



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL II PROGRAM GUIDE

Registration:

Members: Sunday, October 14

Program Members: Thursday, October 18

Session Dates: 10/29/2018 – 12/20/2018

Branch Hours:

Monday – Thursday: 5:30am – 9:30pm

Friday: 5:30am – 8:00pm

Saturday: 7:00am – 5:00pm

Sunday: 12:00pm – 5:00pm

Child Watch:

Mornings: Monday – Saturday from 8:30am-12:00pm

Evenings: Monday – Thursday from 5:00pm-8:30pm;
Friday from 5:00pm-7:00pm

Rockwall:

Monday: 5:00pm-7:00pm

Wednesday: 5:00pm-7:00pm

Saturday: 9:00am-12:00pm

Sunday: 2:00pm – 4:00pm – starting October 29th



RIVERFRONT FAMILY YMCA
544 Broad Blvd.
Cuyahoga Falls, OH 44221
330 923 9622

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

The Y.
So Much More™
ANNUAL CAMPAIGN

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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Riverfront Family YMCA

2018 - Fall II (Oct 29 - Dec 20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Days & Times	Ages	Mem/Program
Saturdays 9-9:30am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Days & Times	Ages	Mem/Program
Saturday 10:40-11:10am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Days & Times	Ages	Mem/Program
Monday 4:45-5:30pm	3-5	\$35.00/\$70.00
Friday 9:50-10:35am	3-5	\$35.00/\$70.00
Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Days & Times	Ages	Mem/Program
Monday 5:30-6:15pm	3-5	\$35.00/\$70.00
Friday 9:50-10:35am	3-5	\$35.00/\$70.00
Saturday 9:50-10:35 am	3-5	\$35.00/\$70.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Saturday 10:40 - 11:25am	3-5	\$35.00/\$70.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
Saturday 9:00 - 9:45am	3-5	\$35.00/\$70.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Days & Times	Ages	Mem/Program
Monday 4:45-5:30pm	6-13	\$35.00/\$70.00
Saturday 9:50-10:35am	6-13	\$35.00/\$70.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15pm	6-13	\$35.00/\$70.00
Saturday 10:40-11:25 am	6-13	\$35.00/\$70.00

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	6-13	\$35.00/\$70.00
Saturday 10:40-11:25am	6-13	\$35.00/\$70.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Days & Times	Ages	Mem/Program
Monday 6:15-7:00 pm	6-13	\$35.00/\$70.00
Saturday 9:50-10:35am	6-13	\$35.00/\$70.00

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Aquatics

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Days & Times	Ages	Mem/Program
Monday 6:15-7pm	6-12	\$35.00/\$70.00
Saturday 9:50-10:35am	6-12	\$35.00/\$70.00

Home School Lessons

These classes are tailored specifically for families with home-schooled children. Several skill levels are offered. This class is for school-aged children only.

Days & Times	Ages	Mem/Program
Thursday 9:50 - 10:35am	3-12	\$35.00/\$70.00

Aqua Aerobics

Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout, without the need for swimming skills. Aqua Aerobics is held in the shallow or deep water of the lap pool.

Days & Times	Ages	Mem/Program
Mon & Wed 7:00 - 7:45pm	16-99	\$7.00/\$30.00

Arthritis Exercise

Arthritis Exercise is a low-intensity, low-impact, aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis (MS), soft-tissue injury, cardiac issues and obesity.

Days & Times	Ages	Mem/Program
Mon, Wed & Fri 11:15 - 12:00pm	40-99	\$10.00/\$35.00

Older Adult Water Exercise

Older Adult Water Exercise Older Adult Water exercise increases range of motion, flexibility and strength while receiving a cardiovascular workout. Swimming skills not required. Recommended for seniors.

Days & Times	Ages	Mem/Program
Mon, Wed, & Fri 7:45 - 8:30am	50-99	\$10.00/\$35.00

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Group Classes

Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Days & Times	Ages	Mem/Program
Wednesday 10:00 - 10:45am	16-99	\$0.00/\$40.00
Friday 12:00 - 12:45pm	16-99	\$0.00/\$40.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Days & Times	Ages	Mem/Program
Monday 6:00 - 6:45pm	16-99	\$0.00/\$40.00
Tuesday 9:00 - 9:45am	16-99	\$0.00/\$40.00
Thursday 9:00 - 9:45am	16-99	\$0.00/\$40.00

Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Days & Times	Ages	Mem/Program
Tuesday 8:15 - 9:00am	16-99	\$0.00/\$40.00
Thursday 8:15 - 9:00am	16-99	\$0.00/\$40.00
Saturday 9:00 - 9:45am	16-99	\$0.00/\$40.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Days & Times	Ages	Mem/Program
Monday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
Tuesday 6:00 - 6:45am	16-99	\$10.00/\$50.00
Thursday 7:00 - 7:45pm	16-99	\$10.00/\$50.00
Thursday 6:00 - 6:45am	16-99	\$10.00/\$50.00

Hip Hop Dance Aerobics

Hip hop is a high-energy class. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip hop dance requires students to have the strength and stamina to successfully perform moves. Therefore class includes upper and lower body condition but can be done by beginners.

Days & Times	Ages	Mem/Program
Monday 9:00 - 9:45am	16-99	\$0.00/\$40.00
Tuesday 10:00 - 10:45am	16-99	\$0.00/\$40.00
Wednesday 9:00 - 9:45am	16-99	\$0.00/\$40.00
Thursday 7:00 - 7:45pm	16-99	\$0.00/\$40.00
Friday 9:00 - 9:45am	16-99	\$0.00/\$40.00

Kettlebell Training

This very dynamic weight training class will get you the muscular strength and range of motion you have been looking for. Kettle bells are a traditional tool used in gyms all around the world. Participants must purchase their own bell before class.

Days & Times	Ages	Mem/Program
Tuesday 5:30am-6:15am	16-99	\$10.00/\$50.00
Thursday 5:30am- 6:15am	16-99	\$10.00/\$50.00

Kickboxing

Through a mixture of martial arts and boxing moves, our kickboxing class includes physical contact with a punching bag. Participants must bring their own gloves.

Days & Times	Ages	Mem/Program
Tuesday 5:15 - 6:00pm	16-99	\$10.00/\$50.00
Tuesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
Thursday 6:00 - 6:45pm	16-99	\$10.00/\$50.00

Power Pump

This is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

Days & Times	Ages	Mem/Program
Monday 10:00 - 10:45am	16-99	\$0.00/\$40.00
Monday 7:00 - 7:45pm	16-99	\$0.00/\$40.00
Wednesday 7:00 - 7:45pm	16-99	\$0.00/\$40.00
Friday 10:00 - 10:45am	16-99	\$0.00/\$40.00

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Group Classes

Seniorobics

This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

Days & Times	Ages	Mem/Program
Mon, Wed, & Fri 9:15 - 10:00am	50-99	\$0.00/\$40.00

SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Days & Times	Ages	Mem/Program
Tuesday 10:00 - 10:45am	50-99	\$0.00/\$40.00
Thursday 10:00 - 10:45am	50-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday 11:00 - 11:45am	50-99	\$0.00/\$40.00
Tuesday 11:00 - 11:45am	50-99	\$0.00/\$40.00
Wednesday 11:00 - 11:45am	50-99	\$0.00/\$40.00
Friday 11:00 - 11:45am	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Monday 12:00 - 12:45pm	50-99	\$0.00/\$40.00
Wednesday 12:00 - 12:45pm	50-99	\$0.00/\$40.00

Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Days & Times	Ages	Mem/Program
Monday 8:00 - 8:30am	16-99	\$0.00/\$40.00
Friday 8:00 - 8:30am	16-99	\$0.00/\$40.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Days & Times	Ages	Mem/Program
Monday 6:00 - 6:45am	16-99	\$0.00/\$40.00
Wednesday 6:00 - 6:45am	16-99	\$0.00/\$40.00
Friday 6:00 - 6:45am	16-99	\$0.00/\$40.00

TRX Training

Each session incorporates TRX suspension strength training combined with dynamic bodyweight exercises to strengthen, tone and shred. Intermediate to advanced level.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:45pm	16-99	\$10.00/\$50.00
Wednesday 7:00 - 7:45pm	16-99	\$10.00/\$50.00

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Days & Times	Ages	Mem/Program
Monday 9:00 - 9:45am	16-99	\$0.00/\$40.00
Tuesday 10:00 - 10:45am	16-99	\$0.00/\$40.00
Saturday 10:00 - 10:45am	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Days & Times	Ages	Mem/Program
Monday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
Tuesday 7:00 - 7:45pm	16-99	\$10.00/\$50.00
Wednesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00

Women Adult Gymnastics

Women's Only Class

Days & Times	Ages	Mem/Program
Wednesday 7:00-9:00pm	15-99	\$25.00/\$55.00

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Group Classes

Adult Karate

Karate class is designed for teens and adults to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health. You will gain strength, stamina, flexibility, quickness, coordination, concentration and balance.

Days & Times	Ages	Mem/Program
Tue & Thu 7:05 - 8:35pm	12-99	\$65.00/\$95.00

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Sports & Youth Programs

Fit Through Fun

The Fit Thru Fun Program is an 8 week introduction to fitness for children age 5 through 8. During each 45 minute session children will learn to perform one basic exercise each week (squat, push-up, sit-up, etc) including proper form and technique. Participants will learn the major muscle groups for each exercise while having fun building strength and endurance. The last half of each session the children will participate in a group game to teach teamwork in a fun, non-competitive setting to keep them moving. Children will be able to track their progress each week with fitness logs and receive stickers at the end of each session. Fit Thru Fun will help children build a love of physical activity, teamwork and friendships!

Days & Times	Ages	Mem/Program
Thursday 6:00 - 6:45pm	5-8	\$60.00/\$60.00

Private Piano Lessons

Private music lessons offer music instructions for school-aged students who play piano through an emphasis on practice technique and beginning music theory. Instructors will offer their direction and support for school ensemble, repertoire, solo pieces, r

Days & Times	Ages	Mem/Program
Saturday 10:00 - 10:30am - Fall 2	4-99	\$120.00/\$160.00
Saturday 10:30 - 11:00am - Fall 2	4-99	\$120.00/\$160.00
Saturday 11:00 - 11:30am - Fall 2	4-99	\$120.00/\$160.00
Saturday 11:30 - 12:00pm - Fall 2	4-99	\$120.00/\$160.00
Saturday 9:00 - 9:30am - Fall 2	4-99	\$120.00/\$160.00
Saturday 9:30 - 10:00am - Fall 2	4-99	\$120.00/\$160.00
Thursday 5:30 - 6:00pm - Fall 2	4-99	\$120.00/\$160.00
Thursday 6:00 - 6:30pm - Fall 2	4-99	\$120.00/\$160.00
Thursday 6:30 - 7:00pm - Fall 2	4-99	\$120.00/\$160.00
Thursday 7:00 - 7:30pm - Fall 2	4-99	\$120.00/\$160.00
Thursday 7:30 - 8:00pm - Fall 2	4-99	\$120.00/\$160.00
Tuesday 7:00 - 7:30pm - Fall 2	4-99	\$120.00/\$160.00
Tuesday 7:30 - 8:00pm - Fall 2	4-99	\$120.00/\$160.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Days & Times	Ages	Mem/Program
Rookies	4-7	\$55.00/\$70.00
Winners	6-8	\$55.00/\$70.00
Champions	8-11	\$55.00/\$70.00

Kids Gym

Toddlers and their parents have fun in an open gym atmosphere in the Meadows Family Center. Activities encourage your child to engage in social behaviors and enhance physical and cognitive development. Parents must be present with child at all times.

Days & Times	Ages	Mem/Program
Friday 10:00 - 11:00am	1-3	\$0.00/\$25.00

Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00pm	3-4	\$40.00/\$65.00
Saturday 10:15 - 11:00am	3-4	\$40.00/\$65.00

Tumble Bugs I

Tumble Bugs I is an intermediate level class designed to build on skills learned in the Tiny Tumblers class. Children must have passed Tiny Tumblers or be at least 4 years old at the beginning of the

Days & Times	Ages	Mem/Program
Monday 5:15 - 6:00pm	4-5	\$40.00/\$65.00
Saturday 9:00 - 9:45am	4-5	\$40.00/\$65.00

Tumble Bugs II

Tumble Bugs advanced level class is designed to build on skills learned in Tumble Bugs I. Children must have passed Tumble Bugs I to participate.

Days & Times	Ages	Mem/Program
Wednesday 6:00 - 6:45pm	4-5	\$40.00/\$65.00
Saturday 10:00 - 10:45am	4-5	\$40.00/\$65.00

Gymnastics Girls Beginner

The Girls Beginner level of our gymnastics program forms the foundation of strength and gymnastics while exposing gymnasts to skills on the beam, bar, floor and vault events.

Days & Times	Ages	Mem/Program
Monday 5:00 - 6:00pm	5-17	\$55.00/\$80.00
Monday 6:00 - 7:00pm	5-17	\$55.00/\$80.00
Wednesday 5:00 - 6:00pm	5-17	\$55.00/\$80.00
Wednesday 7:00 - 8:00pm	5-17	\$55.00/\$80.00
Saturday 9:00 - 10:00am	5-17	\$55.00/\$80.00
Saturday 11:00 - 12:00pm	5-17	\$55.00/\$80.00

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Sports & Youth Programs

Gymnastics Girls Elite

Preparation for pre-team is the initial focus of this class by continuing the improvement of learned skills and conditioning workouts. Gymnasts must have passed the Girls Advanced class to be eligible for registration.

Days & Times	Ages	Mem/Program
Wednesday 7:00 - 8:30pm	6-17	\$65.00/\$90.00
Saturday 12:00 - 1:30pm	6-17	\$65.00/\$90.00

Gymnastics Girls Intermediate 1

Continuing to build on what was learned in the Girls Beginner gymnastics class, Girls Level I introduces more difficult skills. Gymnasts must have passed the beginners class to be eligible for participation.

Days & Times	Ages	Mem/Program
Monday 6:00 - 7:00pm	6-17	\$60.00/\$85.00
Wednesday 6:00 - 7:00pm	6-17	\$60.00/\$85.00
Saturday 10:00 - 11:00am	6-17	\$60.00/\$85.00

Gymnastics Girls Intermediate 2

Girls Level II gymnastics focuses on concentration and improvement of skills with a new level of difficulty. Gymnasts must have passed the Girls Level I class to be eligible for participation.

Days & Times	Ages	Mem/Program
Monday 7:00 - 8:15pm	6-17	\$60.00/\$85.00
Wednesday 7:00 - 8:15pm	6-17	\$60.00/\$85.00
Saturday 12:00 - 1:15pm	6-17	\$60.00/\$85.00

Gymnastics Girls Advanced

Preparation for pre-team is the initial focus of the Girls Level III class by continuing the improvement of learned skills and conditioning workouts. Gymnasts must have passed the level II class to be eligible for participation.

Days & Times	Ages	Mem/Program
Monday 7:00 - 8:30pm	6-17	\$65.00/\$90.00
Saturday 12:00 - 1:30pm	6-17	\$65.00/\$90.00

Boys Gymnastics

The boys in this class will learn basic gymnastics skills on floor, tumble trak and strength conditioning. This will build core strength for tumbling, rings and parallel bars which they will work on later in the session. They should wear comfortable shorts, t-shirt/tank top to practice in. This class will offer an opportunity for the participants to grow into strong athletes in skill and character.

Days & Times	Ages	Mem/Program
Boys Tumbling; Sat 11:00-11:45pm	5-18	\$50.00/\$80.00

Youth Karate

Karate class is designed for children to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health. You will gain strength, stamina, flexibility, quickness, coordination, concentration and balance.

Days & Times	Ages	Mem/Program
Tue & Thurs 6:05 - 7:05pm	6-12	\$55.00/\$70.00

Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Days & Times	Ages	Mem/Program
Saturday 9:15 - 10:00am	1-3	\$45.00/\$65.00

** Parent/child participation class*

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PERSONAL TRAINING RATES

HOURLY SESSIONS

	MEMBER	PROGRAM MEMBERS
1 HOUR	\$40	\$55
4-PACK	\$152	\$209
8-PACK	\$288	\$396
12-PACK	\$408	\$561

HALF-HOURLY SESSIONS

1 HOUR	\$25	\$35
4-PACK	\$95	\$133
8-PACK	\$180	\$252
12-PACK	\$255	\$357

PT [2-PEOPLE] MEMBERS ONLY**

	HOURLY SESSION	HALF-HOURLY SESSION
1 HOUR	\$65	\$40
4-PACK	\$247	\$152
8-PACK	\$468	\$288
12-PACK	\$663	\$408

Receive assistance from a certified personal trainer who will design an exercise program tailored specifically toward achieving your individual goals. It is our goal to help you make a change and include physical activity in your daily life, allowing you to be successful, one day at a time.

To get started, fill out the form on the back and register at the front desk. The Health & Wellness Director or a Personal Trainer will contact you to set up your first session.

****Both people must be Y members and must be present at same time during session**

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544 Broad Blvd.
Cuyahoga Falls OH 44221
330 923 9622

akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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