

## 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)  
 3:30-8:30pm - Family Lap Swim (Lanes 1-8)  
 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 - Family Lap Swim (Lane 1-8)  
 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)

## 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.**



### 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.

## Special Days/News

- March 5 - Mardi Gras!
- March 10 - Daylight Savings Begins at 2:00 a.m.
- March 15 - Yoga Retreat! 6pm Registration, 6:15-7:15pm NIA class, 7:30-8:30pm Yoga Flow, 8:30-9:30pm Dessert Reception
- March 16<sup>th</sup> Yoga Retreat! 10:30-11:30 Yoga Flow, 12 noon lunch will be provided, 12:45-1:45 Holistic Guest Speaker, 4:30-5:30pm Yin Restorative
- March 17 - St. Patrick's Day
- March 20 - Earth Day

### 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

**Aquatic Director:** *Thomas Lach*

**Wellness Director:** *Katie Blodorn*

**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

## March



### 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



**Sarah Kaspar  
Wellness Consultant**

Sarah has only been with the Y for a few short months but has picked up the job quickly and with enthusiasm. She is always willing to lend an extra hand and is proving herself to be a valuable member of the team.

## 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) (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- Chair Yoga (Jessica)  
 12:30pm- Silver Sneakers Classic (Jessica)  
 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)  
 11:30am- Chair Yoga (Rob)  
 12:30pm- Silver Sneakers Classic (Jessica)

### 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- Kettlebell - **Open to all members** - 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

### Thursday

9:30am- Strength Conditioning - Justin  
 10:30am-Senior Queenax Team - Justin

### Friday

8:30am- Queenax HIIT - Dustin

## Gym Courts

### Front Court

#### Monday:

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

#### Tuesday:

8:30-9:30am boot camp (Doug)  
 4:40-7:15pm Jr. Cavs

#### Wednesday:

8:30-11:30am pickleball  
 5:15-8:00pm Jr. Cavs

#### Thursday:

8:30-11:30am pickleball  
 5:15-8:15pm Jr. Cavs

#### Friday:

8:30-11:30am pickleball  
 4:40-7:15pm Jr. Cavs

#### Saturday:

8:30am-5:00pm jr cavs

\*Open gym outside of times listed above

-No guest allowed in open gym

-Jr. Cavs ends March 16<sup>th</sup>

-Mini Dribblers ends March 3rd

### Back Court

#### Monday:

5:15-7:50pm Jr. Cavs

#### Tuesday

4:40-6:15pm Jr. Cavs

#### Wednesday

5:15-8:00pm Jr. Cavs

#### Thursday:

5:15-8:15pm Jr. Cavs

#### Friday:

4:40-6:15pm Jr. Cavs

#### Saturday:

8:30am-5:00pm Jr. Cavs

#### Sunday:

2:45pm-4:15pm: Mini Dribblers

\*Open gym outside of times listed above

### Open Gym Policies

1. No guests allowed for 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. 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)

