

Competition Pool

Monday

5:30-10:00am- Adult Open Swim/ Lap Swim
 10:00-11:00am- Water Walking
 11:00am-11:45am- Aqua Jog – Diana
 12:00-3:00pm- Adult Open Swim/ Lap Swim
 3:00pm-4:30pm- Family Open/ Lap Swim
 4:30pm -8:30pm- Swim Team (2 Lanes Open)
 8:30-9:30pm- Open Swim

Tuesday

5:30-9:00am- Adult Open / Lap Swim
 9:00a-11:00am- Water Walking
 11:00a-3:00pm- Adult Open / Lap Swim
 3:00pm-5:30pm- Family Open/ Lap Swim
 5:30pm -8:30pm- Swim Team(2 Lanes Open)
 8:30-9:30pm- Open Swim

Wednesday

5:30-10:00am- Adult Open Swim/ Lap Swim
 10:00-11:00am- Water Walking
 11:00-11:45am- Aqua Jog - Diana
 12:00-3:00pm- Adult Open / Lap Swim
 3:00pm-4:30pm- Family Open/ Lap Swim
 4:30pm -8:30pm- Swim Team (2 Lanes Open)
 8:30-9:30pm- Open Swim

Thursday

5:30-9:00am- Adult Open / Lap Swim
 9:00a-11:00am- Water Walking
 11:00a-3:00pm- Adult Open / Lap Swim
 3:00pm-5:30pm- Family Open/ Lap Swim
 5:30pm -8:30pm- Swim Team (2 Lanes Open)
 8:30-9:30pm- Open Swim

Friday

5:30-10:00am- Adult Open Swim/ Lap Swim
 10:00-11:00am- Water Walking
 11:00am-11:45am- Aqua Jog – Diana
 12:00-3:00pm- Adult Open Swim/ Lap Swim
 3:00pm-4:30pm- Family Open/ Lap Swim
 4:30pm -8:30pm- Swim Team (2 Lanes Open)
 8:30-9:30pm- Open Swim

Saturday

7:00am -9:00am- Adult Open/Lap Swim
 9:00am-10:00am- Swim Team (4 Lanes Open)
 10:00a-1:00pm- Adult Open/Lap Swim
 1:00pm-4:30pm- Family Open/ Lap Swim

Sunday

10am-3:30pm- Family Open/ Lap Swim

Rules - Aquatic Facility

1. Please follow Test Mark Protect policy as posted.
2. All swimmers, 12yrs & under, that pass the Test Mark Protect must have a guarding supervisor on deck.
3. All non-swimmers 12 & under must have parent within arm's reach while wearing a swim jacket.
4. If more than 2 swimmers per lane, please circle swim.
5. Any patron refusing to comply with policies may be asked to leave.
6. All non-swimmers must be in lifejackets.

Recreation Pool

Monday

5:30-7:00am- Adult Open Swim
 7:00-7:45am- Shallow Water Volleyball
 8:00 - 8:45am- Aquasize - Gail
 9:00-9:45am- Aqua Aerobics - Gail
 10:00-12:00pm- Adult Open Swim
 12:00-12:45pm- Arthritis Class - Diana
 1:00-3:00pm- Summer Camp
 3:00-4:45pm- Family Open Swim
 5:00-8:00pm- Swim Lessons (Pool Closed)
 8:00-9:30pm- Open Swim

Tuesdays

5:30-7:00am- Adult Open Swim
 7:00-7:45am- Shallow Water Volleyball
 8:00-8:45am- Arthritis Class - Maggie
 9:00-9:45am - Aqua Barre - Sherri
 10:00 1:00pm- Adult Open Swim
 1:00-3:00pm- Summer Camp
 3:00-7:00pm- Family Swim
 7:00-7:45pm- Aqua Zumba
 8:00-9:30pm- Family Swim

Wednesdays

5:30-7:00am- Adult Open Swim
 7:00-7:45am- Shallow Water Volleyball
 8:00-8:45am- Aqua Aerobics - Betsy
 9:00- 9:45 am- Splash by SilverSneakers
 10:00am-12:00pm- Adult Open Swim
 12:00-12:45pm- Arthritis Class - Diana
 1:00-3:00pm- Summer Camp
 3:00-4:45pm- Family Open Swim
 5:00-8:00pm- Swim Lessons (Pool Closed)
 8:00-9:30pm- Open Swim

Thursdays

5:30-7:00am- Adult Open Swim
 7:00-7:45am- Shallow Water Volleyball
 8:00-8:45am- Arthritis Class - Maggie
 9:00-9:45am - Aqua Barre - Sherri
 10:00-1:00pm- Adult Open Swim
 1:00-3:00pm- Summer Camp
 3:00-7:00pm- Family Swim
 7:00-7:45pm- Aqua Zumba
 8:00-9:30pm- Family Swim

Friday

5:30-7:00am- Adult Open Swim
 7:00-7:45am- Shallow Water Volleyball
 8:00-8:45a- Aquasize - Betsy
 9:00-9:45am: Aqua Aerobics - Betsy
 10:00am-12pm- Adult Open Swim
 12:00-12:45pm- Arthritis Class - Diana
 1:00-3:00pm: Summer Camp
 3:00-9:30pm- Family Swim

Saturday

7:00-9:45am- Adult Swim
 10:00am-1:00pm- Swim Lessons (Pool Closed)
 1:00-4:30pm- Family Open Swim

Sunday

10:00-11:00am- Adult Swim
 11:00am-3:30pm- Family Open Swim

Special Days/News

- Aug 3 – Closing 1 hour early (Fireworks)
- Aug 10 – Closing 1 hour early (Fireworks)
- Aug 31 – Closing 1 hour early (Fireworks)
- Coming in August – Back to school family event

The YMCA will be hosting a Back to School Event towards the end of August. Check back for more details soon!

The facility just received a second Espresso bike on the floor! Bike Peaks Pike Challenge. Burn 1000 calories in 4 weeks to earn prizes. Details coming soon.



SUMMER Hours of Operation

Branch Hours

Mon-Thurs: 5am-10pm
 Fri: 5am-10pm
 Sat: 7am-5pm
 Sun: 10am-4pm

Pathways Hours

Mon - Thurs:
 8am-12pm & 4:30-8:30pm
 Friday: 8am-12pm
 Sat: 8am-1pm
 Sun: 10am-1pm

Pool opens at 5:30am & closes at 9:30pm, Mon- Fri & Holiday's

Branch Holiday Hours

Easter Sunday: Closed
 Memorial Day: 7am-1pm
 Independence Day: 7am-1pm
 Labor Day: 7am-1pm
 Thanksgiving Day: Closed
 Christmas Eve: Closed
 Christmas Day: Closed
 New Year's Eve: 10am-5pm
 New Year's Day: 7am-1pm

Professional Staff

Child Care Director: *Adrian Smith*
Aquatic Director: *Thomas Lach*
Wellness Director: *Kerrie Riolo*
Sports/Fine Arts Director: *Griffin Beach*
Membership Director: *Ben Altemus*
Associate Executive Director: *Kevin Philyaw*
Executive Director: *Charity Butch*

French Creek Family YMCA

Monthly Schedule

August 2018



Mission

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

Vision

To be the premier community-based charitable organization that embraces collaborations to build strong kids, strong families and strong communities.

Values

The character development core values of caring, faith, honest, respect, and responsibility will guide all our interactions and decision.

Staff Spotlight



Antonio Nicholson – Wellness Consultant

Antonio has been a member of the YMCA for over six years and started working for the YMCA a little under a year ago. Over that time he competed in powerlifting and strongman events and fell in love with the idea of fitness. He pursued a career with the YMCA due to the fact that he am able to follow a career path in fitness as a wellness consultant and soon personal trainer, but I'm also able to help the community.

2010 Recreation Lane, Avon OH 44011
 440-934-9622

Comments, Questions or Concerns, please fill out a form at the front desk.

Group Exercise Studio

*New Classes in **Bold***

Monday

5:30am- Power Intervals (Jackie)
 8:30am-Cardio Strength Intervals (Kelly)
 9:30am-**Bar Bell Strength** (RIP) (Kelly)
 10:30am- Gentle Yoga (Spirit, Mind, Body Room) (Wendy)
 10:30am-Silver Sneakers Classic (Michelle)
 11:30am- Silver Sneakers Classic (Michelle)
 12:30pm-**Chair Yoga** (Josie)
 5:00pm- **Bar Bell Strength** (RIP) (Kathie Y)
 5:00pm - Power Yoga (Spirit, Mind, Body) (Danielle)
 6:00pm- Barre (Renee)
 7:00pm- Zumba @ (Nicole)



Tuesday

8:30am- ZUMBA @ (Renee)
 8:30am: **Boot Camp OUTDOORS** (Doug)
 9:30am- Cardio Strength Intervals/Express (Jackie)
 10:00am- Barre (Jackie) (45min Class)
 11:00am- Fitness after 50 (Amanda)
 1:00pm- Arthritis Exercise (Stella)
 5:00pm- T-Bow Strength Training (Renee)
 6:00pm- Step (Kerrie)
 7:00pm- Hip Hop (Adrian)

Wednesday

5:30m- Boot Camp (Doug)
 9:00am- Power Sculpt (Kelly)
 9:55am - BOOM @ 30 minutes (Jessica)
 10:30 am- **Gentle Yoga** - Sherri (SMB Room)
 10:30am-Silver Sneakers Classic (Jessica)
 11:30am- Silver Sneakers Yoga (Kathy M)
 12:30pm- Silver Sneakers Classic (Kathy M)
 5:00pm- **Bar Bell Strength** (RIP) (Kathy K)
 6:00pm- ZUMBA @ TW (Stacey)
 6:30pm- Gentle Yin Yoga (Wendy) (SMB Room)
 7:00pm- Strong by ZUMBA (Renee)



Thursday

8:30am- **Bar Bell Strength** (RIP) (Michelle)
 9:30am- Barre (Jackie) (45min Class)
 11am- Fitness after 50 (Jessica)
 1:05pm- Arthritis Exercise (Stella)
 5:00 pm - Gentle Flow Yoga (Danielle) (Spirit ,Mind, Body Room)
 5:00pm- ZUMBA (Renee)
 6:00pm- Lethal Arms and Below the Belt (Renee)
 7:00pm -Kickboxing Express (Renee)

Friday

5:30am- **Bar Bell Strength** (RIP) (Jackie/Julie)
 8:30am- **T-Bow** (Renee)
 9:30am- **T-Bow** (Renee)
 10:30am- NIA (Amanda/Kathy)
 11:30am- Silver Sneakers Yoga (Rob)
 12:30pm- Silver Sneakers Classic (Kathy M)



Saturday

8:30am- Cardio Strength Intervals (Jackie/Kathie)
 9:30am- Power Sculpt (Jackie/Kathie)
 10:30am- ZUMBA (Renee)

Sunday

10:30am- **Bar Bell Strength** (RIP) (Renee)
 11:30am- Hip Hop Dance (Stacy/Frankie)

Cycle Studio

Monday

8:30am: Y-Cycle (Diane)
 9:30am: Y Cycle 101 (Julie)
 6:00pm: Y interval cycle (Dayle/Tim)

Tuesday

5:30am: Y-Cycle (Dayle)
 9:00am: HIIT Cycle - 30 Min (Diane)

Wednesday

9:00am: Cycle 101 (Dayle)
 5:30pm: Y-Cycle (Dave)

Thursday

5:30am: Y-Cycle (Kara)
 8:30am: Cycle Sculpt (Jackie)
 6:00pm: Y-Cycle (Doug)

Friday

9:30am- Y- Cycle (Michelle)

Saturday

8:30am: Y-Cycle (Kara/Dave)

Sunday

10:15am: Y- Cycle (Diane/Doug)

Member Plus or Fee Based Classes

Community Room

Monday

5:30-7:30pm- Community Health Initiative

Thursday

12-4pm: Caps N Laps (open to all members)
 6:30-9pm: Isshinryu Karate

Saturday

11:00am-2:30am: Isshinryu Karate



Spirit Mind Body Room

Monday

9:30am- Yoga Flow (Wendy)
 10:30 am- Gentle Yoga (Wendy) **open to all members**
 5:00 pm- Power Yoga **open to all members**
 6:00 pm- Kettlebell (Kathy) **open to all members**

Tuesday

9:30am- Yoga (Renee)
 9:30am- Real You (Dustin)
 10:30am- Pilates (Sherri)

Wednesday

8:30 am- PiYO @ (Dianne) - **Open to all members**
 9:30am- Yoga Flow (Holly)
 10:30am- Gentle Yoga (Sherri) -**Open to all members**
 5:30 pm- Yoga Flow (Wendy)
 6:30 pm- Gentle Yin Yoga (Wendy) - **Open to all members**

Thursday

9:30am- Yoga Flow (Catherine)
 10:30am- Pilates (Sherri)
 11:30am- Tai-Chi (Chris)
 5:00pm- Basic Yoga Flow- **Open to all Members**

Friday

8:30am- PiYO @ (Dianne) **Open to all members**
 9:30am- Yoga Flow (Karen)

Saturday

9:30 am- Yoga Core: (Renee)

Wellness Floor

Monday

5:10am- CAOS (Kathy K)
 8:30am- TRX (Dustin) \$5 Fee
 9:30am- Senior WOW (Justin) \$5 fee

Tuesday

9:30am- WOW (Justin) \$5 Fee
 11:30am- Tai Chi (Chris)
 6pm- TRX (Doug) \$5 fee

Wednesday

5:10pm- C.A.O.S. (Kathy K)
 8:30am- WOW (Dustin) \$5 fee
 9:30am- TRX (Justin) \$5 fee

Thursday

9:30am- Real You (Dustin)
 9:30am- WOW (Justin) \$5 fee
 10:30am-Senior TRX (Justin) \$5 fee

Friday

8:30am- TRX (Dustin) \$5 Fee

Gym Court A

Monday
 7:00am-5:00pm Camp

Tuesday
 7:00am-5:00pm Camp

Wednesday
 7:00am-5:00pm Camp

Thursday
 7:00am-5:00pm Camp

Friday
 7:00am-5:00pm Camp

Gym Court B

Monday
 7:00am-5:00pm Camp
 6:30pm-8:25pm youth volleyball league

Tuesday
 7:00am-5:00pm Camp
 7:00 10:00pm Adult basketball league

Wednesday
 7:00am-5:00pm Camp
 6:30pm-7:15pm youth volleyball league

Thursday
 7:00am-5:00pm Camp
 5:25-7:30pm youth dodgeball league
 7:00 10:00pm Adult basketball league

Friday
 7:00am-5:00pm Camp

- Members only 8pm-10pm Monday-Friday. No Guest Permitted during that time
- Side B will be **closed** Saturday 8/4 and Saturday 8/11 from 9:45a-12pm
- Day's with no inclement weather the gym **could** open at 4:00pm
- Leagues start the week of August 13th

Open Gym Policies

1. No guests allowed for open gym after 8:00pm during the week
2. No Dunking or hanging from rims or nets
3. No food, gum or beverages other than bottled water
4. Athletic Shoes with non-marking soles only
5. All children under 13 must be accompanied with an adult
6. Balls can be checked out at front desk when gym monitor not on duty

Dance Studio

Monday
 Art camp 9a-4p
Tuesday
 Art camp 9a-4p
Wednesday
 Art camp 9a-4p
Thursday
 Art camp 9a-4p
Friday
 Art camp 9a-4p



Motivational Quote of the Month

"Do something today that your future self will thank you for."