

**FRENCH CREEK
FAMILY YMCA**

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