

## Competition Pool

### Mon, Wed, Fri

5:30-10:00am - Adult Open/Lap Swim  
 5:30am-7:00am - Avon Swim Team (4 Lanes)  
 9:00-12:00pm - Water Walking  
 11:00am-11:45am - Aqua Jog - Diana  
 12:00-3:00pm - Adult Open/Lap Swim  
 3:00pm-5:30pm - Family Lap Swim  
 3:30pm-5:30pm - Avon Swim Team (1 Lane)  
 5:30-8:30 - RYD Swim Team (1 Lane)  
 8:30-9:30pm - Family Open/Lap Swim

### Tues & Thurs

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

### Saturday

7:00am -9:00am- Adult Open/Lap Swim  
 7:00am-9:00am - Avon Swim Team (4 Lanes)  
 9:00am-10:00am - RYD Swim Team (4 Lanes)  
 10:00am-12:00pm - AL Swim Team (3 Lanes)  
 11:30a-1:00pm- Adult Open/Lap Swim  
 1:00pm-4:30pm- Family Open/Lap Swim

### Sunday

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



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

### Tues & Thursday

5:30-7:00am - Adult Open 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 Open Swim  
 11:00-1:00pm - Toddler Swim (Shallow Side Only)  
 3:00-7:00pm - Family Open Swim  
 7:00-7:45pm - Aqua Zumba  
 8:00-9:30pm - Family Open Swim

### Wednesdays

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

### Friday

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

### Saturday

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

### Sunday

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

## Special Days/News

- Nov 1-21: Espresso Bike Turkey Challenge (Burn 3000 calories to win a prize)
- Nov 6: Fun Days Childcare Camp
- Nov 21: Fun Days Childcare Camp
- Nov 21: No Pickleball
- Nov 21: Back Gym Court CLOSED from 8:45a-4:00p
- Nov 22: FACILITY CLOSED (Thanksgiving)
- Nov 23: Black Friday - Special Group Exercise Schedule
- Nov 27: Back Gym Court closed from 4:40-7:20p
- Nov 27: Front Gym Court closed 4:40-6:15p
- Nov 28: Both Courts Closed until 8pm
- Nov 29: Both courts closed 5:15-8:15pm
- Nov 30: Back Gym Court closed 4:40-7:20p
- Nov 30: Front Gym Court closed 4:40-6:15p
- Nov 28: Red Cross Blood Drive 10am-4pm

- All Sundays - Browns Games (wear team colors)
- All Saturdays - Ohio State Football Games (wear team colors)

### 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: 10am-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

### November



### 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



**Tim Gresley**

**Wellness Consultant Lead**

Tim has recently joined the Y leading our wellness consultants. He has a background in both for-profit and non-profit operations and looks forward to helping take the YMCA to even greater heights in the coming year.

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

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 - Josiei (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 (Renee/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 (Dianne)  
 5:30pm: Y-Cycle (Dave)

### Thursday

5:30am: Y-Cycle (Kara)  
 8:30am: Cycle Sculpt (Jackie)  
 6:00pm: Y-Cycle (Doug)

### Friday

9:30am- Y- Cycle (Michelle)

### Saturday

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

### Sunday

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

## 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



*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)  
 6:00 pm - PiYO - Dianne/Michelle (open to all members)  
 7:00 pm- Candlelight Yin/Gentle Yoga -(Dianne/Josie) (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**

## Wellness Floor

### Monday

5:10am- CAOS (Kathy K)  
 8:30am- TRX (Dustin) \$5 Fee  
 9:30am- Senior WOW (Justin) \$5 fee  
 6:00 pm- Kettlebell (Kathy)

### Tuesday

9:30am- WOW (Justin) \$5 Fee  
 11:30am- Tai Chi (Chris)

### Wednesday

5:10am- 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

8:30am- TRX (Dustin) \$5 Fee

## Gym Courts

### Front Court

8-9:45pm: Members only (no guests)  
**Monday:**  
 8:30-11:30am pickleball  
 5:15-7:50pm Jr. Cavs  
**Tuesday:**  
 8:30-9:30am boot camp (Doug)  
 4:40-7:20pm Jr. Cavs  
**Wednesday:**  
 8:30-11:30am pickleball  
 5:15-7:50pm Jr. Cavs  
**Thursday:**  
 5:15-7:35pm Jr. Cavs  
**Friday:**  
 8:30-11:30am pickleball  
**Saturday:**  
 8:30am-5:00pm jr cavs  
 Open gym outside of times listed above

### Back Court

8-9:45pm: Members only (no guests)  
**Monday:**  
 5:15-7:50pm Jr. Cavs  
**Tuesday**  
 8:30-9:30am boot camp (Doug)  
 4:40-7:20pm Jr. Cavs  
**Wednesday**  
 5:15-7:50pm Jr. Cavs  
**Thursday:**  
 5:15-7:35pm Jr. Cavs  
**Saturday:**  
 8:30am-5:00pm Jr. Cavs  
 Open gym outside of times listed above

\*See Special Days/Events for gym schedule Week of Nov 26<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. No external music players
7. Balls can be checked out at front desk

## Dance Studio

### Monday

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)



## Motivational Quote

Forget all the reasons why it won't work  
 & believe the one reason it will