

Competition Pool

Mon, Wed, Fri
 5:30-7:00am - Adult Swim (Lanes 1-4)
 5:30-7:00am - Avon Swim Team (Lanes 5-8)
 7:00-9:00am - Adult Swim (Lanes 1-8)
 9:00-12:00pm - Water Walking (Lanes 1-4)
 11:00-11:45am - Aqua Jog (Lanes 1-4)
 12:00-3:30pm - Adult Swim (Lanes 1-8)
 3:30-5:30pm - Avon Swim Team (Lanes 2-8)
 3:30-8:30pm - Family Lap Swim (Lane 1)
 5:30-8:30pm - RYD Swim Team (Lanes 2-8)
 8:30-9:30pm - Family Swim (Lanes 1-8)

Tues & Thurs

5:30-9:00am - Adult Swim (Lanes 1-4)
 5:30-7:00am - Avon Swim Team (Lanes 5-8)
 9:00-12:00pm - Water Walking (Lanes 1-4)
 11:00-3:30pm - Adult Swim (Lanes 1-8)
 3:30-5:30pm - Avon Swim Team (Lanes 2-7)
 3:30-5:30pm - Family Lap Swim (Lane 1)
 5:30-8:30pm - RYD Swim Team (Lanes 2-7)
 8:30-9:30pm - Family Swim (Lanes 1-8)

Saturday

7:00-9:00am - Adult Swim (Lanes 1-8)
 9:00-10:00am - RYD Swim Team (Lanes 5-8)
 9:00-1:00pm - Adult Swim (Lanes 1-4)
 10:00-12:00pm - ALHS Swim Team (Lanes 4-8)
 1:00-4:30pm - Family Swim (Lanes 1-8)

Sunday

10am-3:30pm - Family Swim (Lanes 1-8)



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 Swim
 7:00-7:45am - Shallow Water Volleyball
 8:00-8:45am - Aquasize
 9:00-9:45am - Aqua Aerobics
 10:00-12:00pm - Adult Swim
 12:00-12:45pm - Arthritis Class
 11:00-1:00pm - Toddler Swim (Shallow Side Only)
 1:00-3:00pm - Adult Swim
 3:00-4:45pm - Family Swim
 5:00-8:00pm - Swim Lessons (Pool Closed)
 8:00-9:30pm - Family Swim

Tues & Thursday

5:30-7:00am - Adult Swim
 7:00-7:45am - Shallow Water Volleyball
 8:00-8:45am - Arthritis Class
 9:00-9:45am - Aqua Barre
 10:00-3:00pm - Adult Swim
 11:00-1:00pm - Toddler Swim (Shallow Side Only)
 3:00-7:00pm - Family Swim
 7:00-7:45pm - Aqua Zumba
 8:00-9:30pm - Family Swim

Wednesdays

5:30-7:00am - Adult Swim
 7:00-7:45am - Shallow Water Volleyball
 8:00-8:45am - Aqua Aerobics
 9:00-9:45 am - Splash by Silver Sneakers
 10:00-12:00pm - Adult Swim
 12:00-12:45pm - Arthritis Class
 11:00-1:00pm - Toddler Swim (Shallow Side Only)
 1:00-3:00pm - Adult Swim
 3:00-4:45pm - Family Swim
 5:00-8:00pm - Swim Lessons (Pool Closed)
 8:00-9:30pm - Family Swim

Friday

5:30-7:00am - Adult Swim
 7:00-7:45am - Shallow Water Volleyball
 8:00-8:45am - Aquasize
 9:00-9:45am - Aqua Aerobics
 10:00-12pm - Adult Swim
 12:00-12:45pm - Arthritis Class
 11:00-1:00pm - Toddler Swim (Shallow Side Only)
 1:00-3:00pm - Adult Swim
 3:00-9:30pm - Family Swim

Saturday

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

Sunday

10:00-3:30pm - Family Swim

***Rec. Pool CLOSED from 1 p.m. - 3p.m. for Fun Days/School Days Off Camp. See special days.**

Special Days/News

- Jan 1: Reduced Hours 7am 1-pm
- Jan 2: School Days Off Program
- Jan 4: Family Pound! Class 7-8pm Registration required.
- Jan 14: School Days Off Program
- Jan 18: School Days Off Program
- Jan 21: School Days Off Program
- Jan 25: Goat Yoga - 6:00 pm
- Jan 28: Red Cross Blood Drive in the Community Room 10-4pm

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 Hours

Mon-Fri: 5:30am & closes at 9:30pm
 Sat: 7am-4:30pm
 Sun: 10am-3:30pm
 *Rec. Pool CLOSED from 1 p.m. - 3p.m. for Fun Days/School Days Off Camp (dates listed above)

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: 5am-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

January



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



Simon Roubekas
Wellness Consultant

Simon has been with the Y for about two years and in that time has grown both as a professional and a person. In his time he has assisted in many areas including scholarships, front desk work and volunteer work for special events. He has become a valuable member of the team and the branch would not be the same without him.

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

Group Exercise Studio

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- T-Bow Strength (Renee)
6:00pm - PiYO (Spirit, Mind, Body) (Dianne/Michelle)
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)
1:00pm- Arthritis Exercise (Stella)
5:00pm- Power Sculpt (Kathie)
6:00pm- Step (Kathie)
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- Boot Camp Circuits (Kathy K)
6:00pm- ZUMBA @ TW (Stacey)
6:30pm- Gentle Yin Yoga (Wendy) (SMB Room)
7:00pm- Bar Bell Strength (RIP) (Renee)

Thursday
8:30am- Bar Bell Strength (RIP) (Michelle)
9:30am- Barre (Jackie) (45min Class)
10:30am - BOOM @ (Marsha)
11am- Fitness after 50 (Marsha)
1:05pm- Arthritis Exercise (Stella)
5:30 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-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- Bar Bell Strength (RIP) (Renee)
11:30am- Hip Hop Dance (Frankie)



Cycle Studio

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

Tuesday
5:30am: Y-Cycle (Dayle)
9:00am: HIIT Cycle - 30 Min (Diane)
6:00pm: Cycle Sculpt (Jackie)

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

Thursday
5:30am: Y-Cycle (Kara)
8:30am: Cycle Sculpt (Jackie)
6:30pm: Cycle Sculpt (Chaffy)

Friday
9:30am- Y- Cycle (Michelle)

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

Sunday
10:15am: Y- Cycle (Diane/Chaffy)

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-2:30pm: Isshinryu Karate



Spirit Mind Body Room

Monday
9:30am- Yoga Flow (Wendy)
10:30 am- Gentle Yoga (Wendy) (open to all members)
6:00 pm - PiYO - Dianne/Michelle (open to all members)
7:00 pm- Candlelight Yin/Gentle Yoga -(Dianne/Sherri) (open to all members)

Tuesday
9:30am- Yoga (Renee)
10:30am- Pilates (Sherri)
11:30am- Tai-Chi (Chris)
5:30 pm - Power Yoga (Danielle) (open to all members)
7:00 pm -Pilates (Jackie)

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- Candlelight Gentle Yin Yoga (Wendy) (open all members)

Thursday
9:30am- Yoga Flow (Holly)
10:30am- Pilates (Sherri)
11:30am- Tai-Chi (Chris)
5:30pm- Basic Yoga Flow (open all members)

Friday
8:30am- PiYO @ (Michelle)
9:30am- Yoga Flow (Karen)

Saturday
9:30 am- Yoga Core (Renee)
Sunday
4:00 pm - Power Yoga (Dianne/Holy) open to all members

Small Group Training

Class Fees
Plus Members - \$5/class per month
Members - \$10/class per month
Program Members- \$20/class per month

Monday
5:10am- Queenax Team - Kathy
8:30am- Queenax Team - Dustin
9:30am- Senior Strength Conditioning- Justin
6:00 pm- Queenax Team - (Kathy)

Tuesday
9:30am- Strength Conditioning - Justin
6:00pm - Queenax Team - Doug

Wednesday
5:10am- Queenax Team - Kathy
8:30am- Strength Conditioning - Dustin
9:30am- Queenax Team - Justin
6:00 pm - Queenax Family - Michelle

Thursday
9:30am- Strength Conditoning - Justin
10:30am-Senior Queenax Team - Justin

Friday
8:30am- Queenax HIIT - Dustin

Gym Courts	
Front Court	Back Court
<p>Monday: 8:30-11:30am pickleball 5:15-7:50pm Jr. Cavs Tuesday: 8:30-9:30am boot camp (Doug) 4:40-8:00pm Jr. Cavs Wednesday: 8:30-11:30am pickleball 5:15-7:50pm Jr. Cavs Thursday: 5:15-7:30pm Jr. Cavs Friday: 8:30-11:30am pickleball Saturday: 8:30am-6:00pm jr cavs</p> <p>*Open gym outside of times listed above **8-10pm Mon-Fri: Members only (no guests)</p>	<p>Monday: 5:15-7:50pm Jr. Cavs Tuesday 8:30-9:30am boot camp (Doug) 4:40-8:00pm Jr. Cavs Wednesday 5:15-7:50pm Jr. Cavs Thursday: 5:15-7:30pm Jr. Cavs Saturday: 8:30am-6:00pm Jr. Cavs</p> <p>*Open gym outside of times listed above **8-10pm Mon-Fri: Members only (no guests)</p>
<p>-Jr Cavs Starts the week of January 14th -Sunday January 13th, 20th, and 27th both sides of the gym closed 12:40-2:20pm for Mini Dribblers basketball clinic</p>	

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. No external music players
7. Balls can be checked out at front desk

Dance Studio

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

Wednesday
5:30p- Gymnastics (Ages 4-6)
6:20p- Cheerleading (Ages 4-6)

Thursday
5:00pm - Little movers (Ages 3-5)

Saturday
9:00am- Gymnastics for Boys (Ages 4-6)
9:50am- Gymnastics (Ages 3-5)
10:40am- Gymnastics (Ages 6-8)

