

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-4:30pm: Open Swim
 4:30pm -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

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
 7:00-8:00am: Open Swim
 8:00-8:45am: Aqua Aerobics - Betsy
 9:30-11:00am: Open Swim
 11:00-11:45am: Aqua Jog - Diana
 11:45am-4:30pm: Open Swim
 4:30pm -8:30pm: 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-4:30pm: Open Swim
 4:30pm -8:30pm: Swim Team (Four Lanes Open)
 8:30-9:30pm: Open Swim

Saturday

7:00am -8:30 Adult Swim
 9:00am-11:30am Swim Team/Open Swim
 11:30am-4:30pm: Open Swim

Sunday

10am-3:30pm: Open Swim

****Stating June 11th, camp is in pool from 1-3pm****

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: Shallow Volleyball/ Deep Open Swim
 8:00 - 8:45 am : Aquasize - Gail
 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: Deep Volleyball/ Shallow Open Swim
 7:45-8:30am: Arthritis Class - Maggie
9:15-10:00am - Aqua Barre - Sherri
 10:00 12:05pm: Swim Lessons / Open Swim
 12:05-1:00pm: Adult Swim
 1:00-3:45pm: Open Swim
 3:45-7:05 Family Swim
 8:05-9:30pm: Open Swim

Wednesdays

5:30-7:00am: Adult Swim
 7:00-9:00am: Shallow Volleyball/ Deep Open Swim
9:00- 9:50 am: Splash by SilverSneakers
 10:00am-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

Thursdays

5:30-7:00am: Adult Swim
 7:00-7:45am: Deep Volleyball/ Shallow Open Swim
 7:45-8:30am: Arthritis Class - Maggie
9:15-10:00am - Aqua Barre - Sherri
 10:00-12:05pm: Swim Lessons / Open Swim
 12:05-1:00pm: Adult Swim
 1:00-3:45pm: Open Swim
 3:45-7:05 Family Swim
 8:05-9:30pm: Open Swim

Friday

5:30-7:00am: Adult Swim
 7:00-8:00 Shallow Volleyball/ Deep 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)
 1:00-4:30pm: Open Swim

Sunday

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

Special Days

- May 28-Sept 2: Summer Hours of Operation Begin (see below)
- May 28: Closing at 1pm (Memorial Holiday)
- June 6: Founders Day - Celebrate the YMCA's Birthday!
- June 11: Camp will begin using pool from 1-3pm Monday through Friday
- June 17: Fathers Day
- June 30: ZUMBathon



The Zumbathon is a fundraiser to benefit our Annual Campaign. Every dollar donated to the YMCA stays here and has a lasting impact on the people of our community. Your gift will build a better us by ensuring that the Y's doors are open to all. Your support helps hundreds of youth and families live healthier and happier lives.

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

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*
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*

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

French Creek Family YMCA

Monthly Schedule

June 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



Zach Bradley
 Lead Wellness Consultant Coordinator

Zach has worked at the French Creek YMCA since it opened in 2010. During his tenure he has assumed many roles and gained experience that has made him an invaluable member of the Y team. The most rewarding part of his job is watching those around him grow and thrive through participation in Y programs, initiatives and employment opportunities.

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

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)

Wednesday

5:30am- 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)
 10:20am- BOOM @ 30 minutes (Marsha)
 11am- Fitness after 50 (Marsha)
 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- **Strong by Zumba (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/Adrian)

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 - 30Min (Diane)
 6:00pm: Y-Cycle Sculpt (Jackie)

Wednesday

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

Thursday

5:30am- Y-Cycle (Kara)
 8:30am: Cycle Sculpt (Jackie)

Friday

9:30am- Y- Cycle (Michelle)

Saturday

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

Sunday

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

Member Plus or Fee Based Classes

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)
 10:30am: Pilates (Sherri)
 11:30am: Tai Chi (Chris)

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)

Community Room

Monday

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

Thursday

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

Saturday

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



Wellness Floor

Monday

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

Tuesday

9:30am: Real You (Dustin)
 9:30am: WOW (Justin) \$5 Fee
 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
 6pm: TRX (Doug) \$5 fee

Friday

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

**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

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

**-Day's with no inclement weather the gym could open at 4:00pm
 -Camp starts on June 11th**

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

Wednesday

Art camp 9a-4p

Friday

Art camp 9a-4p

Gym Court B

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

Motivational Quote:

"Don't look back, you're not going that way"