

Aquatics

Competition Pool

Monday

5:30-7:00am Adult Swim
 7:00-8:45am: Open Swim
 8:45-9:30am: Aqua Aerobics - Gail
 9:30-11:00 am: Open Swim
 11:00am-11:45am: Aqua Jog - Diana
 11:45am-5:30pm: Open Swim
 5:30pm -8:30pm: Swim Team (Four Lanes Open)
 8:30-9:30pm: Open Swim

Tuesday

5:30-7:00am Adult Swim
 7:00-5:30pm: Open Swim
 5:30pm -8:30pm: Swim Team (Four Lanes Open)
 8:30-9:30pm: Open Swim

Wednesday

5:30-7:00am Adult Swim
 7:00-8:45am: Open Swim
 8:45-9:30am: Aqua Aerobics - Betsy
 9:30-11:00am: Open Swim
 11:00-11:45am: Aqua Jog - Diana
 11:45am-5:30pm: Open Swim
 5:30pm -6:30pm: Swim Team (Four Lanes Open)
 6:30p-7:45: Masters Swimming (No Lanes Open)
 7:45p-8:30p: Swim Team (Four Lanes Open)
 8:30-9:30pm: Open Swim

Thursday

5:30-7:00am Adult Swim
 7:00-5:30pm: Open Swim
 5:30pm -8:30pm: Swim Team (Four Lanes Open)
 8:30-9:30pm: Open Swim

Friday

5:30-7:00am Adult swim
 7:00-8:45am: Open Swim
 8:45-9:30am: Aqua Aerobics- Betsy
 9:30-11:00am: Open Swim
 11:00am-11:45am: Aqua Jog - Diana
 11:45am-5:30pm: Open Swim
 5:30pm -8:30pm: Swim Team (Four Lanes Open)
 8:30-9:30pm: Open Swim

Saturday

7:00am -8:30 Adult Swim
 8:30-5:30pm: Open Swim

Sunday

10am-4:30pm: Open Swim

****School days off program will be in the rec pool on Feb 16th & 19th, from 1:30-2:30pm**

Pool Policies

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

Recreation Pool

Mondays

5:30-7:00am: Adult Swim
 7:00-8:15am: Senior Volleyball/ Open Swim
 8:15-9:00am:Aqua Zumba- Angie
 9:00am-12:05pm: Swim Lessons/ Open Swim
 12:05-12:50pm: Arthritis Class - Diana
 1:00-4:00pm: Open Swim
 4:00-8:00pm: Swim Lessons (Pool Closed)
 8:00-9:30am: Open Swim

Tuesdays

5:30-7:00am: Adult Swim
 7:00-7:45am: Senior Volleyball/ Open Swim
 7:45-8:30am: Arthritis Class - Maggie
 8:30-9:30am: Open Swim
 9:30am-12:05pm: Swim Lessons / Open Swim
 12:05-1:00pm: Adult Swim
 1:00-3:45pm: Open Swim
 3:45-7:05 Family Swim
 7:05-8:05pm: Aqua Zumba - Angie
 8:05-9:30pm: Open Swim

Wednesdays

5:30-7:00am: Adult Swim
 7:00-8:00am: Senior Volleyball/ Open Swim
 8:00-8:45am: Aquasize -Gail
 9:30am-12:05pm: Swim Lessons/ Open Swim
 12:05-12:50pm: Arthritis Class- Diana
 1:00-4:00pm: Open Swim
 4:00-8:00pm: Swim Lessons (Pool Closed)
 8:00-9:30am: Open Swim

Thursdays

5:30-7:00am: Adult Swim
 7:00-7:45am: Senior Volleyball/ Open Swim
 7:45-8:30am: Arthritis Class - Maggie
 8:30-9:30am: Open Swim
 9:30am-12:05pm: Swim Lessons / Open Swim
 12:05-1:00pm: Adult Swim
 1:00-3:45pm: Open Swim
 3:45-7:05 Family Swim
 7:05-8:05pm: Aqua Zumba - Angie
 8:05-9:30pm: Open Swim

Friday

5:30-7:00am: Adult Swim
 7:00-8:00 Senior Volleyball/ Open Swim
 8:00-8:45a: Aquasize - Betsy
 8:30-9:30am: Open Swim
 9:30am-12:05pm: Swim Lessons/Open Swim
 12:05-12:50pm: Arthritis Class - Diana
 1:00-3:45pm: Open Swim
 3:45-9:30pm Family Swim

Saturday

7:00-8:30am: Adult Swim
 8:30am-1:00pm: Swim Lessons (Pool Closed)
 1:00-5:30pm: Open Swim

Sunday

10:00-11:00am: Adult Swim
 11:00am-4:30pm: Open Swim

March is focusing on Healthy Living!

- Healthy Kids Day is March 3rd from 3-5pm at the Q! Join the YMCA of Greater Cleveland for the seventh annual Healthy Kids Day! There will be activities, giveaways, raffles and fun for the entire family. Make it a play date! It's FREE and open to everyone!
- American Red Cross Blood Drive at the French Creek Family YMCA. Register online at redcrossblood.org and use the sponsor code "Frenchcreekymca"

Special Days

- March 9th, 23rd, 29th & 30th (School Days Off)
- March 17th - St. Patrick's Day
- Healthy Kids Day- March 3rd

Adaptive Swim Lessons

This program is dedicated to improving the quality of life of individuals with physical and/or developmental challenges. We help a whole spectrum of uniqueness' from fear of the water and shyness to motor development abnormalities and Autism Spectrum Disorder.

Aquatic Facility Features:

- Two separate heated pools
- Zero-depth entry access
- Lift system access
- Water wheelchair for access in/out of water
- ADA compliant changing rooms

Hours of Operation

Branch Hours

Mon-Thurs: 5am-10pm
 Fri: 5am-10pm
 Sat: 7am-6pm
 Sun: 10am-5pm

Pathways Hours

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

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

Pool opens a 30min after facility opens & closes a 30min before facility closes
 (Monday- Friday)

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

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

French Creek Family YMCA

Monthly Schedule

March 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



Alexis Shull

Alexis has been with the French Creek Family YMCA for a year and a half and in that time has grown both as a professional and as a leader. She serves both as a Lifeguard and the Swim Instructor Supervisor. Alexis is grateful for the positive impact that the YMCA has made in her own life as well as its continuing efforts to strengthen the community.

2010 Recreation Lane
 Avon OH 44011
 440-934-9622

Group Exercise Studio

Monday *****New Classes in Bold*****
 5:30am- Power Intervals (Jackie)
 8:30am- Cardio Strength Intervals (Kelly)
 9:30am- Power Sculpt (Kelly)
 10:30am- Gentle Yoga (Spirit, Mind, Body Room) (Wendy)
 10:30am- Silver Sneakers Classic (Angela)
 11:30am- Silver Sneakers Classic (Angela)
 12:30pm- Silver Sneakers Yoga (Rob)
 5:00pm- Power Sculpt (Kathie Y)
 6:00pm- Barre (Renee)
 6:00pm- Power Yoga (Spirit, Mind, Body Room) (Dianne)
 7:00pm- Zumba @ (Nicole)



Tuesday
 8:30am- ZUMBA @ (Renee)
 8:30am: Boot Camp (Gym) (Doug)
 9:30am- Cardio Strength Intervals/Express (Jackie)
 10:00am- Barre (Jackie) (45min Class)
 11:00am- Fitness after 50 (Amanda)
 12:00pm- Zumba Gold @ (Angie)
 1:00pm- Arthritis Exercise (Stella)
 5:00pm- T-Bow Strength Training (Renee)
 6:00pm- Step (Kathy)
 7:00pm- Pound @ (Stacey)



Wednesday
 5:30am- Boot Camp (Gym) (Doug)
 9:00am- Power Sculpt (Kelly)
 9:55am - BOOM @ 30 minutes Jessica
 10:30am- Silver Sneakers Classic (Jessica)
 11:30am- Silver Sneakers Yoga (Jessica)
 12:30pm- Silver Sneakers Classic (Jessica)
 5:00pm- Boot Camp Circuit (Kathy K)
 6:00pm- ZUMBA @ TW (Stacey)
 6:30pm- Gentle Flow (Spirit, Mind, Body Room) (Wendy)
 7:00pm- Strong by ZUMBA (Renee)

Thursday
 8:30am- RIPPED @ (Angela)
 9:30am- Barre (Jackie) (45min Class)
 10:20am- BOOM @ 30 minutes (Marsha)
 11am- Fitness after 50 (Marsha)
 1:05pm- Arthritis Exercise (Stella)

5:00 pm - Basic Flow (Danielle) (Spirit, Mind, Body Room)
 5:00pm- ZUMBA (Renee)
 6:00pm- Lethal Arms & Below the belt (Renee)
 7:00pm - Kickboxing Express (Renee)

Friday
 5:30am- Power Sculpt Intervals (Jackie/Julie)
 8:30am- ZUMBA @ Toning (Renee)
 9:30am- Power Sculpt (Renee)
 10:30am- NIA (Amanda/Kathy)
 11:30am- Silver Sneakers Yoga (Rob)
 12:30pm- Silver Sneakers Classic Rob
 6:00 pm Hip Hop Fitness - (Adrian)



Saturday
 8:30am- Cardio Strength Intervals (Jackie/Kathie)
 9:30am- Power Sculpt (Jackie/Kathie)
 10:30am- ZUMBA @ (Renee)
Sunday
 10:30am- Lethal Arms (Renee)
 11am- Below the belt (Renee)
 11:30am- ZUMBA @ (Stacy/Mary Ann)
 4:00pm- Power Yoga (Spirit, Mind, Body Room) (Dianne and Holly)

Cycle Studio

Monday
 8:30am: Y-Cycle (Diane)
 9:30am: Y Cycle 101 (Sherri)
 6:00pm: Y interval cycle (Dayle/Tim)
Tuesday
 5:30am: Y-Cycle (Dayle)
 9:00am HIIT Cycle - 30Min (Diane)
 6:00pm: Y-Cycle Sculpt (Jackie)
Wednesday
 9:00am: Y-Cycle (Diane)
 5:30pm: Y-Cycle (Dave)

Thursday
 5:30am- Y-Cycle (Kara)
 8:30am: Cycle Sculpt (Jackie)
 6:30 pm - Tri-Cycle (Dan)- \$5.00 per fee per class-

Friday
 9:30am- Y- Cycle 101 Michelle
Saturday
 8:30am: Y-Cycle (Staff)
Sunday
 10:15am: Y- Cycle (Diane/Sherri)

Member Plus or Fee Based Classes

Spirit Mind Body Room

Monday
 8:30am: TRX (Dustin) \$5 Fee
 9:30am: Yoga Flow (Wendy)
 5:00pm: PiYO (Dianne) (Open to All Members)
 9:30am: Yoga Flow (Wendy)
 7:00pm: The Real You
Tuesday
 9:30am: Yoga (Renee)
 10:30am: Pilates (Sherri)
 11:30am: Tai Chi (Chris)
 7:00pm: Pilates (Jackie)
8:00pm: Triathlon Strength Training \$5 (Dan)

Wednesday
 8:30am: Yoga Flow (Holly)
 9:30am: PiYO @ (Dianne) Open to all members
 5:30pm: Yoga Flow (Wendy)

Thursday
 9:30am: Yoga All Levels (Catherine)
 10:30am: Pilates (Jackie)
 11:30am: Tai-Chi (Chris)
 5:00pm: Basic Flow OPEN TO ALL MEMBERS)
 6:00pm: Pilates (Kathleen)

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

Saturday:
 9:30am: Yoga Core: (Renee)

Community Room

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

Wednesday
 6:00pm- Real You (Renee)

Thursday
 12-4pm: Caps N Laps (open to all members)
 6:00-8:30pm: Isshinryu Karate

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



Open Gym during all hours of operations with the following exceptions:

****Members only 8pm-10pm Monday-Friday. No Guest Permitted during that time****

Gym Court A

Monday
 8:30am-11:00am: Pickleball

Tuesday
 8:30-9:30am Boot Camp (Doug)

Wednesday
 8:30am-11:00am: Pickleball

Friday
 8:30am-11:00am Pickleball

****Both sides closed Friday 3/2 from 4:45-7:00pm and 3/10 from 8:30am-6:00pm****

****School days off program will be on Side B on March 9th, 23rd, 29th & 30th from 10:30am-11:30am****

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

5:30pm: Cheerleading (ages 4-6)
 6:20-7:10pm Gymnastics (ages 3-5)
 7:10-8:00pm Gymnastics (ages 6-8)

Thursday

5:00-6:00pm: Little Movers (ages 3-5) (ages 4-6)

Tuesday

5:30-6:20pm: Cheerleading (ages 4-6)

Saturday

9:00am-9:50am: Boys Gymnastics
 9:50-10:40am: Gymnastics (ages 3-5)
 10:40-11:30am: Gymnastics (ages 6-8)

Motivational Quote:

"If it doesn't challenge you, it doesn't change you" - Holyoke Ymca