

## Aquatics

### Competition Pool

#### Monday

5:30-7:00am: Swim Team/Adult Swim  
7:00-8:45 am: Adult Swim  
8:45- 9:30 am: Aqua Aerobics  
9:30-11:00am: Open Swim  
11:00-11:45am: Aqua Jog  
11:45-3:45pm: Open Swim  
3:45-8:30pm: Swim Team (No Open Lanes)  
8:30-9:30pm: Open Swim

#### Tuesday

5:30-7:00am: Swim Team/Adult Swim  
7:00am-8:30pm: Adult Swim  
8:30-3:45pm: Open Swim  
3:45-8:30pm: Swim Team (No Open Lanes)  
8:30-9:30pm: Open Swim

#### Wednesday

5:30-7:00am: Swim Team/Adult Swim  
7:00-8:45am: Adult Swim  
**8:45 – 9:30am: Aqua Aerobics**  
9:30-11:00am: Open Swim  
11:00-11:45pm: Aqua Jog  
11:45-3:45pm: Open Swim  
3:30-8:30pm: Swim Team (No Open Lanes)  
8:30-9:30pm: Open Swim

#### Thursday

5:30-7:00am: Swim Team/Adult Swim  
8:30-3:45pm: Open Swim  
3:45-8:30pm: Swim Team (No Open Lanes)  
8:30-9:30pm: Open Swim

#### Friday

5:30-7:00am: Swim Team/Adult Swim  
7:00-8:45am: Adult Swim  
8:45 – 9:30 am Aqua Aerobics  
9:30-11:00am: Open Swim  
11:00-11:45am: Aqua Jog  
11:45-3:45pm: Open Swim  
3:45-8:30pm: Swim Team (No Open Lanes)  
8:30-9:30pm: Open Swim

#### Saturday

7-9am: Lap Swim  
9-12am: Swim Team/Lap Swim  
12-5:30pm: Open Swim

#### Sunday

10am-4:30pm: Open Swim  
\*\*\*\*School days off program will be in the rec pool on Feb 16<sup>th</sup> and 19<sup>th</sup>, 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

### Rec Pool

#### Mondays & Wednesdays

5:30-7:00am: Adult Swim  
7:00-8:15 am: Senior Volleyball  
**8:15 – 9:00 am: Aquasize - Angie /Gail**  
9:00-12:05pm: Swim Lessons/ Open Swim  
12:05-12:50pm: Arthritis Class  
12:50-4:00pm: Open Swim  
4:00-8:00pm: Swim Lessons (Pool Closed)  
8:00-9:30am: Open Swim

#### Tuesdays & Thursdays

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

#### Friday

5:30-7:00am: Adult Swim  
7:00-9:30am: Open Swim  
9:30-12:00pm: Swim Lessons/Open Swim  
12:05-12:50pm: Arthritis Class  
12:50-3:45pm: Open Swim  
3:45-9:30pm: Family Swim

#### Saturday

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

#### Sunday

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

## February is Black History Month

- Check in throughout the month for events and activities related to this important time.

### Special Days

- Feb: 16 (School Days Off)
- Feb 17 – Random Acts of Kindness Day
- Feb 19 (School Days Off)
- Super Bowl Sunday – February 4th
- Valentine's Day – February 14th
- Youth Sports Registration Day – February 17th

### 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**

**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*

# French Creek Family YMCA Monthly Schedule

## Feb 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



Kim Audibert– *Head Para-Swim Coach*

*"I have been a swim instructor for the YMCA for the last 23 years across 3 different states. I have been exclusively teaching special needs lessons (physical, cognitive, and visual impaired) for the last 7 years. I am a Certified USA swim coach and part of the national coaching staff for US Paralympic Swimming for the last year. We have progressed several of our spectrum classes to swim team. Some have gone to represent team USA at Worlds and Para Pan-Pacifica."*

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

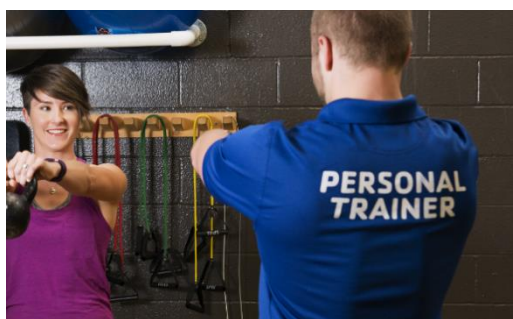
## Monday **\*\*\*New Classes in Bold\*\*\***

5:30am-Power Intervals (Jackie)  
 8:30am-Cardio Strength Intervals (Kelly)  
 9:30am- RIPPED (Angela)  
**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

5:30m- RIPPED @ (Angela)  
 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)  
 5:00pm- 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)  
 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 (Sherrri)  
 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)  
 7:30 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/Sherrri)

*Member Plus or Fee Based Class*

## Spirit Mind Body Room

**Monday**  
 8:30am: TRX (Dustin) \$5 fee  
 9:30am: Yoga Flow (Wendy)  
 5:00pm: PiYo @ (Dianne) Open to all members  
 7:00pm: The Real You  
**Tuesday**  
 9:30am: Yoga (Renee)  
 10:30am: Pilates (Sherrri)  
 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: PiYO @ (Julie) Open to all members  
**6:00pm: Pilates (Kathleen) 2/8**

## 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



## Wellness Floor

**Monday**  
 5:10am: C.A.O.S. (Kathy K)  
 9:30am: Senior WOW (Justin) \$5 fee  
 6:00pm: Kettlebell (Kathy)

## Tuesday

9:30am: Real You (Carl)  
 9:30am: WOW (Justin)  
 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 (Carl)  
 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 (Carl) \$5 fee

## Saturday:

8:30am- HIIT (Phil) (30min) \$5 Fee  
 9:00am- Strength Training (Phil) \$5 Fee

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

## Gym Court A

**Monday**  
 8:30am-11:00am: Pickleball  
 5:15pm-7:50pm: Jr. Cavs  
**Tuesday**  
**8:30am Boot Camp (Doug)**  
 4:45pm-7:10pm Jr. Cavs  
 7:10pm-8:25pm Jr Cavs

## Wednesday

8:30am-11:00am: Pickleball  
 5:15pm-7:50pm Jr. Cavs

## Thursday

5:20pm-7:30pm: Jr. Cavs

## Friday

8:30am- 11:00am Pickleball

## Saturday

8:30am- 6:00pm: Jr. Cavs

## Sunday

2:40pm-4:20pm: Mini dribblers

## Gym Court B

**Monday**  
 5:15pm-7:50pm Jr. Cavs

## Tuesday

7:10pm-8:25pm Jr. Cavs  
 4:40pm-7:10pm Jr. Cavs

## Wednesday

5:15pm-7:50pm Jr. Cavs

## Thursday

5:20pm-7:30pm Jr. Cavs

**\*\*School days off program will be in the gym on Feb 16<sup>th</sup> and 19<sup>th</sup> from 10:30am-11:30am\*\***

## Open Gym Policies

1. No guests allowed for adult open gym
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. There will be a gym monitor Mon-Fri from 5-10pm.
7. 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)  
 6:00-7:00pm: Little Movers (ages 6-8)

### Tuesday

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

### Saturday

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

## Motivational Quote:

*"You haven't failed until you stop trying" - Holyoke Ymca*