

## Aquatics

### Competition Pool

#### Monday

5:30-10:45am: Adult Open Swim/ Lap Swim  
 11:00am-11:45am: Aqua Jog - Diana  
 12:00-3:00pm: Adult Open Swim/ Lap Swim  
 3:00pm-4:30pm: Family Open/ Lap Swim  
 4:30pm -8:30pm: Swim Team (Two Lanes Open)  
 8:30-9:30pm: Open Swim

#### Tuesday

5:30-3:00pm: Adult Open / Lap Swim  
 3:00pm-5:30pm: Family Open/ Lap Swim  
 5:30pm -8:30pm: Swim Team (Two Lanes Open)  
 8:30-9:30pm: Open Swim

#### Wednesday

5:30-10:45am: Adult Open Swim/ Lap Swim  
 11:00-11:45am: Aqua Jog - Diana  
 12:00-3:00pm: Adult Open / Lap Swim  
 3:00pm-4:30pm: Family Open/ Lap Swim  
 4:30pm -8:30pm: Swim Team (Two Lanes Open)  
 8:30-9:30pm: Open Swim

#### Thursday

5:30-3:00pm: Adult Open/ Lap Swim  
 3:00pm-5:30pm: Family Open/ Lap Swim  
 5:30pm -8:30pm: Swim Team (Two Lanes Open)  
 8:30-9:30pm: Open Swim

#### Friday

5:30-10:45am: Adult Open Swim/ Lap Swim  
 11:00am-11:45am: Aqua Jog - Diana  
 12:00-3:00pm: Adult Open Swim/ Lap Swim  
 3:00pm-4:30pm: Family Open/ Lap Swim  
 4:30pm -8:30pm: Swim Team (Two Lanes Open)  
 8:30-9:30pm: Open Swim

#### Saturday

7:00am -9:00am; Adult Open/Lap Swim  
 9:00am-10:00am: Swim Team (Four Lanes Open)  
 10:00a-1:00p: Adult Open/Lap Swim  
 1:00pm-4:30pm: Family Open/ Lap Swim

#### Sunday

10am-3:30pm: Family Open/ Lap Swim

### Recreation Pool

#### Monday

5:30-7:00am: Adult Open Swim  
 7:00-7:45am: Shallow Water Volleyball  
 8:00 - 8:45am: Aquasize - Gail  
 9:00-9:45am: Aqua Aerobics - Gail  
 10:00-12:00pm; Adult Open Swim  
 12:00-12:45pm: Arthritis Class - Diana  
 1:00-3:00pm: Summer Camp  
 3:00-4:45pm Family Open Swim  
 5:00-8:00pm: Swim Lessons (Pool Closed)  
 8:00-9:30pm: Open Swim

#### Tuesdays

5:30-7:00am: Adult Open Swim  
 7:00-7:45am: Shallow Water Volleyball  
 7:45-8:30am: Arthritis Class - Maggie  
 9:15-10:00am - Aqua Barre - Sherri  
 10:00 1:00pm: Adult Open Swim  
 1:00-3:00pm: Summer Camp  
 3:00-9:30 Family Swim

#### Wednesdays

5:30-7:00am: Adult Open Swim  
 7:00-7:45am: Shallow Water Volleyball  
 8:00-8:45am: Aqua Aerobics - Betsy  
 9:00- 9:50 am: Splash by SilverSneakers  
 10:00am-12:05pm: Adult Open Swim  
 12:00-12:45pm: Arthritis Class - Diana  
 1:00-3:00pm: Summer Camp  
 3:00-4:45pm; Family Open Swim  
 5:00-8:00pm: Swim Lessons (Pool Closed)  
 8:00-9:30pm: Open Swim

#### Thursdays

5:30-7:00am: Adult Open Swim  
 7:00-7:45am: Shallow Water Volleyball  
 7:45-8:30am: Arthritis Class - Maggie  
 9:15-10:00am; Aqua Barre - Sherri  
 10:00 1:00pm: Adult Open Swim  
 1:00-3:00pm: Summer Camp  
 3:00-9:30 Family Swim

#### Friday

5:30-7:00am: Adult Open Swim  
 7:00-7:45am: Shallow Water Volleyball  
 8:00-8:45a: Aquasize - Betsy  
 9:00-9:45am: Aqua Aerobics - Betsy  
 8:30-9:30am: Open Swim  
 9:30am-11:00am: Adult Open Swim  
 11:00 12:00pm: Summer Camp  
 12:00-1:00pm: Arthritis Class - Diana  
 1:00-3:00pm: Summer Camp  
 3:00-9:30 Family Swim

#### Saturday

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

#### Sunday

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

### **\*\*Camp will be in the Recreation Pool from 1-3pm Monday-Wednesday and Friday\*\***

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

## Special Days

- July 3: Closing at 9pm (Fireworks)
- July 4: 7am-1pm (Independence Day)
- July 6: Closing at 9pm (Fireworks)
- July 23: Closing at 9pm (Fireworks)
- July 27: Closing at 9pm (Fireworks)
- July 28: Families Kickin' It! Family Kickball game at the Crushers Stadium
- July 30: 10am-4pm - Red Cross Blood Drive in the Community Room. Register online at [redcrossblood.org](http://redcrossblood.org) with the access code "frenchcreekymca"

Families Kickin' It! - July 28<sup>th</sup> 9-11am. Join us at the Crushers stadium for a family kickball game! For more information and registration stop by the Membership Desk!

**The Espresso Bike is now available for demo throughout the month of July! Pedal and steer your way through virtual courses with responsive handlebars!**



## 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

**Pool opens 30min after facility opens & closes 30min before facility closes (Monday- Friday and Holliday's)**

**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

*July 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



When Ellen was diagnosed with Rheumatoid Arthritis, her husband introduced her to the YMCA as a way to keep moving and active. Upon arriving at French Creek, Ellen was happily surprised by the inclusive atmosphere and plethora of Silver Sneakers programming options. Ellen has developed friendships and a strong bond with her fellow classmates. Her experience at French Creek keeps her invigorated and will keep her coming back for years to come!

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

5:30m- 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- **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)  
 11am- Fitness after 50 (Jessica)  
 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- **T-Bow (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 - 30 Min (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

## 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

-Side B will be **closed Saturday 7/21 and Saturday 7/28** from 9:45a-12pm  
 -Day's with no inclement weather the gym **could** open at 4:00pm  
 -Camp starts on June 11<sup>th</sup>

## 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

### 1. Wednesday

Art camp 9a-4p

### Friday

Art camp 9a-4p

### Tuesday

Art camp 9a-4p

### Thursday

Art camp 9a-4p

## Motivational Quote:

*"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." -- Stephen Covey*