

FRENCH CREEK FAMILY YMCA | clevelandymca.org



Spring 2025

March - May



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

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	\$57.51
Adult Plus	\$100	\$68.16
Family	\$100	\$87.33
Family Plus	\$100	\$103.31
Senior (65+)	\$100	\$42.60
Senior Plus (65+)	\$100	\$53.25
Young Adult (18-27)	\$50	\$44.20
Young Adult Plus (18-27)	\$50	\$54.85
Youth/Teen (0-17)	\$30	\$23.43

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 Joe Cerny.

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

JOIN US

EARLY CHILDHOOD



BASKETBALL

Spring Basketball - League (Ages 3-4, 5-6) 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 - this league depends on parent volunteers!

Session	Days	Member	Guest
Spring 2025: 3-4 Year Old League	3/31 - 5/17	\$65	\$85
Spring 2025: 5-6 Year Old League	3/31 - 5/17	\$85	\$125
Fall 2025	TBD	TBD	TBD

TINY TOTS TUMBLING

Tumbling (Ages 3-5) Tiny Tots is a tumbling program recommended for ages 3-5, with no experience necessary. We aim to improve basic strength, muscular coordination, balance, flexibility, and concentration/focus. Must take and pass a skills test to be eligible for the next level of classes.

Specific Skills taught are:

- Somersaults
- Headstands
- Bridges

Dates	Time	Member	Guest
3/8 - 3/29	9A - 9:30A	\$15	\$30
3/8 - 3/29	9:45A - 10:15A	\$15	\$30
3/8 - 3/29	10:30A - 11A	\$15	\$30
3/8 - 3/29	11:15A - 11:45A	\$15	\$30
3/8 - 3/29	12P - 12:30P	\$15	\$30

EARLY CHILDHOOD

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Session	Days	Member	Guest
Spring 2025: 3-4 Year Old League	3/31 - 5/17	\$65	\$85
Spring 2025: 5-6 Year Old League	3/31 - 5/17	\$85	\$125
Fall 2025	TBD	TBD	TBD

YMCA ROOKIES - SOCCER

Soccer - YMCA Rookies is an introductory, pre-competitive youth sports program (ages 3-6). Our goal is to keep kids fit and active, while developing the YMCA Core Values through sport specific instruction. We look to create a fun/engaging positive environment where kids can socialize and learn how to play sports together!

This program is intended to be held outside (weather permitting). The 5-6 age group will meet on both Tuesday AND Thursday at 6:30pm.

Session	Dates	Member	Guest
3-4 Year Olds: Tuesday	4/15 - 5/20	\$30	\$50
3-4 Year Olds: Thursday	4/17 - 5/22	\$30	\$50
5-6 Year Olds	4/15 - 5/22	\$60	\$80

Parent's Night Out (P.N.O.)

Child Watch will be open for the 3rd Friday of the month! Drop your kid(s) off at the Y for a night of crafts and activities. Parent's Night Out is offered to ages 3-11 (must be potty trained). We will provide scheduled activities, such as arts and crafts, gym time, and playground time. We also serve pizza for dinner!

Session	Time	Member	Guest
Friday, 3/21	4:30 PM - 8:30 PM	\$10	\$20
Friday, 4/18	4:30 PM - 8:30 PM	\$10	\$20
Friday, 5/16	4:30 PM - 8:30 PM	\$10	\$20

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.

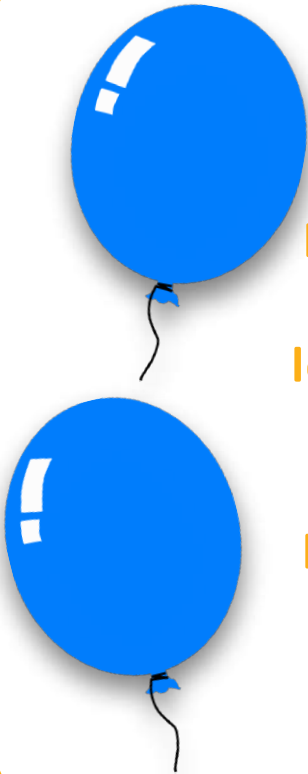


SWIM LESSONS



Private Swim Lessons and Swim Lessons by Level located in the AQUATICS section of Program Guide on Page 31

BIRTHDAY PARTY RENTALS!



Birthday coming up? French Creek Family YMCA has everything kids love; a gym, pool, air hockey, video games, inflatables and MORE! We offer 4 custom Party Packages to host the Best Birthday Ever! More info about our Birthday Party Rentals in our Program Guide on page

YOUTH



BASKETBALL

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Session	Sessions	Member	Guest
Spring 2025: 3-4 Year Old League	3/31 - 5/17	\$65	\$85
Spring 2025: 5-6 Year Old League	3/31 - 5/17	\$85	\$125
Spring 2025: 7-8 Year Old League	3/31 - 5/17	\$85	\$125
Spring 2025: 9-11 Year Old League	3/31 - 5/17	\$85	\$125

VOLLEYBALL

Volleyball - League (Ages 9-11) 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 12-14) A 6 week volleyball skills training session run by YMCA Program Instructors. Designed to work on: sport fitness, technical skill development, and volleyball IQ. The skills session is designed as a preparatory class before the Winter Volleyball League begins, and will end one week prior to the start of the Winter League.

Session	Sessions	Member	Guest
Spring League: 9-11 Year Olds	4/1 - 5/22	\$85	\$125
Spring League: 12-14 Year Olds	4/1 - 5/22	\$85	\$125
Spring Skills Session: 7-8 Year Olds	4/9 - 5/14	\$60	\$80

YOUTH

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
3/6 - 3/29	Thursdays and Saturdays	\$15	\$30
4/3 - 4/26	Thursdays and Saturdays	\$15	\$30
5/1 - 5/24	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.

Session Dates	Days	Member	Guest
3/6 - 3/29	Thursdays and Saturdays	\$30	\$60
4/3 - 4/26	Thursdays and Saturdays	\$30	\$60
5/1 - 5/24	Thursdays and Saturdays	\$30	\$60

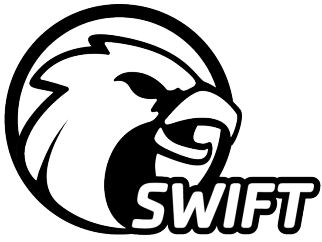
MYSTERY CLUB

Mystery Club is event that occurs each month. Each session date will cover a very specific, randomly chosen topic/theme that kids love and is intended to be engaging and educational, while remaining fun and spontaneous. Potential Topics could be ANYTHING! (Rubik's Cube, Pizza Taste Test, Splatter Paint, Sharks, Trivia Night) but we are not going to give all our secrets away...

Don't miss out on the excitement...Sign up to solve the mystery!

Session Dates	Days	Member	Guest
Friday, 3/14	4:30 PM - 8:30 PM	\$30	\$60
Friday, 3/28	4:30 PM - 8:30 PM	\$30	\$60
Friday, 4/11	4:30 PM - 8:30 PM	\$30	\$60
Friday, 4/25	4:30 PM - 8:30 PM	\$30	\$60
Friday, 5/2	4:30 PM - 8:30 PM	\$30	\$60
Friday, 5/23	4:30 PM - 8:30 PM	\$30	\$60

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.

Session	Dates	Time	Member	Guest
STRENGTH: March	Tuesdays, 3/4 - 3/25	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
SPEED: March	Thursdays, 3/6 - 3/27	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
STRENGTH: April	Tuesdays, 4/1 - 4/22	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
SPEED: April	Tuesdays, 4/3 - 4/24	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
STRENGTH: May	Tuesdays, 5/6 - 5/27	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
SPEED: May	Thursdays, 5/8 - 5/29	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50

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YOUTH

FCY RUBBER DUCKS SWIM TEAM

Rubber Ducks Swim Team is a competitive program that offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Participants build character values through personal improvement, training, goal-setting, teamwork, and competition. Teams compete locally, regionally and nationally. Season runs from September - March, with practices during the week and swim meets on the weekends. Swimmers will progress as participants, role models and leaders.

FLUFFS (Ages 6-10) In the Fluffs 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 Fluffs 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.

DUCKLINGS (Ages 10-13) The Duckling level is for intermediate skilled 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

DUCKS (Ages 14-18) The Ducks 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 Duck 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.



SWIM LESSONS

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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.



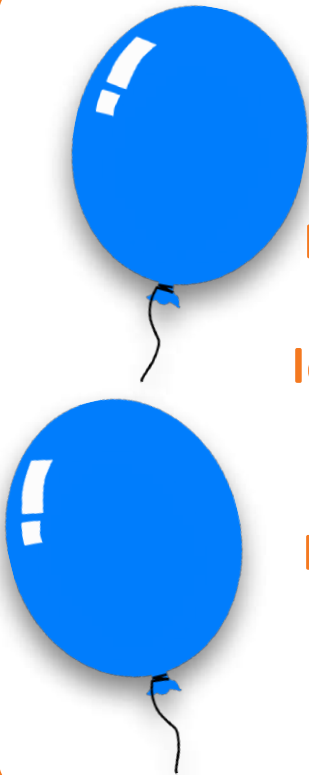
KIDS ZONE

(Ages 6yr - 12yr) While you enjoy your workout, our childcare staff will engage your youth in fun-filled activities. Our youth-centered Kids Zone environment is the perfect place for your kid to laugh, learn, and make new friends.



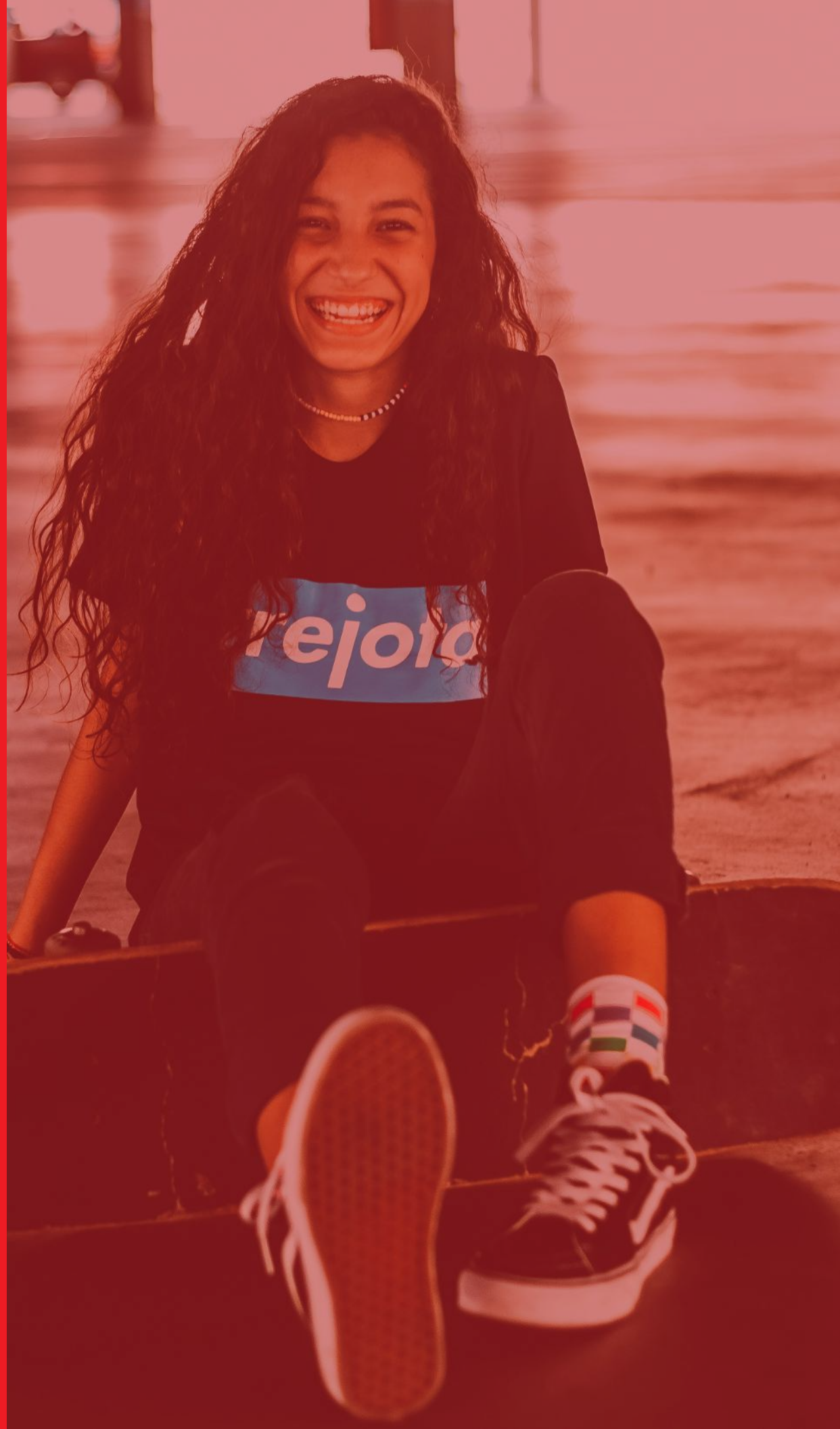
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YOUTH

TEENS



BASKETBALL

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

VOLLEYBALL

Volleyball - Skills Session (Ages 12-14) 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
Spring League: 12-14 Year Old League	4/1 - 5/22	\$85	\$125
Fall Skills	COMING SOON	TBD	TBD
Winter 2026 League	COMING SOON	TBD	TBD
Winter 2026 Skills	COMING SOON	TBD	TBD

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	4/1 - 4/22			
	5/6 - 5/27			
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	4/3 - 4/24			
	5/8 - 5/29			

TEENS

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TEENS

GENERAL PROGRAMS

TEEN FITNESS CENTER ORIENTATION

Are you 12 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





ADULT

ADULT

PICKLEBALL

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 Intermediate + clinics. Intermediate + Clinic participants must be pre-approved by pickleball instructors.

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

Session	Days & Times	Member	Guest
Open Play	See YMCA360 Schedule	FREE	\$15
Adult Women's League Monday	1 PM-3 PM 1/6 - 1/27	\$40	\$40
Adult Women's League Wednesday	8 AM-9 AM 1/8 - 1/29	\$40	\$40
Adult Beginner Clinic (Tuesdays)	8 AM-9 AM 1/7 - 1/28	\$40	\$40
Adult Intermediate Clinic (Tuesdays)	9 AM-10 AM 1/7 - 1/28	\$40	\$40
Adult Intermediate + Clinic (Tuesdays)	10 AM - 11 AM 1/7 - 1/28	\$40	\$40

inBODY SCAN

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.

Packages	Member Rate	Guest Rate
One Scan	\$25	\$25
Four Scans	\$75	\$150

Move 2 Lose

MOVE2LOSE is a 10-week weight loss program proven to help participants lose weight and reach their other health and wellness goals!

What to expect:

This program includes 10 weeks of guided help from Certified Personal Trainers in a small group setting. There are 2 in-person workouts each week (AM and PM times available), along with biweekly nutrition classes, so you get to workout and discussion nutrition goals with a community of like-minded people with similar goals as you!

The program also includes 3 InBody Scans (body composition assessments) to help you track your progress on a deeper level, a Move 2 Lose Tee Shirt, weekly newsletters to guide you and help you grow your knowledge, and an awards week for all participants to celebrate their accomplishments.

Session	Dates	Times	Member	Guest
Spring 1	2/17 - 3/14	10 A - 10:45 A	\$150	\$200
Spring 2	4/2 - 4/23	10 A - 10:45 A	\$150	\$200
May	5/7 - 5/28	10A - 10:45 A	\$150	\$200

Women On Weights

Do you want to take your training to the next level? Have you trained with an actual goal in mind? Do you want to get stronger? Put on more muscle? Get leaner? Reduce your body fat?

This 8 week program will do just that! We will use different periodizations in our program and hit free weights as well as machines to enhance your training. Each session will be a combination of upper and lower body muscle groups with a different focus.

Days	Dates	Times	Member	Guest
Tuesday/Thursday	3/4 - 4/24	9:30 A - 10:30 A	\$60	\$120
Tuesday/Thursday	4/29 -	10:30 A - 11:30 A	\$60	\$120

ADULT

Good Glutes

This 4 week Glute Builder program will guide you through introductory machine sessions, helping you find your starting weights for these machines. Subsequent weeks feature dynamic 45-minute circuit training designed to help you find your groove, challenge yourself with progressive weight increases, and build serious strength! Join Michelle and a group of 7 other members to boost your glute and leg strength!

Session	Dates	Times	Member	Guest
March	3/5 - 3/26	10 A - 10:45 A	\$15	\$25
April	4/2 - 4/23	10 A - 10:45 A	\$15	\$25
May	5/7 - 5/28	10A - 10:45 A	\$15	\$25

Argentine Tango Club

A 6 week journey to learn the foundation of the most romantic dance in the world. If you can walk?you can dance tango!

Open to everyone, no partner required, and no experience necessary! Wear comfortable shoes in which you can pivot (ie. leather soles). Rubber soles are to be avoided; high heels recommended for women, but not required.

Session	Dates	Times	Member	Guest
March	3/3 - 4/7	3:00 P - 4:45 P	FREE	\$60

Restorative Yoga

Restorative Yoga & Sound Bath Afternoon: Immerse yourself in a deeply relaxing and restorative afternoon with Kip and Becky! Enjoy both Restorative Yoga and Sound Bath practices together. Experience gentle, supportive posture, transformative sound healing, and profound relaxation and inner peace!

Please bring a mat, blanket to cover up if you get cold easily and a pillow (whatever is going to help you be most comfortable!).

Restorative Yoga with Kip: Join Kip for 90 minutes of relaxation that will include meditation, mindfulness and Restorative Yoga! This style of yoga is designed to provide mental and physical relaxation rather than moving quickly from one pose to another. Each pose will be held three to five minutes to deepen your stretch, clear your mind and sink into your body while focusing on your breath. No experience is necessary!

Session	Dates	Times	Member	Guest
Restorative Yoga & Sound Bath	4/5/25	3:00 P - 4:30 P	\$30	\$40
Restorative Youga With Kip	4/17/25	7:00 P - 8:30 P	\$5	\$10

FITNESS

Smart Start & Machine Orientation (Ages 13+)

Smart Start is a one on one meeting with one of our Wellness Department team members. In this meeting, you will establish what your health and fitness goals are and our Wellness Department will support you to help you attain those goals. Appointments are free of charge and available upon request.

Machine Orientation is a one on one meeting with one of our Wellness Department team members walking you through the exercise equipment available on our Wellness Floor so you can start your health journey with confidence. Appointments are free of charge and available upon request.

GroupX (Ages 13+)

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More Information



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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.

AOA Fitness Assessments

Are you curious about your current fitness level and how it impacts your long-term health as you age?

Take the first step towards a healthier future with our NEW AOA Fitness Assessments! Increase your knowledge about your current fitness level and how this impacts your overall health. Schedule your first assessment today!

You will complete fitness tests including the Chair Stand Test, Arm Curl Test, 2-Minute Step Test, Chair Sit & Reach Test, and many more! You will also receive guidance on what to do with the results you receive, including ideas for new training, machines, and classes to try, typing of exercises to improve cardiovascular health, endurance, and strength, and more!

Session	Dates	Times	Member	Guest
March	3/31/25	11:30 A - 12:00 P 12:00 P - 12:30 P 12:30 P - 1:00 P 1:00 P - 1:30 P	\$10	\$20
April	4/28/25	11:30 A - 12:00 P 12:00 P - 12:30 P 12:30 P - 1:00 P 1:00 P - 1:30 P	\$10	\$20

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.

ACTIVE OLDER ADULT

EVENTS CONTINUED

Saint Patrick's Day Potluck: Tis the Season!! Let's share the joy of the Season together. Please join our Active Older Adult Holiday Potluck (Free for all those interested to attend)

Last names: A-I Main Dish J-Q Desserts R-Z Sides.

Easter Cookie Decorating: Easter Cookie Decorating Class led by Toni Y! *\$35.00 payment* is due on April 11th, 2025 cash or check. Information on how to pay available at our front desk.

Included in the cost: One dozen Homemade Sugar Cookies, all supplies for decorating and painting. Bring a cookie sheet to transport your creations!!.

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:



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.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 31



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.

Days	Session Dates	Member	Guest
Thursdays & Saturdays	3/6 - 3/29	\$15	\$30
Thursdays & Saturdays	4/3 - 4/26	\$15	\$30
Thursdays & Saturdays	5/1 - 5/24	\$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 once a month on the 2nd Friday of each month.

Session	Time	Member	Guest
Friday, 3/21	4:30 P - 8:30 P	\$10	\$20
Friday, 4/18	4:30 P - 8:30 P	\$10	\$20
Friday 5/16	4:30 P - 8:30 P	\$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. Potential Topics could be ANYTHING! (Rubik's Cube, Pizza Taste Test, Splatter Paint, Sharks, Trivia Night) but we are not going to give all our secrets away... Don't miss out on the excitement! Sign up to solve the mystery! Pizza will be provided. Program runs once a month on the 3rd Friday of each month.

Month	Dates	Drop-Off	Pick-Up	Member	Guest
March	3/14/25 3/28/25	4:30 P - 5:00 P	8:00 P - 8:30 P	\$30	\$60
April	4/11/25 4/25/25	4:30 P - 8:30 P	8:00 P - 8:30 P	\$30	\$60
May	5/2/25 5/23/25	4:30 P - 8:30 P	8:00 P - 8:30 P	\$30	\$60

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

FAMILIES

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.



SWIM LESSONS

Private Swim Lessons and Swim Lessons by Level located in the **AQUATICS** section of Program Guide on Page 31



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.

Session	Dates	Day	Time	Member*	Guest
Spring 1	Friday	3/7 - 4/18	10:30 A - 11:00 A	\$46.20	\$98
Spring 1	Saturday	3/8 - 4/19	9:00 A - 9:30 A	\$46.20	\$98
Spring II	TBD	Starting week of 4/28/25	TBD	\$46.20	\$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.

Packages	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	Dates	Times Offered	Member*	Guest
3-5 Group	Monday	3/3 - 4/14	4:30 PM - 5:00 PM	\$77	\$176
3-5 Group	Wednesday	3/5 - 4/16	4:30 PM - 5 PM	\$77	\$176
3-5 Group	Saturday	3/8 - 4/19	9:40 AM - 10:10 AM	\$77	\$176
6-12 Group	Monday	3/3 - 4/14	5:50 PM - 6:20 PM	\$77	\$176
6-12 Group	Wednesday	3/5 - 4/16	5:50 PM - 6:20 PM	\$77	\$176
6-12 Group	Saturday	3/8 - 4/19	11 AM - 11:30 AM	\$77	\$176
Spring II Session	TBD	Starting Week of 4/28/25	TBD	\$77	\$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	Dates	Times Offered	Member*	Guest
3-5 Group	Monday	3/3 - 4/14	4:30 PM - 5 PM 5:10 PM - 5:40 PM	\$77	\$176
3-5 Group	Wednesday	3/5 - 4/16	4:30 PM - 5 PM 5:10 PM - 5:40 PM	\$77	\$176
3-5 Group	Saturday	3/8 - 4/19	10:20 AM - 10:50 AM 11:40 AM - 12:10 PM	\$77	\$176
6-12 Group	Monday	3/3 - 4/14	5:50 PM - 6:20 PM	\$77	\$176
6-12 Group	Wednesday	3/5 - 4/16	5:50 PM - 6:20 PM	\$77	\$176
6-12 Group	Saturday	3/8 - 4/19	10:20 AM - 10:50 AM	\$77	\$176
Spring II	TBD	Starting Week of 4/28/25	TBD	\$77	\$176

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

AQUATICS

AQUATICS

SWIM LESSONS BY LEVEL (Cont.)

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	Dates	Times Offered	Member*	Guest
3-5 Group	Monday	3/3 - 4/14	5:10 PM - 5:40 PM	\$77	\$176
3-5 Group	Wednesday	3/5 - 4/16	5:10 PM - 5:40 PM	\$77	\$176
3-5 Group	Saturday	3/8 - 4/19	11 AM - 11:30 AM	\$77	\$176
6-12 Group	Monday	3/3 - 4/14	4:30 PM - 5:00 PM	\$77	\$176
6-12 Group	Wednesday	3/5 - 4/16	4:30 PM - 5:00 PM	\$77	\$176
6-12 Group	Saturday	3/8 - 4/19	10:20 AM - 10:50 AM 11:40 AM - 12:10 PM	\$77	\$176
Spring II	TBD	Starting Week of 4/28/25	TBD	\$77	\$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	Dates	Times Offered	Member*	Guest
3-5 Group	Saturday	3/8 - 4/19	11:40 AM - 12:10 PM	\$77	\$176
6-12 Group	Monday	3/3 - 4/14	5:50 PM - 6:20 PM	\$77	\$176
6-12 Group	Wednesday	3/5 - 4/16	5:50 PM - 6:20 PM	\$77	\$176
6-12 Group	Saturday	3/8 - 4/19	11 AM - 11:30 AM	\$77	\$176
Spring II	TBD	Starting Week of 4/28/25	TBD	\$77	\$176

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

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

Age Groups	Days Offered	Dates	Times Offered	Member*	Guest
6-12 Group	Monday	3/3 - 4/14	5:10 PM - 5:40 PM	\$77	\$176
6-12 Group	Wednesday	3/5 - 4/16	5:10 PM - 5:40 PM	\$77	\$176
6-12 Group	Saturday	3/8 - 4/19	9:00 AM - 9:30 AM	\$77	\$176
Spring II	TBD	Starting Week of 4/28/25	TBD	\$77	\$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	Dates	Times Offered	Member*	Guest
6-12 Group	Monday	3/3 - 4/14	5:10 PM - 5:40 PM	\$77	\$176
6-12 Group	Wednesday	3/5 - 4/16	5:10 PM - 5:40 PM	\$77	\$176
6-12 Group	Saturday	3/8 - 4/19	9:40 AM - 10:10 AM	\$77	\$176
Spring II	TBD	Starting Week of 4/28/25	TBD	\$77	\$176

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

AQUATICS

AQUATICS

FCY RUBBER DUCKS SWIM TEAM

Rubber Ducks Swim Team is a competitive program that offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Participants build character values through personal improvement, training, goal-setting, teamwork, and competition. Teams compete locally, regionally and nationally. Season runs from September - March, with practices during the week and swim meets on the weekends. Swimmers will progress as participants, role models and leaders.

FLUFFS (Ages 6-10) In the Fluffs 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 Fluffs 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.

DUCKLINGS (Ages 8-12) The Duckling 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.

DUCKS (Ages 13-18) The Ducks 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 Duck 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.

AQUATICS



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.

Session	Days	Time	Member	Guest
STRENGTH: March	Tuesdays, 3-4 - 3/25	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
SPEED: March	Thursdays, 3/6 - 3/27	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
STRENGTH: April	Tuesdays, 4/1 - 4/22	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
SPEED: April	Thursdays, 4/3 - 4/24	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
STRENGTH: May	Tuesdays, 5/6 - 5/27	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50
SPEED: May	Thursdays, 5/8 - 5/29	6 PM - 6:50 PM 7 PM - 7:50 PM	\$30	\$50

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
Spring League	4/1 - 5/22	\$85	\$125
Spring Skills	4/9 - 5/14	\$60	\$80
Fall Skills	COMING SOON	\$60	\$80
Winter League	COMING SOON	\$85	\$125

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
3/6 - 3/29	Thursdays & Saturdays	\$15	\$30
4/3 - 4/26	Thursdays & Saturdays	\$15	\$30
5/1 - 5/24	Thursdays & 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.

Session Dates	Days	Member	Guest
3/26 - 3/29	Thursdays & Saturdays	\$30	\$60
4/3 - 4/26	Thursdays and Saturdays	\$30	\$60
5/1 - 5/24	Thursdays and Saturdays	\$30	\$60

BASKETBALL

Spring Basketball - 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 - this league depends on parent volunteers!

Session	Dates	Member	Guest
Spring 2025: 3-4 Year Old League	3/31 - 5/17	\$65	\$85
Spring 2025: 5-6 Year Old League	3/31 - 5/17	\$85	\$125
Spring 2025: 7-8 Year Old League	3/31 - 5/17	\$85	\$125
Spring 2025: 9-11 Year Old League	3/31 - 5/17	\$85	\$125
Fall 2025	TBD	\$60-\$90	\$100-\$130

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

SPORTS

TUMBLING

Tiny Tots (Ages 3-5): Tiny Tots is a tumbling program recommended for ages 3-5, with no experience necessary. We aim to improve basic strength, muscular coordination, balance, flexibility, and concentration/focus. Must take and pass a skills test to be eligible for the next level of classes.

Specific Skills taught are:

- Somersaults
- Headstands
- Bridges

Session	Dates	Member	Guest
3-4 Year Olds: Tuesday	4/15 - 5/20	\$30	\$50
3-4 Year Olds: Thursday	4/17 - 5/22	\$30	\$50
5-6 Year Olds	4/15 - 5/22	\$60	\$80

Beginner (Ages 5-7): Beginner Class is the step above the Tiny Tots class for those who have experience or who are ages 5-7.

Session	Dates	Member	Guest
3-4 Year Olds: Tuesday	4/15 - 5/20	\$30	\$50
3-4 Year Olds: Thursday	4/17 - 5/22	\$30	\$50
5-6 Year Olds	4/15 - 5/22	\$60	\$80

Intermediate (Ages 7-10): Intermediate Class is for Beginners who are ready for more, per instructor or for kids ages 7-10.

Session	Dates	Member	Guest
3-4 Year Olds: Tuesday	4/15 - 5/20	\$30	\$50
3-4 Year Olds: Thursday	4/17 - 5/22	\$30	\$50
5-6 Year Olds	4/15 - 5/22	\$60	\$80

YMCA ROOKIES - SOCCER

Soccer - YMCA Rookies is an introductory, pre-competitive youth sports program (ages 3-6). Our goal is to keep kids fit and active, while developing the YMCA Core Values through sport specific instruction. We look to create a fun/engaging positive environment where kids can socialize and learn how to play sports together!

This program is intended to be held outside (weather permitting). The 5-6 age group will meet on both Tuesday AND Thursday at 6:30pm.

Session	Dates	Member	Guest
3-4 Year Olds: Tuesday	4/15 - 5/20	\$30	\$50
3-4 Year Olds: Thursday	4/17 - 5/22	\$30	\$50
5-6 Year Olds	4/15 - 5/22	\$60	\$80

SPORTS

SPORTS

FCY RUBBER DUCKS SWIM TEAM

Rubber Ducks Swim Team is a competitive program that offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance, and promote a healthy lifestyle. Participants build character values through personal improvement, training, goal-setting, teamwork, and competition. Teams compete locally, regionally and nationally. Season runs from September - March, with practices during the week and swim meets on the weekends. Swimmers will progress as participants, role models and leaders.

FLUFFS (Ages 6-13) In the Fluffs 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 Fluffs 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.

DUCKLINGS (Ages 12-15) The Duckling 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.

DUCKS (Ages 14-18) The Ducks 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 Duck 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!!

CELEBRATE WITH US

BIRTHDAY PARTIES

Y

M

C

A

BIRTHDAY PARTIES

BIRTHDAY PARTY RENTALS!

Birthday coming up? French Creek Family YMCA has everything kids love; a Gym, Pool, Air Hockey, Video Games, Inflatables and MORE! We offer 4 custom Party Packages to host the Best Birthday Ever!



Party Packages: Member/Non-Member Pricing

Level #1: **Super Party:** \$150/200

*Level #2: **Mega Party:** \$200/250

Level #3: **Ultimate Party:** \$300/350

Level #4: **Super Mega Ultimate Party:** \$400/450

All party rentals include Kid's Club and adjoining back room for the duration of the party.

Please call
440-934-9622
for further inquiry
or to reserve a
date today!

Inflatables are included in Party Level #4.
*Level #2 can be upgraded to include inflatables for an additional fee.

French Creek Family YMCA- 2010 Recreation Ln Avon, OH 44011
Party Director- Hannah Bartlome-hbartlome@clevelandymca.org

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