

# 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  
10:00-3:00pm - Adult Swim  
12:00-12:45pm - Arthritis Class  
11:00-1:00pm - Toddler 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  
3:00-6:15pm - Family Swim  
6:30-7:00pm - QUIET TIME (Pool Closed)  
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  
10:00-3:00pm - Adult Swim  
12:00-12:45pm - Arthritis Class  
11:00-1:00pm - Toddler 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  
3:00-6:15pm - Family Swim  
6:30-7:00pm - QUIET TIME (Pool Closed)  
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 - Summer Camp Swim  
3:00-9:30pm - Family Swim

### Saturday

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

### Sunday

9:30-2:30pm - Family Swim

Pool Closed:  
- During all Swim Lessons times

## 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)  
5:30-8:30pm - 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)  
5:30-8:30pm - 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)  
5:30-8:30pm - 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)  
5:30-8:30pm - 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)  
5:30-8:30pm - RYD Swim Team (Lanes 3-8)  
8:30-9:30pm - Family Swim (Lanes 1-8)

### Saturday

7:30-9:00am - 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

9:30-2:30pm - 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 - Step  
7:00pm - HIIT Kickboxing

### Tuesday

8:30am - ZUMBA @  
9:30am - Power Intervals  
10:00am - Barre (45min Class)  
11:00am - Zumba Gold  
1:00pm - Arthritis Exercise  
5:00pm - Bar Bell Strength (RIP)  
6:00pm - POUND @  
7:00pm - Hip Hop Dance

### Wednesday

5:30am - Power Yoga  
5:30am - Boot Camp  
8:30am - Power Sculpt  
9:30am - HIIT Kickboxing  
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 - HIIT Kickboxing

### 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 - Power 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 - Barre  
7:00pm - Yin Yoga

### Tuesday

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

### Wednesday

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

### Thursday

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

### 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 Cycle

### Tuesday

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

### Wednesday

9:30am - Y Cycle 101  
6:00pm - 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

9:15am - Y Cycle

# WELLNESS

## SMALL GROUP TRAINING

(FEE-BASED CLASSES, PRE-REGISTRATION REQUIRED)

### Monday

8:30am - Queenax Team  
9:30am - Sr. Strength

### Tuesday

9:30am - Strength Conditioning  
5:00pm - Teen Weight Lifting

### Wednesday

9:30am - Queenax Team

### Thursday

9:30am - Strength Conditioning  
10:30am - Senior Queenax Team

### Friday

8:30am - Queenax

## COMMUNITY ROOM

### Monday

10:30am - Zumbini  
5:30pm - Community Health Initiative

### Thursday

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

### Saturday

11:00am - Isshinryu Karate *(FEE)*

# SPECIAL DAYS

Labor Day Special hours of operation - 7am-1pm

Re-Ignite Family Fun Open House - September 29th  
10am-2pm

# SPORTS

## BASKETBALL COURTS

### FRONT COURT

**Monday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Tuesday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Wednesday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Thursday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Friday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Saturday**  
7:00-5:00pm Family Open Gym

**Sunday**  
9:00-4:00pm Family Open Gym

### BACK COURT

**Monday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Tuesday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Wednesday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Thursday**  
7:50-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Friday**  
5:00-3:00pm Adult Gym  
3:00-10:00pm Family Open Gym

**Saturday**  
7:00-5:00pm Family Open Gym

**Sunday**  
9:00-4:00pm Family Open Gym

## DANCE STUDIO

## 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** 9:00am-4:00pm

## HOLIDAY HOURS

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

**Larry Griffin, Executive Director**  
lgriffin@clevelandymca.org

**Ben Altemus, Membership Director**  
baltemus@clevelandymca.org

**Thomas Lach, Aquatic Director**  
tlach@clevelandymca.org

**Katie Blodorn, Wellness Director**  
kblodorn@clevelandymca.org

# CHILD WATCH

<b>Monday</b> 8:00-12:00pm 4:30-8:30pm	<b>Tuesday</b> 8:00-12:00pm 4:30-8:30pm	<b>Wednesday</b> 8:00-12:00pm 4:30-8:30pm	<b>Thursday</b> 8:00-12:00pm 4:30-8:30pm
<b>Friday</b> 8:00-12:00pm	<b>Saturday</b> 8:00-1:00pm	<b>Sunday</b> 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**  
**September 2019**

**FRENCH CREEK**  
**FAMILY YMCA**

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