



Φ
franco's

FUN PROGRAMS FOR ALL AGES

Membership not Required

Summer Fun Guide!



Family Fun Time at Franco's

JOIN BEFORE THE
July **PRICE INCREASE!**

JOIN US EVERY SATURDAY FOR
RESORT STYLE SUMMER FUN
Call Today! 792.0200



Resort Style Summer Fun

Saturdays
12:00pm - 3:00pm

Join us poolside Every Saturday for a day of fun, music, games, and activities. Your kids can enjoy:

- Music by DJ/Bands
- Aqua Zumba
- Log rolling
- Water Volleyball
- Limbo
- Face Painting
- Obstacle Course
- Water Games

Dive-In Movie Schedule

Free for members! Bring a lawn chair. Poolside Grille open until 9:30pm for concessions.

Friday, 8:30pm – 10:00pm

June 10, Inside Out

June 17, Minions

June 24, The Good Dinosaur

July 1, Touch the Wall

Join us Friday for Poolside Family Fitness Night
7:00pm – 8:00pm

30 minutes of family fitness fun Aqua Zumba, Boxing, Boot Camp, and Zumba Dance.

Waterslide Fun

Summer Waterslide Hours:

Monday - Friday 10:00am - 7:00pm

Saturday & Sunday 11:00am - 6:00pm

Member Season Pass Prices (plus tax):

- Individual Season Pass \$49
- Family Season Pass \$99
- Day passes are available for \$7.50/day.

Non-members pay applicable guest fees.

CONGRATULATIONS

“Coach of the Year”

Robby Fritscher



Franco's Aquatics Director and Head Coach of the FINS Swim Team Robby Fritscher has been teaching kids to swim – to swim well and to swim fast – for more than 30 years. Over the past ten years, Fritscher has built the swim program at Franco's Athletic Club to be the best on the northshore. He possesses a unique talent for training swimmers of varied ages and abilities, and specializes in coaching swimmers from their developmental years through their college years and beyond. Robby has received many awards throughout his career, including **National Aquatic Director of the Year**, **Age Group Coach of the Year**, and **Metro High School Coach of the Year**, most recently for 2015.

As the youngest of six children - all swimmers - Fritscher believed growing up that everyone spent their weekends at swim meets. It was all he had ever known. Fritscher swam competitively for nineteen years, breaking multiple state and one national record. He was **Division I “All American”** for the University of Arkansas and a two-time **Olympic Trial Qualifier**. In recognition of his many achievements, Fritscher has been inducted into the De La Salle **Athletic Hall of Fame**.

Of all of his accolades and accomplishments, Fritscher is most proud of his work with Jo Jo's Hope, an organization he founded to help children with disabilities learn to swim. Over the years, Jo Jo's Hope has helped thousands of children with special needs, and for this Fritscher received the **American Red Cross Diversity Award**.



If summertime fitness has you sweating buckets, your high impact workout is taking a toll on your joints, or you are just trying to squeeze in a little exercise while keeping the kids entertained, consider strapping on some goggles and taking to the lap pool. Swimming delivers an unparalleled total body workout, is a big calorie-burner and is very easy on the joints.

We asked Franco's award winning swim coach, Robbie Fritscher, for some back-to-the-basics advice for those of us who want to complement our usual workout routines with swimming during the scalding summer months.

TIP 1: KICKING & BREATHING

Most of us never think about breathing, until we put our faces in the water. Then we start thinking, “When is the next breath coming?” The best thing to do is try to train your body to become a rhythmic breather. The way we do this is to hold the back of a kickboard, put your face in the water, and count 1-2-3, then breath to the side. Pull your arm back like you would when doing a stroke as you take that breath. Then as soon as your hand comes back to the board on its recovery, roll your head back down into the water. Repeat on the other side. I have taught people could not swim using that drill and they were able to swim well enough to do open water swims within a couple of months. It is a very good drill.

Bonus: Use swim fins (also called flippers) to improve propulsion and build leg strength.

TIP 2: SHORT SWIMS

Swim short distances. Swim for a long time period, but with multiple short distances and short rests between them. Practice makes permanent, but the longer you swim the more tired you become. Your strokes will be much better and you will have a quicker tempo if you stick to short distances. Our program has the best distance swimmers in the state and we mainly train with 100 [yard swims]. Use the clock, and do 50 yards at a time (two lengths of the pool).

HOW MUCH IS ENOUGH?

If you want to use swimming to get a good workout but don't want to spend a lot of time in the pool, swim a quarter mile, 16 lengths of the pool.

SWIM MEETS AT FRANCO'S

Wed, June 8 6:30pm – 9:30pm
 Wed, June 22 6:30pm – 9:30pm
 Wed, June 29 12:00pm – 3:00pm
 Wed, July 6 8:00am – 6:00pm

SCHOONER'S SWIM TEAM

10 Week Summer Swim Team
Swimmers of all abilities - Ages 5 - 18

Schooner's is a recreational summer swim team that participates in the Scenic River Swim Association. Our summer program is designed for diverse abilities and motivational levels to give each individual a unique swimming experience.

Price includes meet fees, banquet fees, SRSA registration and swim cap. Team suit, shirt, and team picture are not included, but can be purchased separately.

Schooner's 2016 Practice Schedule:

Monday - Friday 9:00am (under 9)
 10:00am (over 9)

Monday – Thursday 7:00pm - 8:00pm

For more information, contact Robby Fritscher at 985.792.0274 or rfritscher@myfrancos.com or visit www.francoschooners.com



ADULT AQUATICS



FINS MASTERS SWIM

FINS MASTERS SWIM is a year-round, organized swim program for adults (ages 19+). Members practice together several days a week as a team, with coaching at every practice. The benefits include the expertise and personal attention received from the coach, the motivation and camaraderie of swimming with a group and the flexibility of service to all levels of swimmers.

Monday, Wednesday and Friday
 6:00am -7:00am and
 12:00pm -1:00pm
 Tuesday & Thursday
 6:00pm - 7:00pm
 Saturday 7:00am - 8:00am
 \$40/month/members only
 Must be a member of the USMS.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Instruction is tailored to youth of all levels and abilities, beginners in any stroke, or for those who would like to refine their swimming technique. Call the Aquatics Department at 985-792-0274 to arrange your private or semi-private swim lesson.

YOUTH AQUATICS

**NORTHSHORE'S
BEST SWIM CLUB**



WATERBABIES

Six to eight students per teacher. Waterbabies is the first step of our swim lessons program. Designed for children under 3, this class helps babies and toddlers to get accustomed to the water with their parent.

Sessions are 8 wks., 1 day per wk. You pick the day!

Sessions begin Tuesday, May 31
Tuesday 6:30pm
Wednesday 9:30am
Saturday 11:15am

\$125 Members / \$155 Non-Members

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Instruction is tailored to youth of all levels and abilities, from beginners to those who want to refine or improve their swimming technique.

Call the Aquatic Department for availability and pricing at 985-792-0274.

LEARN-TO-SWIM

Beginners can start here and progress through five levels. They learn water safety and become more efficient in swimming while learning the various strokes. Children are evaluated on the first lesson and placed into proper groups, which are determined by a combination of age and ability. (Ducks, Penguins, Frogs, Seals, Dolphins)



Summer Sessions: Two-week session, Mondays - Thursdays. Fridays are rain days.

2 Week Session Dates:

Session 1 - May 23 - June 2
Session 2 - June 6-16
Session 3 - June 20 - 30
Session 4 - July 5 - July 14
Session 5 - July 18 - July 28

Session Times:

10:00am, 10:40 am,
5:15pm, 5:55pm

Post Season Session
August 1 - 11
(after school 5:15pm or 5:55pm)

\$125 Members / \$155 Non-Members

SUMMER SWIM CLINIC

The Summer Swim Clinic is designed to promote strong swimming skills which will last a lifetime. We teach the four competitive strokes, emphasizing stroke efficiency and racing starts and finishes. Great individualized attention for the summer league competitor!

Pre-requisites: Age 5 and up. Must be able to swim a length of the pool. (25 yards)

Dates and Times

June 4 - July 16
Saturdays 10:15am - 11:15am

\$125 Members / \$155 Non-Members

FINS SWIM TEAM

Franco's Fins is a year-round United States Swimming (USS) team for ages 5 and up.



The Fins' Mission is to create an environment that offers support, program structure, and encouragement, allowing each athlete the opportunity to attain his or her maximum potential in competitive swimming.

Call the Aquatic Department at 985-792-0274 or the registration desk at 985-792-0205 for availability and pricing.

FRANCO'S CROSSFIT KIDS SUMMER CAMP



REGISTRATION GOING ON NOW.

CALL 985.801.0500 FOR PRICING & SCHEDULING.

Camps include fun workouts, skills, and active games. Our programming focuses on improving coordination, flexibility, strength, balance, and functional fitness in a fun community setting!

985.801.0500 | crossfitfrancos.com | infocrossfit@myfrancos.com | 1801 N. Causeway Blvd., Mandeville



BOXING - KICK BOXING - ADVANCE TRAINING - YOUTH BOXING - TAE KWON DO
NEW BOXING FOR KIDS AND ADULTS

NOW OPEN Ringside Boxing classes
for kids and adults at CrossFit Franco's. Classes will include youth and adult boxing, Kickboxing, Circuit Training, Tae Kwon Do, boxing skills and techniques. This program can be easily modified to help kids and adults at any level achieve their fitness goals.

There is no prerequisite to joining this program!

All levels welcome!



For more information call 985.801.0500 or visit crossfitfrancos.com

YOUTH TENNIS



2016 TENNIS YOUTH PROGRAMS SUMMER SCHEDULE

**7-WEEK SUMMER SESSION:
JUNE 6 – JULY 29
(NO CLINICS THE WEEK OF JULY 4 – 8)**

SCOOBY DOO

For ages 4 and up. Develops essential motor skills, movement and tracking skills. Each drill is designed to improve a child's physical development prepare the child to be able to adjust to a moving ball, make contact and direct the ball.

**Monday & Thursday
8:00am - 8:30am**

\$84 per session, 1 day per week
\$168 per session, 2 days per week

JUNIOR ACES

For ages 6 and up. The Quick Start method gets kids rallying as soon as possible. Learning to control a 4 ball rally and development of motor skills and tracking skills are primary objectives for this class.

**Monday & Wednesday
5:00pm - 6:00pm**

\$91 per session, 1 day per week
\$182 per session, 2 days per week

ACES

For ages 8 and up. This is the next step in the Quick Start format. Continue to improve rallying skills while gaining an awareness of point play. Spatial awareness and the development of simple tactical concepts are introduced.

**Tuesday & Thursday
5:00pm - 6:00pm**

\$91 per session, 1 day per week
\$182 per session, 2 days per week

CHAMPIONS

For ages 11 and up who are able to rally, serve and keep score. Basic stroke technique for ground strokes, volleys and serves are emphasized while engaging in point play. Players should be actively engaging in match play through leagues, tournaments and Franco's Saturday Supervised Match Play.

**Tuesday & Thursday
5:00pm - 6:00pm**

\$91 per session, 1 day per week
\$182 per session, 2 days per week

JUNIOR ACADEMY

For the serious competitor, this class starts with a disciplined approach to gaining consistency, and builds into an overall development of movement to, preparation for and recovery from every shot. Regular attendance and tournament play is expected.

**Monday & Wednesday
3:30pm - 5:00pm**

\$196 per session, 1 day per week
\$350 per session, 2 days per week

ACADEMY

The Academy program is for the experienced players at the State, Sectional, and National levels. Acceptance into the program is by invitation only. Invitations are extended based on ranking, work ethic, and willingness to learn. The majority of drills will be live ball and will involve specific techniques or point situations.

**Monday - Thursday
2:00pm - 4:00pm**

\$30 members - per day
\$35 non-members - per day

Add \$10 registration fee for members/\$45 registration fee for non-members, non-refundable

**For more information on tennis programs and scheduling, please call the
Tennis Department at 792-0260, or check our website at francosmandeville.com.**

ADULT TENNIS



MONDAY

9:00am - 10:00am Adult Stroke & Drill
10:00am - 11:00am Volley Clinic
6:00pm - 9:00pm USTA Mixed Doubles 40+
7:00pm - 8:00pm Wild Mens Workout
7:00pm - 8:00pm Adult Beginner Clinic

TUESDAY

9:00am - 10:00am Adult Beginner Clinic
9:30am - 11:30am Ladies 3.5 & Up Summer League
6:00pm - 9:00pm USTA Mixed Doubles 40+
7:00pm - 8:00pm Adult Intermediate Clinic

WEDNESDAY

9:00am - 10:30am "B" League Ladies Clinic
9:30am - 11:30am Ladies 2.5 Quads
6:30pm - 8:30pm Ladies Quads
7:00pm - 8:00pm Adult Stroke & Drill

THURSDAY

9:00am - 10:30am "A" League Ladies Clinic
9:30am - 11:00am Ladies 3.0 & Up Summer League
10:30am - 11:30am Net Play Clinic
6:30pm - 8:00pm Franco's Mens NFL League

FRIDAY

9:00am - 10:30am "C" League Ladies Clinic
9:00am - 10:30am Adult Stroke & Drill
6:00pm - 8:00pm USTA Mixed Doubles 18+/55+

SATURDAY

8:00am - 11:30am USTA Mixed Doubles 18+/55+
9:00am - 10:00am Cardio Tennis
10:00am - 11:00am Adult Beginner Clinic
10:00am - 11:00am Adult Intermediate Clinic

MIXERS & EVENTS

June 23 - 26

St. Jude Racquets for Reagan Tennis Tournament

July 16

Potluck and Margarita Mixer

August 20

Crazy Feed Championship



YOUTH FITNESS



JUNIOR FITNESS INSTRUCTION

JFI is a program designed for kids 8-13 years of age. This allows your child access to the Fitness area.

- Proper workout techniques
- Club etiquette
- A general understanding of how the body works
- The development of exercise as a lifetime interest & nutritional guidelines

June 6 – 9

10:00am - 11:30am

June 20 - 23

10:00am - 11:30am

July 25 – 28

10:00am - 11:30am

August 15 - 18

4:30pm - 6:00pm

August 26 – 28

4:30pm - 6:00pm Friday

10:00am - 12:00pm Sat & Sun

\$125 Members / \$157 Non-Members

For more information, please call 985-792-0206.

TRI FIT KIDS

This 8-week program meets 3 days per week and concludes with a mini-triathlon. Athletes are instructed in swimming, biking, and running; gain strength and flexibility; and learn the fundamentals of good nutrition. Each session is instructed by a trained head coach and coaching assistants (ratio of 1 coach per 8 kids).

June 6 – July 29

Mondays, Tuesdays & Wednesdays

Elementary (grades 2 - 3)

4:30pm - 5:30pm

Middle School (grades 4 - 6)

4:00pm - 5:00pm

Jr High & High School

3:30pm - 4:30pm

\$219/members

\$249/non-members



STRONG - Weightlifting Programs for Kids & Teens

Our Personal Trainers teach kids and teens proper weightlifting technique and help them to build muscle. Goals will be set at the beginning of the 8-week program, and a noticeable increase in muscle strength will be seen by the end.

June 6 – July 29

Mondays & Wednesdays

STRONG Kids

Elementary &

Middle School

(ages 7 - 11)

9:30am - 10:30am

STRONG Teens

Jr High & High School

(ages 12 - 17)

3:30pm - 4:30pm

\$139/members

\$169/non-members





PARENTS NIGHT OUT

Ages 6 weeks - 11 years
(divided into age-appropriate groups)

June 25 and July 30
5:30pm - 9:00pm

Drop your kids off for an evening of fun! Have a date night or stay in and enjoy a quiet evening at home with the peace of mind that comes from knowing your kids are having a GREAT time! Pizza, arts and crafts, scavenger hunts, movie time and lots of games!

**Pre Registration is requested by the
Wednesday of the week of Parents Night Out.**

For pricing and information contact: 985-792-0210

ENJOY YOUR CHILD'S SPECIAL DAY *and let us do all the work!*



All you do are the invitations and goody bags and we do the rest! A party you could never imagine and will never forget! Book in advance to secure your date!

Waterslide Parties, Adrenaline Rush Obstacle Course Parties and more!

**For more information on prices and availability,
call party coordinator Ann Penot at 985.792.0243
or email apenot@myfrancos.com.**



FRANCO'S SUMMER CAMP



2016 SUMMER CAMP SESSIONS

Session	Week	Field Trip Date	Field Trip Date
Session 1	May 23-27	Global Wildlife	Thursday, May 26
Session 2	May 30 - June 3	Safari Quest NEW	Thursday, June 2
Session 3	June 6-10	Zephyrs	Tuesday, June 7
Session 4	June 13-17	Saints NEW	Thursday, June 16
Session 5	June 20-24	Audubon Zoo	Thursday, June 23
Session 6	June 27 - July 1	Chuck E. Cheese	Thursday, June 30
Session 7	July 4-8	Elevation Station NEW	Thursday, July 7
Session 8	July 11-15	Bookoo Bounce House	Thursday, July 14
Session 9	July 18-22	Playmakers Indoor Sports NEW	Thursday, July 21
Session 10	July 25 - 29	Aquarium & IMAX	Thursday, July 28
Session 11	August 1 - 5	LA Children's Discovery NEW	Thursday, August 4

All field trips are subject to change.



FEES

	Members	Non-Members
Registration	\$60	\$75
Weekly Fees	\$229	\$249

HOURS

8:30am - 3:30pm

AM Care: 7:30am - 8:30am

\$25/week if pre-registered

\$6/day drop-in fee

PM Care: 3:30pm - 6:00pm

\$50/week if pre-registered

\$12/day drop-in fee

AGE GROUPS

NEW 3 yr old: Mon/Wed/Fri only

NEW 3 yr old: Mon - Fri

4 - 5* yr old: Yellow group

5* - 6 yr old: Orange group

7 - 8 yr old: Green group

9 - 10 yr old: Blue group

11 - 12 yr old: Purple group

13 - 14 yr old: NEW Grey group

* Based on Swimming Ability

**ONLY A FEW
SPOTS LEFT!**

CALL TODAY!

985.792.0205

985.792.0243

Price includes games, arts and crafts, a wide array of fun activities, indoor inflatable with a 19' slide, water slides, lunch, snacks, field trips and so much more!

For more information please contact Camp Director, Ann Penot
To Register Call The Program Registration Desk

