

Competition Pool

Mon, Wed, Fri

5:30-10:00am- Adult Open Swim/ Lap Swim
 9:00-12:00pm- Water Walking
 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 (2 Lanes Open)
 8:30-9:30pm- Open Swim

Tues & Thurs

5:30-9:00am- Adult Open / Lap Swim
 9:00-12:00pm- Water Walking
 11:00a-3:00pm- Adult Open / Lap Swim
 3:00pm-5:30pm- Family Open/ Lap Swim
 5:30pm-8:30pm- Swim Team(2 Lanes Open)
 8:30-9:30pm- Open Swim

Saturday

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

Sunday

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



Aquatic Facility will be CLOSED Aug 29-Sept 3 for annual maintenance

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 - 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- 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 - Maggie
 9:00-9:45am- Aqua Barre - Sherri
 10:00-3:00pm- Adult Open Swim
 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 - Betsy
 9:00-9:45 am- Splash by Silver Sneakers
 10:00am-12:00pm- Adult Open Swim
 12:00-12:45pm- Arthritis Class - Diana
 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
 8:00-8:45a- Aquasize - Betsy
 9:00-9:45am- Aqua Aerobics - Betsy
 10:00am-12pm- Adult Open Swim
 12:00-12:45pm- Arthritis Class - Diana
 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

- Aug 29-Sept 3: Aquatic facility CLOSED for maintenance
- Sept 2 - Summer Hours End
- Sept 3- Labor Day (Reduced Hours 7am-1pm)
- Sept 4 - Normal Hours Resume
- Sept 9- Hot Yoga (4-4:50 pm)
- Sept 10- Yoga for Kids (6:30-7:30pm)
- Sept 16 - Reformer Demos \$10/30 min (11:30- 4:30pm)
- Sept 17- Hip Hop @ Sibling Revelry Brewing (6:30 -7:30pm)
- Sept 19- Livestrong program begins
- Sept 19- Yoga for Kids (6:30-7:30pm)
- Sept 23- Meditation Workshop (12-1pm)
- Sept 23- Inversion/Arm workshop (1-1:30pm)
- Sept 24- Blood Drive 10am-4pm
- Sept 24-28 - Member Appreciation Week
- Sept 29- Yoga Sculpt (10:30-11:30am)
- Sept 30- Hot Yoga (4-4:50pm)
- All Sundays - Browns Games (wear team colors)
- All Saturdays- Ohio State Football Games (wear team colors)



National Yoga Month

Yoga classes will be FREE to ALL full facility members for the month of Sept. See one time specialty above in special days section.



Member Appreciation Week

We appreciate our members each and every day! However, we would like to take one week (Sept 24-28) & show special appreciation as a thank you. Each day we will be doing something special in the lobby for all our members. Stay Tuned ☺



Branch Hours (as of Sept 3)

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-5pm
 Sun: 10am-4pm

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

September 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



Eugene Wright

CDLOD/Personal Trainer/Wellness Consultant

Eugene is one of our personal trainers, CDLOD's and Wellness Consultant, and when at the YMCA enjoys helping people improve the quality of life through fitness and lifestyle coaching. When not at the YMCA Eugene likes to spend time at home working on things or going on walks with his family or playing video games with his children.

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

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- 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

5:30am- Boot Camp (Doug)
 9:00am- Power Sculpt (Kelly)
 9:55am - BOOM @ 30 minutes (Jessica)
 10:30 am- Gentle Yoga - Josie (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- 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)
 5:30 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 (Stacy/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



BRINGING
FAMILIES
TOGETHER

Member Plus or Fee Based Classes

Spirit Mind Body Room

Monday

9:30am- Yoga Flow (Wendy)
 10:30 am- Gentle Yoga (Wendy)
 6:00 pm - PiYO - Dianne/Michelle
 7:00 pm- Candlelight Yin/Gentle Yoga -(Dianne/Josie)

Tuesday

9:30am- Yoga (Renee)
 10:30am- Pilates (Sherrri)
 5:30 pm - Power Yoga (Danielle)

Wednesday

8:30 am- PiYO @ (Dianne)
 9:30am- Yoga Flow (Holly)
 10:30am- Gentle Yoga (Sherrri)
 5:30 pm- Yoga Flow (Wendy)
 6:30 pm- Candlelight Gentle Yin Yoga (Wendy)

Thursday

9:30am- Yoga Flow (Hooly)
 10:30am- Pilates (Sherrri)
 11:30am- Tai-Chi (Chris)
 5300pm- Basic Yoga Flow

Friday

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

Saturday

9:30 am- Yoga Core: (Renee)

Yoga classes open to all full facility members in Sept

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)
 6pm- TRX (Doug) \$5 fee

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 Court A

Mon-Fri

8-9:45pm: Members only play (no guests)

Monday:

8:30-11:30am pickleball

Tuesday

8:30-9:30am boot camp (Doug)

Wednesday:

8:30-11:30am pickleball

Friday:

8:30-11:30am pickleball

*Gym closes 15 minutes prior to the facility closing

*Open gym outside of times listed above

*Gym closed Sept. 29th from 9:30am-3:00pm for youth 3v3 B-ball tournament

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 of the Month

"The body achieves what the mind believes."

