

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 on April 2nd through April 6th*

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
 8:15 - 9:00 am: Aqua Zumba -Angie
 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

April is "Spring Into Action"

- April Pools Day - Saturday, April 7th, 10am-1pm. Join us at the French Creek Family YMCA for a day of aquatics fun! We will be offering free swim assessments, open swim time and raffling off Life Vest! Special guest visit from the U.S. Coast Guard and Avon Fire Department!
- Ride For A Reason - April 28th, 8am-12pm. Support LIVESTRONG at the YMCA, a program for cancer survivors, through our Ride for a Reason Cycle-a-thon! This competitive cycling event features eight, half hour cycling sessions. Compete virtually against other branches and the branch with the most miles will win a prize! Register in person only at the French Creek Family YMCA.

Special Days

- April 2nd through 6th (School Days Off)
- Spring Sports Camp- April 2nd through 6th
- April Pools Day- April 7th
- Easter Sunday- April 1st

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

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

Child Care Director: *Adrian Smith*

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

April 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



Tarra Oppewell

"I love working in Pathways because being with children brings me so much joy. I love being part of an awesome team of co-workers that I look forward to seeing each time I come to work. I love knowing that because of our role in Pathways, parents are able to enjoy a workout while their kids are having fun and being well cared for. Most of all, I love engaging with each child that comes in, helping them adjust if it is their first time, cheering them on as they play well with others, and teaching them new skills through games, songs, coloring, and book reading."

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)
 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 (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 (Kathy M)
 12:30pm- Silver Sneakers Classic (Kathy M)
 5:00pm- Boot Camp Circuit (Kathy K)
 6:00pm- ZUMBA @ TW (Stacey)
 6:30pm- Gentle Yin Yoga (Spirit, Mind, Body Room) (Wendy)
 7:00pm- Strong by ZUMBA (Renee)

Thursday

8:30am- Power Sculpt - (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 & 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 (Kathy M)

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- Hip Hop Dance (Stacy/Adrian)
 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

8:30am: Express cycle (Sherri)
 9:00am: Cycle 101 (Sherri)
 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 (Staff)

Sunday

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

Member Plus or Fee Based Classes

Spirit Mind Body Room

Monday

9:30am: Yoga Flow (Wendy)
6:00pm: Kettle Bell (open to all Members) Kathy
 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)

Wednesday

8:30 am: PiYO @ (Dianne)
 9:30am: Yoga Flow - (Holly)
 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:

9:30 am: 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



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

Friday

5:10am: C.A.O.S. (Kathy K)
 8:30am: TRX \$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

8:30am-11:00am: Pickleball
 5:15pm-7:05pm: Jr Cavs

Tuesday

8:30-9:30am Boot Camp (Doug)(*)
 5:15pm-8:00pm: Jr. Cavs

Wednesday

8:30am-11:00am: Pickleball
 5:15pm-7:05pm: Jr Cavs

Thursday

5:15pm-8:00pm: Jr. Cavs

Friday

8:30am- 11:00am Pickleball

Back side of the gym will be closed from 9am-4pm for Spring Sports Camp on April 2nd through April 6th.

No pickle during the week of April 2nd - April 6th.

(*) No Boot Camp Class on April 3rd due to Spring Sports Camp

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)

Tuesday

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

Saturday

9-9:50am: Boys Gymnastics (ages 4-6)
 9:50-10:40am: Gymnastics (ages 3-5)
 10:40-11:30am: Gymnastics (ages 6-8)

Motivational Quote:

"Strive for Progress, not Perfection" - Holyoke Ymca