FRANCES







SUMMER KICK-OFF PARTY & POOLSIDE MOVIE

FRIDAY, MAY 23

7PM - 10PM

Enjoy Games & Music From our Poolside Dj! Food and Beverages Available For Purchase. Poolside Movie Begins At Sunset, Around 8:15pm

DIVE-IN MOVIE SCHEDULE

FREE FOR MEMBERS!

Bring a lawnchair, the family, and relax poolside with us!

FRIDAY May 23 FRIDAY
June 6

FRIDAY
June 20

WATERSLIDE FUN

Summer Waterslide Hours

Open Weekends beginning May 3th & 4th 12 -5pm Open Daily Starting May 19th 11-6pm

Waterslide Season Passes

Waterslide Season Passes

Day Pass plus tax 125
Family
Summer Pass

Single Summer Pass plus tax

CALL 985.792.0200 FOR MORE INFORMATION!

FRANCO'S



VOTED NORTHSHORE'S BEST





















75% OFF!

FRANCO'S

ALL THINGS FRANCO'S,

3-HOURS ONLY, FLASH SALE!

Save BIG on Memberships, Kid's Programs, Spa Services, Tennis Clinics, Waterslide Passes, Swim Lessons, Apparel & MORE!

WEDNESDAY, APRIL 9TH



STRONGER TOGETHER

- Giving Back, Building Forward



For 37 years, Franco's has been more than a gym—it's a place where friendships grow, traditions thrive, and families come together. Each summer, we open our doors even wider, creating a season of connection, fun, and giving back.

This year, we're embracing *The Ripple Effect*—small moments of togetherness that create lasting waves of impact. Whether it's a child's first swim, a family's laughter at a poolside movie, or a member supporting a local cause, Franco's is where unity begins.

A FUN-FILLED, FAMILY SUMMER!

Summer at Franco's is always special, and 2025 will be our best yet! We kick off on Friday, May 23 with our Moana-themed Summer Kick-Off Party & Poolside Movie — a night of island vibes, fun, and magic under the stars.

And the fun doesn't stop there! Our waterslides will be open all summer, bringing endless excitement, while our weekly series of Dive-In Movie Nights offer families a perfect way to relax and connect. New this season, our Summer Kid Fitness Leaderboard will inspire our youngest members to get moving, level up, and earn prizes all while fostering a love for wellness.

NEW WAYS TO WELCOME, ENGAGE & ENJOY YOUR EXPERIENCE

At Franco's, listening to our members is key, and this summer, we're delivering something special: The Reminding Coffee & Café, a local favorite, is now at the helm of Franco's Café & Poolside Grill.

Franco's is especially excited to welcome The Reminding because their "You Are Loved" banner and service model align perfectly with the heart of our club.

The Reminding team brings their love for people, passion for exceptional service, and a thoughtful menu to Franco's, ensuring a fresh, high-quality café experience with a personal touch.

"At The Reminding, we believe in more than just great coffee and food—we believe in creating environments where we would want to bring our own families. We love gathering, serving people, and watching relationships flourish. That's exactly what Franco's has stood for all these years, and we're honored to be part of that legacy," says Steve Tujague, Jr.

"Ron and Sandy truly listen to their members, and the recent survey made it clear just how much they value community feedback. Our menu will reflect Franco's dedication to quality and consistency, featuring some of our most popular items along with new Franco's-focused offerings—perfect for members on the go, poolside, or dining in," says John Lambou.

Beyond dining, we're shaping Franco's future together! We'll continue Member Surveys in 2025 to help guide future programming and classes, add exclusive senior-only activities, and create more ways for families and friends to connect both on-site and in the community.

Next time you visit, ask about our Franco's Selfie Ring, featuring member-only perks and monthly prize giveaways beginning this month with our first group of 17 lucky winners announced on St. Patrick's Day!

A COMMUNITY THAT GIVES BACK BUILDS A LEGACY

At Franco's, community is action. This year, we're expanding our philanthropic reach, supporting events like Krewe Du Pooch, Hammers & Heels, Pickle for a Purpose, and Jo Jo's Hope.

But it's about more than sponsorships, it's about taking action. We're encouraging our members, staff, and friends to get involved. Whether it's volunteering, fundraising, or simply showing up to support a cause, we can make a greater impact together.

Every workout, swim, and shared meal this summer is part of something bigger. One ripple at a time, we're building a stronger, healthier, and more connected Northshore — together.





Coffee - Cafe - Smoothies - Ice Cream



141 TERRA BELLA BOULEVARD COVINGTON WWW.THEREMINDING.COM THEREMINDING



ENROLL ONLINE NOW! LIMITED NUMBER OF SPOTS AVAILABLE!





VOTED BEST



SUMMER CAMP 2025

May 26-30	Holy Cow Mini Highlands!
June 2-6	Foam Party
June 9-13	Saints and Pelicans Experience
June 16-20	Homemade Boat Races
June 23-27	Mechanical Bull Rodeo
June 30-July 4	Old Fashioned 4th of July
July 7-11	Big Bounce Inflatable Adventure
July 14-18	Gone Fishin'
July 21-25	Glow Crazy
July 28-Aug 1	Minute to Win It Olympics
Aug 4-8	Smart Start

Ages 5 - 14

CAMP HOURS Monday – Friday 8:30am – 3:30pm

Before Care 7:30am – 8:30am

After Care 3:30pm – 5:30pm

EMAIL DSUDURAN@MYFRANCOS.COM OR CALL 985.792.0221 TODAY!



PRIVATE & SEMI-PRIVATE LESSONS AVAILABLE YEAR-ROUND

WATERBABIES

Small Group Swim Lessons for children under age 3.

Waterbabies is the first step of our swim lessons program. This class helps babies and toddlers acclimate to water with their parent. There is a maximum of eight babies-to-instructors in each class. The lessons are 30 minutes and the session length is one week. 2025 Summer Session

Choose 9:30am or 6pm

SUMMER DATES

May 26-29 June 9-12 June 23-26 July 7-10 July 21-24

Pricing: \$80 Members/\$97.50 Guests

SWIM LESSONS

Small Group Swim Lessons for Ages 3 and up!

All levels are welcomed and progress through five levels:

- Ducks
- · Penguins
- Frogs
- Seals
- Dolphins

Our seasoned, certified instructors will assess your child's starting ability and work in small groups to help your child progress! Small class sizes with one instructor to four children help personalize and enhance the learning experience.

2 Week, 35-min Swim Sessions

SPRING BREAK LESSONS

April 14 - 17

10 to 10:35am or 4:45 to 5:20pm

PRE-SUMMER LESSONS

April 28 - May 8 May 12 - 22

10 am (Only 12 spots available!)

SUMMER SESSION DATES

May 26 - June 5 June 9 - 19 June 23-July 3 July 7 - 17 July 21 - 31

SUMMER SESSION TIMES

10 am, 10:4 am, 4:45pm, 5:25pm

Pricing

Members: \$165 Guests: \$195

FLIPPERS SWIM CLINIC

Experience Franco's proven and highly successful learning progression with this clinic. Flippers is focused on technique and then builds with endurance and speed. Your child will be ready to join the year-round FINS swim team or this year's Schooner's Summer Team after the clinic ends.

SPRING CLINIC

March 18 - May 8 Tuesday & Thursday 5:30 to 6:30pm

Members: \$170 Guests: \$205

PREREQUISITES

- · Must be age 5 or older
- Must be able to swim the length of the pool

SCHOONERS SUMMER SWIM TEAM

Join our summer swim team!
Schooners is a recreational summer
swim team designed for diverse
abilities and varying motivational levels
to give each child a unique, rewarding
swimming experience. The ages are
6-18.

PRACTICE

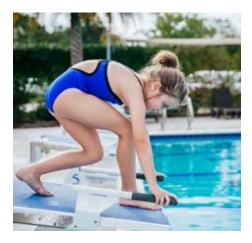
Starts May 12 Monday - Thursday 6 to 7:15pm

Member Season Pricing

\$225/1 swimmer \$425/2 swimmers \$625/3+ swimmers Guest Season Pricing \$330/1 swimmer \$635/2 swimmers \$940/3+ swimmers

FINS SWIM TEAM

Franco's FINS is an award-winning, year-round United States Swimming sanctioned team for ages 5-18. The FINS' mission is to create a supporting environment that offers structure, encouragement, and high level training for competitive swimmers.









PRIVATE & SEMI-PRIVATE TENNIS LESSONS FOR CHILDREN & ADULTS AVAILABLE YEAR-ROUND!

Players learn proper grips, footwork, strokes, volleys, and services during a series of drills designed to teach skills in a fun and dynamic way! In addition to developing a love of tennis, our players will learn the rules and etiquette that make tennis such an exciting game to play.

MINI PLAYERS

Ages 4-6

AFTER-SCHOOL CLINICS

Now - May 22 Tuesday & Thursday 5:30 to 6:30pm Members: \$20/Day Guests: \$30/Day

SUMMER CLINICS

May 27 - July 31 Tuesday & Thursday 3:30 to 4:30pm

Weekly Fees (Members): \$25/Day \$40/Both Days

Weekly Fees (Guests) \$35/Day \$50/Both Days

NEXT GEN

Competitive with director's approval Next Gen is a program for experienced tournament players.

AFTER-SCHOOL CLINICS

Now - May 22 Tuesday & Thursday 4 to 5:30pm

Members: \$30/Day Guests: \$40/Day

SUMMER CLINICS

May 27 - July 31 Monday - Thursday 2 to 3:30pm

Weekly Fees (Members): \$35/Day \$120/All 4 Days

Weekly Fees (Guests) \$45/Day \$140/All 4 days

60-FT BALLERS

Ages 7-10

AFTER-SCHOOL CLINICS

Now - May 22 Monday & Wednesday 5:30 to 7pm

Members: \$30/Day Guests: \$40/Day

SUMMER CLINICS

May 27 - July 31 Tuesday & Thursday 4:30 to 6pm Weekly Fees (Members): \$35/Day \$60/Both Days

Weekly Fees (Guests) \$45/Day \$70/Both Days

TRANSFORMERS

Ages 11-18
Junior High/High School recreation players

AFTER-SCHOOL CLINICS

Now - May 22 Monday & Wednesday 4 to 5:30pm

Members: \$35/Day Guests: \$40/Day

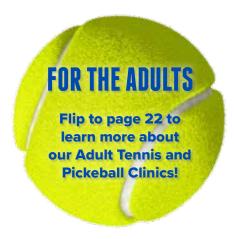
SUMMER CLINICS

May 28 - July 30 Monday & Wednesday 4:30 to 6pm

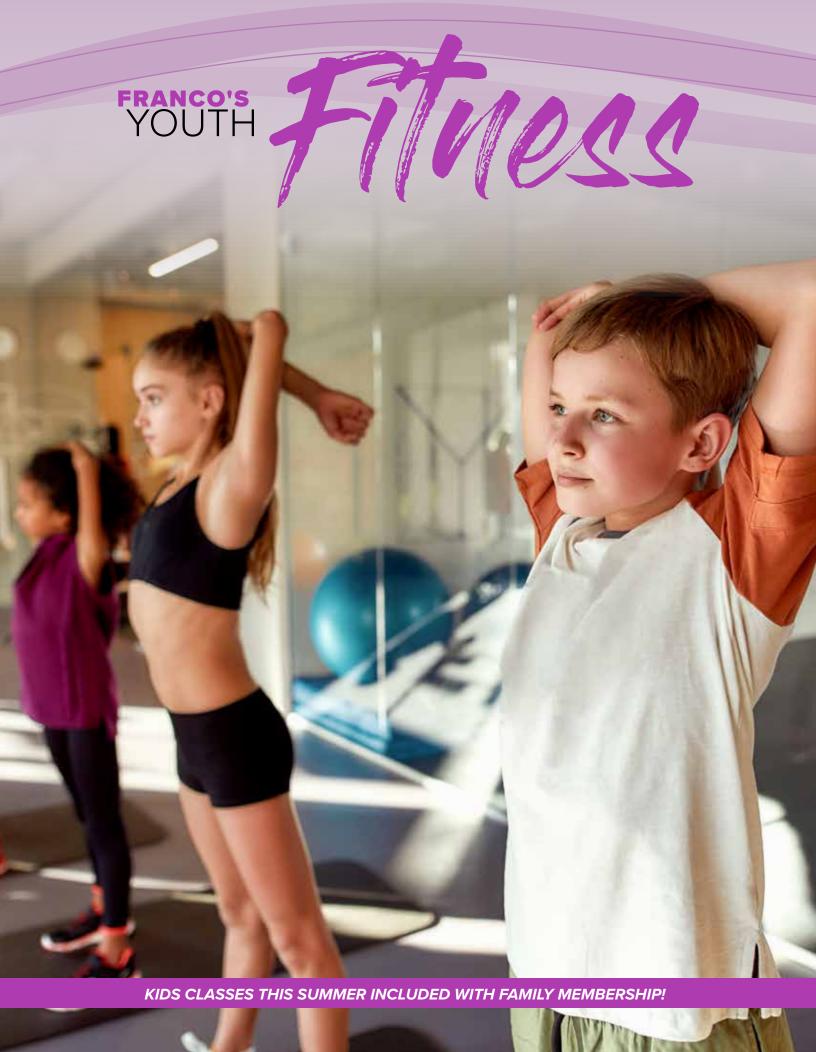
Weekly Fees (Members): \$35/Day \$60/Both Days

Weekly Fees (Guests) \$45/Day \$70/Both Days









KIDS FITNESS THIS SUMMER

We are reshaping fitness for kids this summer at Franco's, beginning with Tuesday and Thursday group exercise classes for kids! Bring your child directly to class for 9:30 am or we can escort your child from Child Care to the class if they are already in the club.

GROUP EXERCISE FOR KIDS

Taught by a certified personal trainer and group fitness instructor, Rebecca Chapotel, the fun is baked into the fitness in these classes. This year we are inspiring our youngest members to attend classes to gain recognition on our Summer Kid Fitness Leaderboard!

- · Earn recognition for participation
- · Earn recognition for increasing fitness
- · Level UP as you progress
- Prizes for Winners!

JUNIOR FITNESS INSTRUCTION

Is your child interested in strength training? This personalized program acclimates children ages 8-14 to strength training, the weight room, and age-appropriate workouts and techniques.

With a line of Hoist strength equipment that was built for children, the participants learn how to safely warm up, use the equipment, and select the correct resistance levels. They also will learn about strength floor etiquette and be certified to use the equipment with a parent after graduating from the training.

With a host of experienced Franco's certified personal trainers who specialize in children's fitness, your child will learn a love of strength training to embark on a lifetime of fitness.

Scan this QR code to learn more or enroll today!









Email tnunez@myfrancos.com or call 985.792.0205 for more information



Super Sitters Course For Ages 11 & Up!

BABYSITTING CERTIFICATION

APRIL 17 & 18 9:00am - 1:00pm

(must attend both days)

JUNE 1 & 2 9:00am - 1:00pm

(must attend both days)

 Sitters will be certified in Heartsaver Adult. Child, Infant CPR/AED and First aid.

- Learn advanced baby sitting, pediatric first aid skills, business, communication & safety skills.
- Certification valid for two (2) years. Please send a lunch and drink or send money for lunch at Cafe.
- · Meet in the Franco's Conference Room
- \$159 members / \$199 non-members



CONTACT US



JUMP, BOUNCE, SLIDE AND PLAY ON YOUR SPECIAL DAY!



Choose from a variety of party themes available at FRANCO'S! Let us customize and host the perfect party for your child! All parties include pizza, drinks, and paper products.

BOOK YOUR CHILD'S PARTY TODAY!

CALL 985.792.0221 OR EMAIL YOUTHDEPARTMENTS@MYFRANCOS.COM



THE NEXT LEVEL OF FITNESS HAS ARRIVED.

MAY DAZE FITNESS

May 5-30

Group Training with 2 HIIT training sessions a week at designated times and 2 one-hour strength training with a trainer and group.

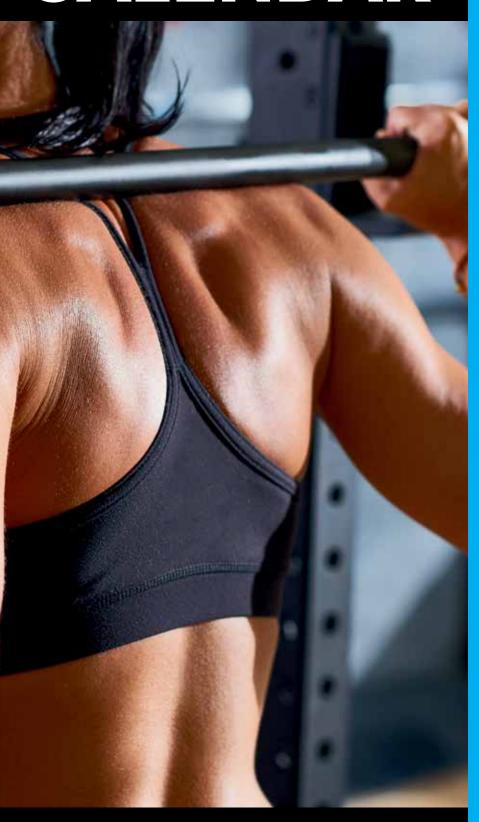
Training groups can be mixed and matched to use your 8 strength sessions.

JUNE JUMPSTART

June 2-27

Group training with twice weekly one-hour strength sessions with a personal trainer. Option to add July to make the training an 8-week session.

CALENDAR



FALL STRONG PROGRAM

8 WEEKS // SEPT. 8 - OCT. 31

GROUP & PERSONAL TRAINING SESSIONS

ZONE30

This 30-minute, heart-rate technology class incorporates strength, endurance, and cardio with HIIT intervals. Check the Franco's app for times and pricing!

PERSONAL 1:1 TRAINING

Franco's personal training staff features some of the most experienced and effective fitness experts in the region. Our team customizes workouts to help clients progress to their fitness goals and beyond!

FIT START

Now open to all Franco's members, the Fit Start is a 1:1 appointment with a personal trainer on our team to assess your fitness level and needs. To book a Fit Start, please call Jill White at 985.792.0226.



OUR CLINICS ARE FOR ADULTS OF ALL AGES AND AVAILABLE YEAR-ROUND!



Level 1: Introduction to swimming properly*

This course is for adults ages 18-70+ who already know how to swim but want to learn how to swim more efficiently in the freestyle stroke. After completion of this course, members may consider enrolling in the Glide Level 2 Course.

SESSION DATES:

April 21-24 7:00-8:00 p.m. Only 10 spots! No walk-ins.

Equipment required: goggles, swim suit, swim cap (women), and fins (Speedo or TYR brand).

Cost: \$160 members; \$190 non-members. Register early at Franco's.

*FREE GLIDE, LEVEL 1, ONE-HOUR CLINIC

Attendance not required for enrollment in Glide Level 1. ONLY 10 SPOTS! No walk-ins. Register early at Franco's front desk.

Saturday, April 5 11 a.m.-12 p.m. (noon)

Level 2: Introduction to Fit Swim**

This course is for any adult ages 18 and older who has some experience swimming competitively (e.g., summer league, year-round swimming, college swimming, or triathlete). After completion of this course, members may consider joining the Franco's Fit-Swim Program (formerly known as Masters Swimming).

SESSION DATES:

April 28-May 1 7:00-8:00 p.m. Only 10 spots! No walk-ins.

Equipment required: competition goggles, streamlined swim suit, swim cap (women), and fins (Speedo or TYR brand).

Cost: \$160 members; \$190 non-members. Register early at Franco's.

**FREE GLIDE, LEVEL 2, ONE-HOUR CLINIC

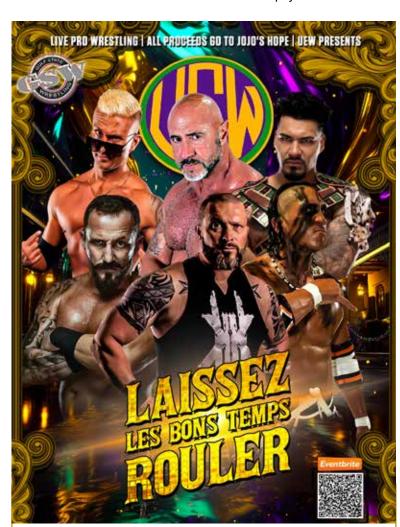
Attendance not required for enrollment in Glide Level 2. ONLY 10 SPOTS! No walk-ins. Register early at Franco's front desk.

Saturday, March 29 11 a.m.-12 p.m. (noon)

CHARITY EVENT

Benefitting JoJo's Hope Aquatic Program

Laissez Les Bons Temps Rouler will take place on Saturday, March 29th at Franco's Health Club & Spa with stars from WWE, NWA and the Independent wrestling scene set to do battle in the name of charity! All proceeds will go to Jo Jo's Hope which is a non-profit organization that offers swimming and aquatic activity programs that are adapted to meet the need of individuals with mental or physical limitations.



3/29/25

DOORS OPEN 5PM | BELLTIME 6PM

\$40 FRONT ROW \$25
GENERAL ADMISSION

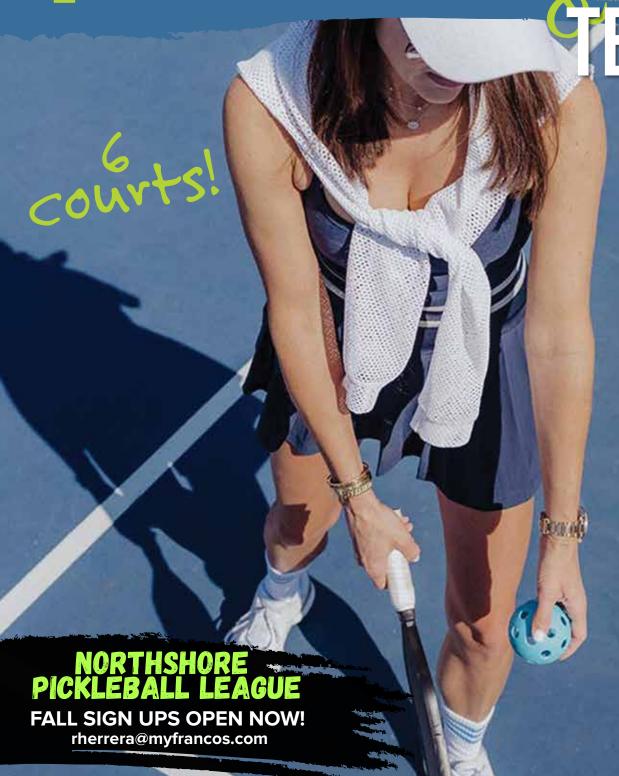
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seating is first come first serve

FOR MORE INFORMATION EMAIL WRESTLINGUEW@GMAIL.COM

Franco's Athletic Club | 100 Bon Temps Roule | Mandeville, La 70471

& PICKLE BALL TENNIS



PICKLEBALL CLINICS

Work on specific aspects of the game each week including strategy, scoring and play time. All Pickleball clinics are coed.

Call for pricing & availability.

Beginner Pickleball Clinic

Tuesday 9:00am - 10:30pm Thursday 11:00am - 12:30pm

Beginner Co-Ed Pickleball Clinic

Tuesday 9:00am - 10:30pm

Int/Adv Pickleball Clinic

Thursday 11:00am - 12:30pm

All Levels Pickleball Clinic

Thursday 6:30pm - 8:00pm

Open Play

Meet new people & play Pickleball!

Members Only



MEN'S TENNIS (BIG HITTERS)

Evening men's clinic designed to improve your tennis skills, including strategy, stroke production, and match play. Open to all levels

Tuesday 6:30 - 8pm

Members: \$30 Guests: \$40

CO-ED TENNIS

CARDIO TENNIS

Elevate your heart rate with this heartpumping, feet moving cardio-based tennis class. Drills and fun game to music will keep you moving the entire hour!

Friday 8 - 9 am

Members: \$20 Guests: \$30

BEGINNERS COED TENNIS CLINIC

New to tennis? Meet new people and learn the fundamentals of the game to become the strongest player you can be.

Friday & Saturday 10:30am - 12pm

Members: \$30/90 minutes Guests: \$40/90 minutes

INTERMEDIATE/ADVANCED TENNIS CLINIC

Players with match experience? This group takes your game to the next level. This clinic provides real match situations with intensive coaching.

Monday, Friday, Saturday 9 - 10:30 am

Members: \$30 Guests: \$40

LADIES TENNIS

Receive on-court instruction that will prepare you and your partner for league matches. This will give you the opportunity to practice with a new partner.

Ladies 3.0 / B Team Practice Wednesday 9 - 10:30am

Ladies 3.5+ / A Team Practice Thursday 9 - 10:30am

Members: \$30 Guests: \$40







ALL CLASSES INCLUDED WITH MEMBERSHIP

TIMES	MONDAY
5:15	BODYCOMBAT™
7:30am	BODYCOMBAT™
	GENTLE YOGA
8:30am	AQUA FITNESS
	POWER CIRCUIT
9:30am	CHISEL
9:35am	BODYPUMP™
11:00am	SILVERSNEAKERS®
	PILATES MAT
12:15pm	CARDIO DANCE BLAST
5:00pm	BODYPUMP™
5:30pm	STUDIO CYCLING
	AQUA ZUMBA
6:30pm	BODYCOMBAT™

TIMES	TUESDAY
5:15am	STUDIO CYCLING
5:30am	BODYPUMP™
6:30am	SPRINT™
7:30am	ZUMBA®
8:00am	YOGA STRETCH
8:30am	AQUA FITNESS
	TOTAL BODY HIIT
9:00am	STUDIO CYCLING
	BLAST & BURN
9:30am	BARRE
10:15am	CORE™
11:00am	TAI CHI
	YOGA SCULPT
12:05pm	BODYPUMP™
4:30pm	CORE & MORE
5:30pm	TOTAL BODY HIIT
	YOGA
6:00pm	SPRINT™

TIMES	WEDNESDAY
5:15am	BODYCOMBAT™
8:30am	YOGA STRETCH
	SCULPT
	AQUA FITNESS
9:30am	HIIT CYCLE
9:35am	BODYCOMBAT™
10:00am	NEW! PILATES FUSION
11:00am	SILVERSNEAKERS°
11:15am	YOGA
5:00pm	BODYPUMP™
6:30pm	BODYCOMBAT™

TIMES	FRIDAY	
5:30am	SPRINT™	
7:30am	BODYCOMBAT™	
	YOGA	
8:30am	ZUMBA°	
	AQUA FITNESS	
9:00am	30 MIN HIIT CYCLE	
	CHISEL	
9:35am	BODYPUMP™	
11:00am	SILVERSNEAKERS [®]	
Andrew Control of the		

TIMES	THURSDAY
5:30am	BODYPUMP™
6:30am	SPRINT™
8:15am	STEP EXPRESS
8:30am	YOGA STRETCH
o.Sudili	AQUA FITNESS
9:00am	CUTS & CURVES
9.00aiii	STUDIO CYCLING
9:30am	TOTAL BODY CONDITIONING
9.30aiii	BARRE
10:15am	CORE™
11:00am	CARDIO DANCE BLAST
1:00pm	PARKINSON'S MOVEMENT
4:30pm	POWER 1/2
5:00pm	BUTT & GUT
5:30pm	YOGA
6:00pm	SPRINT™
TIMES	SATURDAY





SCAN QR CODE TO BOOK ONLINE



OR CALL TO BOOK! 985.792.0250

Gift Cards Available for Mother & Father's Day!

Purchase in Store or Online







NOW OFFERING

Medical-Grade Spa Services & Products





FRIENDS & FAMILY EVENT

When your friend or family member joins Franco's, you'll both be eligible to win our fabulous Grand Prize Giveaways!

CALL TODAY TO RECEIVE YOUR COMPLIMENTARY GUEST PASS

CALL 985.792.0200

