

FRENCH CREEK FAMILY YMCA | clevelandymca.org



the  APRIL - JUNE

SPRING
2024

ABOUT OUR PROGRAM GUIDE

- We have worked hard to continue to develop new programs for all our members. As our program guide continues to grow, we know it is sometimes challenging to find programs for your family when organized by activity rather than age. We have aligned our program guide to be organized by age. We believe this is an easier way to search through a wide variety of program offerings in one section rather than looking through the entire guide.
- You will find the categories as follows:
 - Early Childhood (ages 0-4)
 - Youth (ages 5-12)
 - Teens (13-18)
 - Adult (18+)
 - Active Older Adults (55+)
 - Families (all ages)
 - Aquatics (all ages)
 - Sports (all ages)
- Ages are meant to be a guide, each program and discipline varies
- Some overlap will occur in offerings for age groups and you may see listings in multiple age groups.

EARLY CHILDHOOD

YOUTH

TEENS

ADULT

ACTIVE OLDER ADULTS

FAMILIES

AQUATICS

SPORTS

JOIN US

MEMBERSHIP

As a member of the YMCA of Greater Cleveland, you are part of something much larger than a gym or a program. You are now part of a powerful association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow and thrive.

Membership Type	Join Fee	Rate, Including Tax
Adult	\$100	\$45.36
Adult Plus	\$100	\$56.16
Family	\$100	\$66.42
Family Plus	\$100	\$82.62
Senior (65+)	\$100	\$36.72
Senior Plus (65+)	\$100	\$47.52
Young Adult (18-27)	\$50	\$35.64
Young Adult Plus (18-27)	\$50	\$46.44
Youth/Teen (0-17)	\$30	\$23.76

ANNUAL CAMPAIGN

When you give to the Y, you support critical programs and services for young people, adults and families who need them the most. As a leading nonprofit organization dedicated to strengthening communities, the Y relies on the support of neighbors like you to enable us to fulfill our commitments. From ensuring that kids have a place to thrive before and after school, to teaching people life skills in our Safety Around Water program and more, your contributions allow everyone to access the resources and support they need. Your charitable contributions help make a big impact in the lives of so many people in our area.

BRANCH ADVISORY BOARD

Advisory board members play a crucial role in helping organizations make informed decisions. By providing guidance and advice, they help steer the organization in the right direction and ensure that it stays on track to achieve its goals. Advisory board members bring a wealth of experience and expertise to the table. Interested? Contact Chris Scheuer.

EMPLOYMENT OPPORTUNITIES

Looking for a job that is committed to supporting kids, families and adults as they reach their full potential? At the Y, we are continually seeking out opportunities for our staff to learn, grow and thrive. When you are involved with the Y, you help bring about lasting personal and social change. Visit our website to see available opportunities: www.clevelandymca.org/careers



EARLY CHILDHOOD

TUMBLING

Tiny Tots Tumbling (Ages 3-5) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Must pass skill assessment to be eligible for Beginner Tumbling. Skills taught: somersault, headstand, bridge. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Saturdays)	10am, 11am, 12pm	\$20	\$40
French Creek	2/5-3/2 (Saturdays)	10am, 11am, 12pm	\$20	\$40
French Creek	3/4-3/30 (Saturdays)	10am, 11am, 12pm	\$20	\$40

Beginner Tumbling (Ages 5-7) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Skills taught: forward roll, bridge technique, headstand. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Mondays or Wednesdays)	6pm	\$40	\$60
French Creek	2/5-3/2 (Mondays or Wednesdays)	6pm	\$40	\$60
French Creek	3/4-3/30 (Mondays or Wednesdays)	6pm	\$40	\$60

Intermediate Tumbling (Ages 7-10) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Skills taught: solid bridge technique, solid cartwheel, round-off, handstand with assist. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Mondays or Wednesdays)	7pm	\$40	\$60
French Creek	2/5-3/2 (Mondays or Wednesdays)	7pm	\$40	\$60
French Creek	3/4-3/30 (Mondays or Wednesdays)	7pm	\$40	\$60

KARATE

Family Karate (Ages 7+) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. Parents/guardians are encouraged to participate and assist children in class. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly. 30-minute classes.

Location	Session Dates	Days	Member	Guest
French Creek	1/4-1/27	Thursdays and Saturdays	\$15	\$30
French Creek	2/1-2/24	Thursdays and Saturdays	\$15	\$30
French Creek	2/29-3/23	Thursdays and Saturdays	\$15	\$30

Traditional Karate (Ages 8-99) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly following Family Karate class. 30-minute classes.

Location	Session Dates	Days	Member	Guest
French Creek	1/4-1/27	Thursdays and Saturdays	\$30	\$60
French Creek	2/1-2/24	Thursdays and Saturdays	\$30	\$60
French Creek	2/29-3/23	Thursdays and Saturdays	\$30	\$60

BASKETBALL

Junior Cavs - League (Ages 3-4) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Fall and Winter sessions available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach.

Session	Days	Member	Guest
Winter 2024	1/15-3/8	\$50	\$75
Fall 2024	10/14-12/14	\$50	\$75

YMCA ROOKIES – COMING SPRING 24

YMCA Rookies is an introductory, pre-competitive, youth sports program intended for children ages 3-4 years old. 8-week sessions.

T-BALL

T-Ball (Ages 3-4) Introductory T-Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	COMING SOON	5:30-6:20 PM	\$40	\$60

FLAG FOOTBALL

Flag Football (Ages 3-4) Introductory Flag Football program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	COMING SOON	5:30-6:20 PM	\$40	\$60

BASKETBALL

Basketball (Ages 3-4) Introductory Basket Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

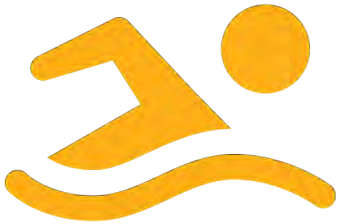
League by Age	Dates	Time	Member	Guest
3-4 League	4/5 - 4/26	5:30-6:20 PM	\$40	\$60

SOCCER

Soccer (Ages 3-4) Introductory Soccer program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	5/3 - 5/24	5:30-6:20 PM	\$40	\$60

GENERAL PROGRAMMING



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 30

PRESCHOOL

Our preschool programs focus on preparing children for kindergarten. Our curriculum is based on school readiness skills and is aligned with the Ohio Department of Education's Early Learning and Development Standards. Key components include literacy, mathematics, science, social and emotional development, problem-solving, health, and diversity.



CHILDWATCH

(Ages 6wk - 10yr) While you enjoy your workout, our childcare staff will engage your child in fun-filled activities. Our kid-centered Child Watch environment is the perfect place for your kid to laugh, learn, and make new friends.





YOUTH
ALLIANCE

YOUTH

TUMBLING

Beginner Tumbling (Ages 5-7) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Skills taught: forward roll, bridge technique, headstand. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Mondays or Wednesdays)	6pm	\$40	\$60
French Creek	2/5-3/2 (Mondays or Wednesdays)	6pm	\$40	\$60
French Creek	3/4-3/30 (Mondays or Wednesdays)	6pm	\$40	\$60

Intermediate Tumbling (Ages 7-10) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Skills taught: solid bridge technique, solid cartwheel, round-off, handstand with assist. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Mondays or Wednesdays)	7pm	\$40	\$60
French Creek	2/5-3/2 (Mondays or Wednesdays)	7pm	\$40	\$60
French Creek	3/4-3/30 (Mondays or Wednesdays)	7pm	\$40	\$60

BASKETBALL

Junior Cavs - League (Ages 3-11) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Fall and Winter sessions available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach. Each registrant will receive 2 Cavs tickets!

Club Basketball (Ages 8-10) Fall and Spring sessions available. Coming Fall 2024!

Session	Sessions	Member	Guest
Winter League	1/15-3/16	\$85	\$125
Fall League	10/14-12/14	\$85	\$125
Club - Fall	COMING 2024	\$	\$

VOLLEYBALL

Volleyball - League (Ages 9-14) Volleyball league geared toward middle school aged girls, designed to improve knowledge of the sport and sharpen skills involved in game play. One practice and one game per week. Parent volunteer coaches encouraged! Winter and Spring sessions available.

Volleyball - Skills Session (Ages 7-8) Volleyball skills training session run by YMCA Program Instructors. Working on: sport fitness, technical skill development, and volleyball IQ. Summer, Fall, and Winter sessions available.

Session	Dates	Member	Guest
Winter League	11/30-2/1	\$85	\$125
Winter Skills	2/8-3/14	\$60	\$80
Spring League	3/30-5/24	\$85	\$125
Summer Skills	COMING SOON	\$60	\$80
Fall Skills	COMING SOON	\$60	\$80

KARATE

Family Karate (Ages 7+) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. Parents/guardians are encouraged to participate and assist children in class. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly. 30-minute classes.

Session Dates	Days	Member	Guest
1/4-1/27	Thursdays and Saturdays	\$15	\$30
2/1-2/24	Thursdays and Saturdays	\$15	\$30
2/29-3/23	Thursdays and Saturdays	\$15	\$30

Traditional Karate (Ages 8-99) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly following Family Karate class. 30-minute classes.

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2/1-2/24	Thursdays and Saturdays	\$30	\$60
2/29-3/23	Thursdays and Saturdays	\$30	\$60

YOUTH

YMCA ROOKIES

YMCA Rookies is an introductory, pre-competitive, youth sports program intended for children ages 5-6 years old. 8-week sessions.

T-BALL

T-Ball (Ages 5-6) Introductory T-Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
5-6 League	COMING SOON	6:30 - 7:20 PM	\$40	\$60

FLAG FOOTBALL

Flag Football (Ages 5-6) Introductory Flag Football program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
5-6 League	COMING SOON	6:30 - 7:20 PM	\$40	\$60

BASKETBALL

Basketball (Ages 5-6) Introductory Basket Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
5-6 League	4/5 - 4/26	6:30 - 7:20 PM	\$40	\$60

SOCCER

Soccer (Ages 5-6) Introductory Soccer program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
5-6 League	5/3 - 5/24	6:30 - 7:20 PM	\$40	\$60

RYD DOLPHINS SWIM TEAM

The Ridgewood YMCA Dolphins Swim Team (RYD) first began competition out of the Ridgewood YMCA in 1970. Since that time, the team has grown to over 250 swimmers and now practices out of the French Creek Family YMCA and the North Royalton Family YMCA pools. RYD is continually one of the top swim teams in Northeast Ohio in both YMCA and USA Swimming competitions. RYD swimmers frequently qualify to compete in regional and national level competitions, with many continuing their swim careers at the collegiate level.

Age Group (Ages 6-13) The Age Group level is for elementary and middle school aged swimmers that are proficient in all strokes, starts, and turns. The coaches will place emphasis on stroke development and learning with some aerobic individual medley work. Skills and drills will be covered at all practices and basic race strategies will be introduced. It is encouraged that swimmers attend 3 practices per week.

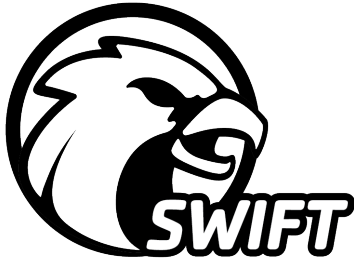
Discovery (Ages 6-13) In the Discovery level, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool, freestyle and backstroke, to be placed in the Discovery level. The coaches will teach all four strokes, starts, and turns. Swimmers will learn rules and etiquette around swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 30

SWIFT PROGRAM



The SWIFT program aims to develop sport-specific fitness and knowledge through high quality training, while maintaining the joy and integrity of youth sports.

SWIFT Program (Ages 7-11) SWIFT is a sports performance program for ages 7-11. There are 2 classes offered: Strength and Speed. These classes will be run by the YMCA Performance Staff.

SPEED Training involves teaching proper running form, linear and lateral speed drills, agility, functional movement, and injury prevention.

STRENGTH Training targets improvements in muscular strength and endurance, power production, and muscular coordination in a safe environment geared towards young athletes.

Sessions	Dates	Time	Member	Guest
SPEED	Tuesdays	6:00 PM 7:00 PM	\$30	\$60
STRENGTH	Thursdays	6:00 PM 7:00 PM	\$30	\$60

CAMPS

SUMMER DAY CAMP

YMCA Summer Day Camp (Ages 6-12) Not only are kids guaranteed to learn something new and make lifelong memories, but will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: **Caring, Fairness, Honesty, Respect, Responsibility, Teamwork**- as guides to show our campers how to be leaders and lifelong learners. We teach kids how to Play with Purpose!

SPECIALTY CAMPS

YMCA Sports Camp (Ages 5-12) In our camps, kids improve sport skills through teamwork and friendly competition, all while making new friends. Each week brings a new sport, complete with drills, scrimmages and activities to enhance their athletic ability and general sports knowledge.

YMCA Tumble and Cheer Camp (Ages 5-12) In our camps, kids improve sport skills through teamwork and friendly competition, all while making new friends. Each week brings a new sport, complete with drills, scrimmages and activities to enhance their athletic ability and general sports knowledge.

YMCA Arts Camp (Ages 5-12) Summer arts camp is a combination of performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

YMCA Science Camp (Ages 5-12) NEW FOR 2024! French Creek Science Camp helps kids expand their horizons and worldly knowledge through an interactive, engaging curriculum that varies week to week. Our wide variety of topics range from life on earth all the way to outer space. Certain weeks include field trips designed to supplement the curriculum.

Camp Type	Ages	Register	Member	Non-Member
Summer Day Camp	6-12	Spring 2024	\$200	\$210
Sports Camp	6-12	Spring 2024	\$165 Ext. \$185	\$165 Ext. \$185
Fine Arts Camp	6-12	Spring 2024	\$165 Ext. \$185	\$165 Ext. \$185
Tumble & Cheer Camp	5-12	Spring 2024	\$165 Ext. \$185	\$165 Ext. \$185

YOUTH



TEENS SNEE1

BASKETBALL

Junior Cavs - Skills Session (Ages 12-14) Basketball skills training session run by YMCA Program Instructors. Skills training works on conditioning, sports fitness, technical skill development, and basketball IQ.

Session	Sessions	Member	Guest
Winter League	1/15-3/16	\$85	\$125
Fall League	10/14-12/14	\$85	\$125
Club - Fall	COMING 2024	\$	\$

Open Run (Ages 18+) Full-court pick up basketball games.

VOLLEYBALL

Volleyball - League (Ages 9-14) Volleyball league geared toward middle school aged girls, designed to improve knowledge of the sport and sharpen skills involved in game play. One practice and one game per week. Parent volunteer coaches encouraged! Winter and Spring sessions available.

Volleyball - Skills Session (Ages 7-8) Volleyball skills training session run by YMCA Program Instructors. Working on: sport fitness, technical skill development, and volleyball IQ. Summer, Fall, and Winter sessions available.

Session	Dates	Member	Guest
Winter League	11/30-2/1	\$85	\$125
Winter Skills	2/8-3/14	\$60	\$80
Spring League	3/30-5/24	\$85	\$125
Summer Skills	COMING SOON	\$60	\$80
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Sessions	Dates	Time	Member	Guest
SPEED	Tuesdays	6:00 PM 7:00 PM	\$30	\$60
STRENGTH	Thursdays	6:00 PM 7:00 PM	\$30	\$60

TEENS

RYD DOLPHINS SWIM TEAM

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Discovery (Ages 6-13) In the Discovery level, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool, freestyle and backstroke, to be placed in the Discovery level. The coaches will teach all four strokes, starts, and turns. Swimmers will learn rules and etiquette around swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.

Pre-Senior (Ages 12-15) The Pre-Senior level is for middle school aged swimmers who have mastered the basic fundamentals of each stroke and are physically and mentally prepared for more rigorous training. In this group, swimmers will be instructed on advanced stroke mechanics and skills. Training will become more of an emphasis in this level, with a focus on aerobic capacity and individual medley proficiency. Swimmers will be educated on advanced race strategies and will begin to participate in dry-land activities. It is encouraged that swimmers attend 4 practices per week.

Senior (Ages 14-18) The Senior level is for high school aged swimmers. There will be a heavy emphasis on training while continuing to develop and refine stroke mechanics and skills. At the Senior level, the training will be more event-specific, with more emphasis on race pace training. Swimmers are encouraged to attend at least 4 practices per week.

TEENS

GENERAL PROGRAMS

TEEN FITNESS CENTER ORIENTATION

Are you 13 and ready to explore the Fitness Center? The YMCA requires teens to go through the Fitness Center Orientation. All teens new to strength and cardio training in our Fitness Center must reserve their spot online or at the Wellness Desk.

GroupX (Ages 13+) We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

See Schedule:



Personal Training (Ages 13+) Our YMCA offers personal, partner, and small group training to help you set and meet your personal fitness goals. Whether you're new to the gym and seeking extra guidance, a triathlete needing support training for a big race, wanting to break out of a fitness plateau, or looking to enhance your functional fitness for everyday life, our trainers will help you reach your goals in a way that works best for you!

More Information



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 30



ADULT

SPORTS

Pickleball - Open Play (Ages 18+) We offer open-net Pickleball for adults of all ages and skill levels. Equipment is ready for players including nets, paddles, and balls. Players are responsible for set-up and tear-down.

Pickleball - Adult Clinics (Ages 18+) We offer beginner, intermediate and advanced clinics.

Pickleball - Adult League (Ages 18+) We offer women's, co-ed, and young professional leagues. Program runs monthly.

Pickleball	Times	Member	Guest
Open Play	See Schedule	FREE	\$15
Adult League		\$50	\$100
Adult Beginner Clinic	Thurs: 8:30AM	\$30	\$60
Adult Intermediate Clinic	Tues: 8:00AM	\$30	\$60
Adult Advanced Clinic	Tues: 9:00AM	\$30	\$60
Specialty Clinic	Saturdays	\$15	\$30

Open Run (Ages 18+) Full-court pick up basketball games.

inBODY (Ages 18+) To thoroughly learn about your body and its condition, take the InBody test. In less than 60 seconds, the InBody not only examines the compositions of your body, but also reveals percentage of body fat, muscle distribution, and body weight balance; components that are key in understanding more about your body.

	Rate
One Scan	\$25
Four Scans	\$75

FITNESS

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More Information



SWIM LESSONS

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ACTIVE OLDER ADULT

ACTIVE OLDER ADULT

AOA ORIENTATION

AOA Meet & Greet (Ages 55+) At our Meet & Greet, you will learn all about your new Y: Get familiar with the facility, learn about programs and services just for our Active Older Adults, and meet the people that are passionate about helping you transform your life. Enjoy refreshments, door prizes, branch program information, YMCA 360, Y Stars, bus trips and fitness equipment orientation.

EVENTS

Lunch and Learn (Ages 18+) Monthly lunch meeting, topic changes monthly.

Caps 'N Laps (Ages 18+) Knitting and crocheting club, meets Thursdays at 12PM.

Hiking Club (Ages 18+) Group hikes at Lorain County Metro Parks.

Bus Trips (Ages 18+) In the mood for an adventure? Join us on our next bus trip! These trips can be seeing a show, visiting a new city, trying different restaurants, and more! You can find bus trip information and dates on our website and social media pages. Bus trips are offered many times throughout the year for our AOAs and registration is required.



GroupX (Ages 13+) We know that healthy lifestyles are achieved through nurturing mind, body, and spirit, so well-being and fitness often include more than just working out. In addition to the classes and activities in our fitness centers, we provide educational programs to promote healthier lifestyle decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

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SWIM LESSONS

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FAMILIES

FAMILIES

MARTIAL ARTS

Family Karate (Ages 7+) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. Parents/guardians are encouraged to participate and assist children in class. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly. 30-minute classes.

Location	Session Dates	Days	Member	Guest
French Creek	1/4-1/27	Thursdays and Saturdays	\$15	\$30
French Creek	2/1-2/24	Thursdays and Saturdays	\$15	\$30
French Creek	2/29-3/23	Thursdays and Saturdays	\$15	\$30

PARENTS NIGHT OUT

Parent's Night Out (Children ages 3-6) Child Watch will be open for parents to drop-off their children while they enjoy a night out. This program is for kids 3-6 years old (must be potty trained). We will provide scheduled activities such as, arts and crafts, gym time, and playground time. Pizza will be provided! Program runs twice monthly on the 2nd and 4th Friday of each month.

Days	Drop-off	Pick-up	Member	Guest
2nd and 4th Friday of each month	4:30-5:00 PM	8-8:30 PM	\$10	\$20

MYSTERY CLUB

Mystery Club (Children ages 7-11) Kid's Club will be open for parents to drop-off their children while they enjoy a night out. We will provide scheduled activities such as, arts and crafts, gym time, and playground time. Pizza will be provided! Program runs twice monthly on the 2nd and 4th Friday of each month. DAXKO DESCRIPTION

Days	Drop-off	Pick-up	Member	Guest
2nd and 4th Friday of each month	4:30-5:00 PM	8-8:30 PM	\$15	\$25

EVENTS

Family Saturdays (All ages) Enjoy the Y on the weekend! Use the gym, play on inflatables, swim, or even do a craft. This offering applies to members only.

Eagle Run (All ages) Join us May 25, 2024 for the City of Avon 5K and Kid's Fun-Run! Come find the YMCA inflatables at the race and participate in other sport challenges.

Healthy Kids Day (All ages) Healthy Kids Day brings hundreds of families together at Rocket Mortgage Fieldhouse for games, fun activities, and some time on the same court the Cleveland Cavaliers compete on for their games! There will be kids' fitness classes, dancing, sports skills clinics, arts and crafts, and other enrichment activities.

Date	Time	Member	Guest
March 23, 2024	12-3PM	FREE	FREE



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 30

FAMILIES

FAMILIES

CAMPS

SUMMER DAY CAMP

YMCA Summer Day Camp (Ages 6-12) Not only are kids guaranteed to learn something new and make lifelong memories, but will grow in Spirit, Mind, and Body due to our intentional focus on Character Development. Our trained staff use the YMCA Core Values: **Caring, Fairness, Honesty, Respect, Responsibility, Teamwork**- as guides to show our campers how to be leaders and lifelong learners. We teach kids how to Play with Purpose!

SPECIALTY CAMPS

YMCA Sports Camp (Ages 5-12) In our camps, kids improve sport skills through teamwork and friendly competition, all while making new friends. Each week brings a new sport, complete with drills, scrimmages and activities to enhance their athletic ability and general sports knowledge.

YMCA Tumble and Cheer Camp (Ages 5-12) In our camps, kids improve sport skills through teamwork and friendly competition, all while making new friends. Each week brings a new sport, complete with drills, scrimmages and activities to enhance their athletic ability and general sports knowledge.

YMCA Arts Camp (Ages 5-12) Summer arts camp is a combination of performing and visual arts with a varying weekly theme. Campers will engage in fun activities that will stimulate the creative nature of each participant.

YMCA Science Camp (Ages 5-12) NEW FOR 2024! French Creek Science Camp helps kids expand their horizons and worldly knowledge through an interactive, engaging curriculum that varies week to week. Our wide variety of topics range from life on earth all the way to outer space. Certain weeks include field trips designed to supplement the curriculum.

Camp Type	Ages	Register	Member	Non-Member
Summer Day Camp	6-12	Spring 2024	\$200	\$210
Sports Camp	6-12	Spring 2024	\$165 Ext. \$185	\$165 Ext. \$185
Fine Arts Camp	6-12	Spring 2024	\$165 Ext. \$185	\$165 Ext. \$185
Tumble & Cheer Camp	5-12	Spring 2024	\$165 Ext. \$185	\$165 Ext. \$185

PARTY PACKAGES

Level 1: Super Party (Ages 5+) A party rental that includes Kid's Club (game room) and Program Room (adjoining back room with tables/chairs). Both rooms are rented for 2 hours.

Days	Time	Member	Guest
Saturday	3:30-5:30 PM	\$150	\$200
Sunday	1:30-3:30 PM	\$150	\$200

Level 2: Mega Party (Ages 5+) A 2 hour long party rental. Includes Kid's Club (game room) and Program Room (adjoining back room with tables/chairs) for the full 2 hours and half of the gym for 1 hour of the rental.*Inflatables may be added to this rental upon request at an increased rate.

Days	Time	Gym Time	Member	Guest
Saturday	3:30-5:30 PM	4:30-5:30 PM	\$200	\$250
Sunday	1:30-3:30 PM	2:30-3:30 PM	\$200	\$250

Inflatables Add-on (Ages 5+) To be used for Level 2 Party upgrades ONLY. Add-on includes inflatables and the 2nd half of the gym.

Days	Member	Guest
2nd and 4th Weekend of Each Month	\$100	\$100

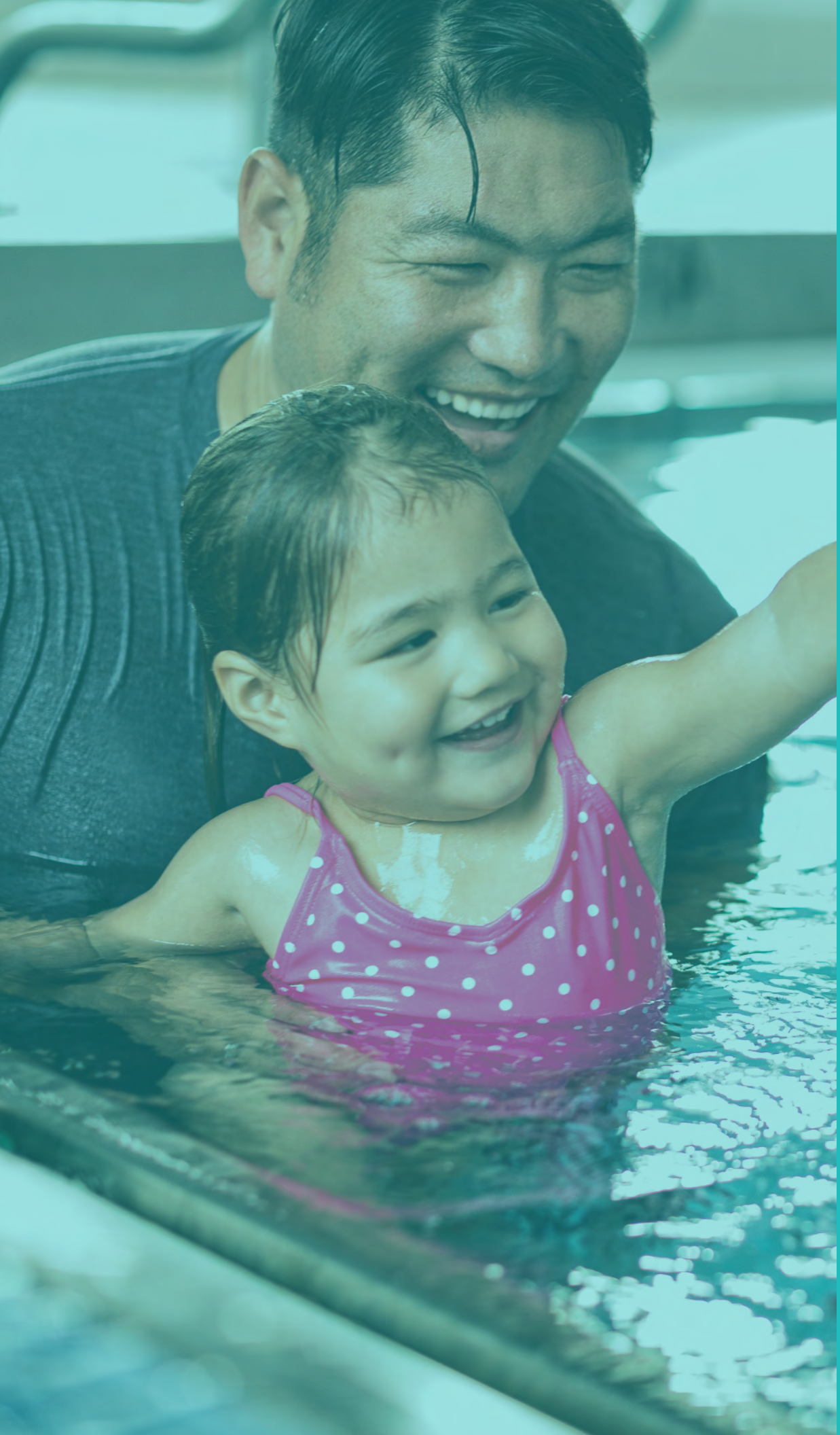
Level 3: Ultimate Party (Ages 5+) A 3 hour long party rental. Includes Kid's Club (game room) and Program Room (adjoining back room with tables/chairs) for the full 3 hours, half of the gym for 1 hour, and the recreation pool for 45 minutes. Does NOT include inflatables. Pool Parties are available on Saturdays ONLY.

Days	Time	Pool Time	Gym Time	Member	Guest
Saturday	2:00-5:45 PM	2:30-3:45PM	4:30-5:30PM	\$300	\$350

Level 4: Super Mega Ultimate Party (Ages 5+) A 3 hour long party rental. Includes Kid's Club (game room) and Program Room (adjoining back room with tables/chairs) for the full 3 hours, full gym for 1 hour (with inflatables), and the recreation pool for 45 minutes. Pool Parties are available on Saturdays ONLY.

Days	Time	Pool Time	Gym Time	Member	Guest
Saturday	2:00-5:45 PM	2:30-3:45PM	4:30-5:30PM	\$400	\$450

FAMILIES



AQUATICS

AQUATICS

SWIM LESSONS: EARLY CHILDHOOD

A: Water Discovery (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together and skills are determined by age and developmental abilities.

B: Water Exploration (Ages 6 months - 35 months) Parent-assisted, instructor-led. Skills learned: blow bubbles, front and back tow with assistance, water entry and exit, front and back float with assistance, roll with assistance. Water Discovery and Water Exploration classes are taught together and skills are determined by age and developmental abilities.

	Dates	Day	Time	Member*	Guest
Winter	1/13 - 2/24	Saturday	9-9:30am	\$42	\$98
Spring I	3/4-4/20	Saturday	9-9:30am	\$42	\$98

SWIM LESSONS: SPECIAL

Private Swim Lessons (All ages) Whether you are interested in getting comfortable in the water for the first time, want to improve your form, or swim faster, we can develop a program to suit your needs. Private lessons are perfect for those who prefer one-on-one attention. An instructor will work with you to determine the best path to help you achieve your personal goals.

	Member*	Guest
1 Lesson	\$25	\$47
4 Lessons	\$100	\$188
8 Lessons	\$175	\$329

Teen Swim Lessons (Ages 13-19) Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

Adult Swim Lessons (Ages 20+) Offering beginner and intermediate levels. Participants are evaluated on the first day of class and placed accordingly. Whether you want to be a proficient lap swimmer, learn to float, or acquire water safety skills, we are committed to working on your goals.

* Rates displayed are Family Membership rates. Price varies upon membership type. Please inquire with branch for other membership types.

SWIM LESSONS BY LEVEL

Level 1: Water Acclimation (Ages 3-5 & 6-12) Develop comfort with underwater exploration, learn to safely exit in the event of falling to a body of water.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Wednesday, Saturday	\$70	\$176
6-12 Group	Monday, Wednesday, Saturday	\$70	\$176

Level 2: Water Movement (Ages 3-5 & 6-12) Focus on body position and control, directional change and forward movement in the water, how to safely exit in the event of falling into a body of water.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Wednesday, Saturday	\$70	\$176
6-12 Group	Monday, Wednesday, Saturday	\$70	\$176

Level 3: Water Stamina (Ages 3-5 & 6-12) Students learn how to swim to safety from a longer distance, introduction to rhythmic breathing, integrated arm and leg action.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Monday, Wednesday, Saturday	\$70	\$176
6-12 Group	Monday, Wednesday, Saturday	\$70	\$176

Level 4: Stroke Introduction (Ages 6-12) Learn stroke technique in front and back crawl, learn the breaststroke, butterfly kick, treading water, and elementary backstroke.

Age Groups	Days Offered	Member*	Guest
3-5 Group	Saturday	\$70	\$176
6-12 Group	Monday, Wednesday, Saturday	\$70	\$176

Level 5: Stroke Development (Ages 6-12) Learn stroke technique, all major competitive strokes, treading water, and sidestroke.

Age Groups	Days Offered	Member*	Guest
6-12 Group	Monday, Wednesday, Saturday	\$70	\$176

Level 6: Stroke Mechanics (Ages 6-12) Students will refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Age Groups	Days Offered	Member*	Guest
6-12 Group	Monday, Wednesday, Saturday	\$70	\$176

* Rates displayed are Family Membership rates. Price varies upon membership type. Please inquire with branch for other membership types.

AQUATICS

AQUATICS

RYD DOLPHINS SWIM TEAM

The Ridgewood YMCA Dolphins Swim Team (RYD) first began competition out of the Ridgewood YMCA in 1970. Since that time, the team has grown to over 250 swimmers and now practices out of the French Creek Family YMCA and the North Royalton Family YMCA pools. RYD is continually one of the top swim teams in Northeast Ohio in both YMCA and USA Swimming competitions. RYD swimmers frequently qualify to compete in regional and national level competitions, with many continuing their swim careers at the collegiate level.

Age Group (Ages 6-13) The Age Group level is for elementary and middle school aged swimmers that are proficient in all strokes, starts, and turns. The coaches will place emphasis on stroke development and learning with some aerobic individual medley work. Skills and drills will be covered at all practices and basic race strategies will be introduced. It is encouraged that swimmers attend 3 practices per week.

Discovery (Ages 6-13) In the Discovery level, swimmers will learn the skills necessary for success in competitive swimming in a fun and supportive environment. Swimmers only need to be able to swim one length of the pool, freestyle and backstroke, to be placed in the Discovery level. The coaches will teach all four strokes, starts, and turns. Swimmers will learn rules and etiquette around swim meets and practices. Fun and games will also be incorporated into practices to keep young swimmers interested and engaged.

Pre-Senior (Ages 12-15) The Pre-Senior level is for middle school aged swimmers who have mastered the basic fundamentals of each stroke and are physically and mentally prepared for more rigorous training. In this group, swimmers will be instructed on advanced stroke mechanics and skills. Training will become more of an emphasis in this level, with a focus on aerobic capacity and individual medley proficiency. Swimmers will be educated on advanced race strategies and will begin to participate in dry-land activities. It is encouraged that swimmers attend 4 practices per week.

Senior (Ages 14-18) The Senior level is for high school aged swimmers. There will be a heavy emphasis on training while continuing to develop and refine stroke mechanics and skills. At the Senior level, the training will be more event-specific, with more emphasis on race pace training. Swimmers are encouraged to attend at least 4 practices per week.

Masters Swim Team (Ages 20+) This program is for dedicated adult swimmers who want to experience an intense workout while advancing swimming skills and techniques. The coach will provide instruction and workouts tailored to each swimmer's individual ability. The goal is for participants to become efficient and advanced swimmers. 8-week session, 2 days per week.

COMING SOON!!

LIFE GUARDING

Red Cross Lifeguard Certification Course (Ages 15+) Red Cross life guarding students must be at least 15 years old by the last day of class and pass a swimming skills test. Once students are enrolled, they'll receive the latest science-based training from experienced instructors and develop skills they'll use for a lifetime. Flexible training courses are available in-person or via Blended Learning, which combines online coursework with in-person skills sessions.

EMPLOYMENT OPPORTUNITIES

Lifeguard (Ages 15+) The primary responsibility of a lifeguard is to prevent drowning and other injuries from occurring. Candidates must be able to ensure the safety of patrons by minimizing or eliminating hazardous situations or behaviors. This person will need to be able to solve on-the-job issues by utilizing effective critical thinking and decision making skills and possess the ability to work with diverse populations. Lifeguards must be able to enforce pool policies and be able to communicate our policies effectively.

Swim Instructor (Ages 16+) Swim Instructors plan and deliver effective swim instruction, using the Y of the USA swim curriculum in a designated program area for YMCA members, program participants, and non-members. Instructors must be knowledgeable, punctual, professional, and show concern for class participants.

Water Fitness Instructor (Ages 16+) The Water Fitness Instructor plans and delivers effective classes in a designated program area for YMCA members and program participants. Instructors must be knowledgeable, professional, and show concern for class participants.

OAKWOOD OUTDOOR POOL

Open June–August: The French Creek Family YMCA will be operating the outdoor pool at Oakwood in Lorain. Lifeguards, front desk workers, and managers needed.



SPORTS

SWIFT PROGRAM



The SWIFT program aims to develop sport-specific fitness and knowledge through high quality training, while maintaining the joy and integrity of youth sports.

SWIFT Program (Ages 7-11) SWIFT is a sports performance program for ages 7-11. There are 2 classes offered: Strength and Speed. These classes will be run by the YMCA Performance Staff.

SPEED Training involves teaching proper running form, linear and lateral speed drills, agility, functional movement, and injury prevention.

STRENGTH Training targets improvements in muscular strength and endurance, power production, and muscular coordination in a safe environment geared towards young athletes.

Sessions	Dates	Time	Member	Guest
SPEED	Tuesdays	6:00 PM 7:00 PM	\$30	\$60
STRENGTH	Thursdays	6:00 PM 7:00 PM	\$30	\$60

MARTIAL ARTS

Traditional Karate (Ages 8-99) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly following Family Karate class. 30-minute classes.

Session Dates	Days	Member	Guest
1/4-1/27	Thursdays and Saturdays	\$30	\$60
2/1-2/24	Thursdays and Saturdays	\$30	\$60
2/29-3/23	Thursdays and Saturdays	\$30	\$60

YMCA ROOKIES - COMING SPRING 24

YMCA Rookies is an introductory, pre-competitive, youth sports program intended for children ages 3-6 years old. Two age group sessions available, 3-4 and 5-6. 8-week sessions.

T-BALL

T-Ball (Ages 3-6) Introductory T-Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	COMING SOON	5:30 - 6:20 PM	\$40	\$60
5-6 League	COMING SOON	6:30 - 7:20 PM	\$40	\$60

FLAG FOOTBALL

Flag Football (Ages 3-6) Introductory Flag Football program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	COMING SOON	5:30 - 6:20 PM	\$40	\$60
5-6 League	COMING SOON	6:30 - 7:20 PM	\$40	\$60

BASKETBALL

Basketball (Ages 3-6) Introductory Basket Ball program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	4/5 - 4/26	5:30 - 6:20 PM	\$40	\$60
5-6 League	4/5 - 4/26	6:30 - 7:20 PM	\$40	\$60

SOCCER

Soccer (Ages 3-6) Introductory Soccer program to keep kids fit and active, while developing the YMCA core values through sport-specific instruction. We aim to create a fun, engaging, positive environment where kids can socialize and learn to "Play with Purpose!"

League by Age	Dates	Time	Member	Guest
3-4 League	5/3 - 5/24	5:30 - 6:20 PM	\$40	\$60
5-6 League	5/3 - 5/24	6:30 - 7:20 PM	\$40	\$60

SPORTS

TUMBLING

Beginner Tumbling (Ages 5-7) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Skills taught: forward roll, bridge technique, headstand. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Mondays or Wednesdays)	6PM	\$40	\$60
French Creek	2/5-3/2 (Mondays or Wednesdays)	6PM	\$40	\$60
French Creek	3/4-3/30 (Mondays or Wednesdays)	6PM	\$40	\$60

Intermediate Tumbling (Ages 7-10) Instructor-led, no experience necessary program to improve basic strength, muscular coordination, balance, flexibility, and focus. Skills taught: solid bridge technique, solid cartwheel, round-off, handstand with assist. 4-week session.

Location	Days	Time	Member	Guest
French Creek	1/15-2/3 (Mondays or Wednesdays)	7PM	\$40	\$60
French Creek	2/5-3/2 (Mondays or Wednesdays)	7PM	\$40	\$60
French Creek	3/4-3/30 (Mondays or Wednesdays)	7PM	\$40	\$60

BASKETBALL

Junior Cavs - League (Ages 3-11) Learning league for children interested in basketball. This league is a fair play league that promotes youth development and character building through sports and recreation. One practice and one game each week. Fall and Winter sessions available. Schedules distributed to parents at start of season. Parents encouraged to volunteer to coach. Each registrant will receive 2 Cavs tickets!

Club Basketball (Ages 8-10) Fall and Spring sessions available. Coming Fall 2024!

Session	Sessions	Member	Guest
Winter League	1/15-3/16	\$85	\$125
Fall League	10/14-12/14	\$85	\$125
Club - Fall	COMING 2024	\$	\$

VOLLEYBALL

Volleyball - League (Ages 9-14) Volleyball league geared toward middle school aged girls, designed to improve knowledge of the sport and sharpen skills involved in game play. One practice and one game per week. Parent volunteer coaches encouraged! Winter and Spring sessions available.

Volleyball - Skills Session (Ages 7-8) Volleyball skills training session run by YMCA Program Instructors. Working on: sport fitness, technical skill development, and volleyball IQ. Summer, Fall, and Winter sessions available.

Session	Dates	Member	Guest
Winter League	11/30-2/1	\$85	\$125
Winter Skills	2/8-3/14	\$60	\$80
Spring League	3/30-5/24	\$85	\$125
Summer Skills	COMING SOON	\$60	\$80
Fall Skills	COMING SOON	\$60	\$80

KARATE

Family Karate (Ages 7+) Instructor-led, no martial arts experience necessary program focusing on basic Karate skills. Parents/guardians are encouraged to participate and assist children in class. The class approach is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. Register for the 4-week session, including both Thursday and Saturday classes, weekly. 30-minute classes.

Session Dates	Days	Member	Guest
1/4-1/27	Thursdays and Saturdays	\$15	\$30
2/1-2/24	Thursdays and Saturdays	\$15	\$30
2/29-3/23	Thursdays and Saturdays	\$15	\$30

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SPORTS

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COMING SOON!!

YMCA360



We know life gets busy! That's why we're excited to provide our members with YMCA360: A virtual fitness option offering on-demand, livestream workouts, and more! This platform allows you to take fitness classes from home when you need to, or exercise while away on vacation. Allowing you to take charge of your fitness, anytime, anywhere!

What is YMCA360? YMCA360 is an on-demand video platform that offers a variety of fitness, wellness, and enrichment programs from the YMCA. It is available to all YMCA of Greater Cleveland members and can be accessed from anywhere with an internet connection.

Discover some of the benefits of using YMCA360:

- It is **convenient and accessible**. You can access YMCA360 from anywhere with an internet connection.
- It is **affordable**. YMCA360 is included in all YMCA memberships.
- It offers a **variety of programs**. There are programs for all ages and interests, from group exercise to youth sports to cooking classes.
- It is a great way to stay active and healthy. YMCA360 can help you reach your fitness goals and **improve your overall health**.

YMCA360 is a great way to stay active, healthy, and engaged. It is also a convenient way to access YMCA programs, even if you are not able to visit a YMCA branch.



SCAN ME

YMCA360