



**150**  
YEARS



**FIND  
WHAT  
MOVES  
YOU**

**WINTER II**

**PROGRAM BROCHURE**

**SESSION DATES: March 1 - April 18,  
2020**

**Member Registration Begins:  
02/16/2020**

**Program Member Registration Begins  
02/20/2020**



# BE HEALTHY. BE STRONG. BELONG.

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

## MEMBERSHIP DUES

MEMBERSHIP TYPE	START UP FEE*	MONTHLY FEE*
FAMILY	\$50	\$62.83
2 PERSON FAMILY	\$50	\$57.50
ADULT (26 - 64)	\$50	\$43.26
YOUNG ADULT (18 - 25)	\$50	\$26.27
OLDER ADULT (65+)	\$50	\$35.28
OLDER ADULT COUPLE	\$50	\$47.90
YOUTH (under 18)	\$50	\$15.00

\*Please add 6.75% Sales Tax

## WHY INVEST IN A Y MEMBERSHIP?

- ▶ Access to all Akron YMCA's and Camps PLUS access to Central Stark County YMCA locations
- ▶ Pay no or reduced program fees
- ▶ Free Child Watch with a Family Membership
- ▶ Wellness 101 - a 12 week complimentary wellness program
- ▶ Reduced fees on Child Care and Before & After School Enrichment
- ▶ Personal Training

## HOURS OF OPERATION

Monday - Thursday 5:30am - 9:30pm

Friday 5:30am - 8:00pm

Saturday 7:00am - 5:00pm

Sunday 12:00pm - 5:00pm

## CHILD WATCH HOURS OF OPERATION

Monday - Saturday 8:30am - 12:00pm

Monday - Thursday 5:00pm - 8:30pm

Friday 5:00pm - 7:00pm

## ROCK WALL HOURS OF OPERATION

Monday 5:00pm - 7:00pm

Wednesdays 5:00pm - 7:00pm

Saturday 9:00am - 12:00pm

## THINGS TO NOTE

- **Monthly dues** are payable only by an automatic, monthly draft through a checking account, savings account or credit card.
- **Financial assistance** is available to those who qualify through our Annual Giving Campaign
- **Why a start up fee?** The start-up fee is a one-time fee for our new members to begin their membership accounts as they start to enjoy all the benefits the Y has to offer. The fee covers the administrative cost of your membership. Those costs include, but are not limited to, your membership card(s), processing fee and account maintenance. Members who cancel their membership and later rejoining are required to pay the start-up fee to reactivate their account.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Riverfront Family YMCA

Winter II (03/01-04/18)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 10:00 - 10:45am	Andy Benson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Wednesday 6:00 - 6:45pm	Andy Benson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Friday 12:00 - 12:45pm	Andy Benson	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 6:00 - 6:45pm	Andy Benson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Tuesday 9:00 - 9:45am	Angela Frame	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 9:00 - 9:45am	Angela Frame	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tuesday 8:00 - 8:45am	Angela Frame	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 8:00 - 8:45am	Angela Frame	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Saturday 9:00 - 9:45am	Andy Benson	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 6:00 - 6:45pm	Beth Crane	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Thursday 7:00 - 7:45pm	Crystal Casterline	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Saturday 9:00 - 9:45am	Trish/Rachel	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 10:00 - 10:45am	Kristin Dickerson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Tuesday 10:00 - 10:45am	Kristin Dickerson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Wednesday 9:15 - 10:00am	Kristin Dickerson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 6:30 - 7:15pm	Kristin Dickerson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Friday 9:15 - 10:00am	Kristin Dickerson	16-99	\$0.00/\$40.00

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Winter II (03/01-04/18)

## Group Classes

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tuesday 5:30am-6:15am	Angela Frame	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Thursday 5:30am-6:15am	Angela Frame	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 5:30 - 6:15am	Angela Frame	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Tuesday 5:15 - 6:00pm	Crystal Casterline	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Tuesday 6:00 - 6:45pm	Crystal Casterline	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Thursday 6:00 - 6:45pm	Crystal Casterline	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Friday 5:30 - 6:15am	Angela Frame	16-99	\$10.00/\$50.00

### Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Thursday 12:00-12:45am	Gordana Seifert	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 10:00 - 10:45am	Pepin Harper	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Monday 7:00 - 7:45pm	Beth Crane	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Wednesday 7:00 - 7:45pm	Andy Benson	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Friday 10:00 - 10:45am	Andy Benson	16-99	\$0.00/\$40.00

### Seniorobics

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Mon, Wed, & Fri 9:15 - 10:00am		50-99	\$0.00/\$40.00

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Winter II (03/01-04/18)

## Group Classes

### SilverSneakers Circuit

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tuesday 10:00 - 10:45am	Ruth McKelvey	50-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 10:00 - 10:45am	Anne Holt	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 11:00 - 11:45am	Ruth McKelvey	50-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Tuesday 11:00 - 11:45am	Ruth McKelvey	50-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Wednesday 11:00 - 11:45am	Ruth McKelvey	50-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Friday 11:00 - 11:45am	Andy Benson	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 12:00 - 12:45pm	Ruth McKelvey	50-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Wednesday 12:00 - 12:45pm	Ruth McKelvey	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 8:00 - 8:30am	Ruth McKelvey	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Friday 8:00 - 8:30am	Ruth McKelvey	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tuesday 5:15 - 6:00pm	Al Prince	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 5:15 - 6:00pm	Al Prince	16-99	\$0.00/\$40.00

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Winter II (03/01-04/18)

## Group Classes

### TRX Training

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 6:00 - 6:45pm	Jen Krakora	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Wednesday 6:00 - 6:45pm	Megan Mercer	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 9:00 - 9:45am	Pepin Harper	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Tuesday 10:00 - 10:45am	Pepin Harper	16-99	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Saturday 10:00 - 10:45am	Andy Benson	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 6:00 - 6:45pm	Judy Deshon	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Tuesday 7:00 - 7:45pm	Crystal Casterline	16-99	\$10.00/\$50.00
Winter II	Riverfront Family YMCA	Wednesday 6:00 - 6:45pm	Trish Kelly	16-99	\$10.00/\$50.00

### Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Thursday 11:00- 11:45am	Gordana Seifert	16-99	\$0.00/\$40.00

### Women Adult Gymnastics

Women's Only Class

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 7:00-9:00pm		15-99	\$30.00/\$60.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tue & Thu 6:05 - 7:35pm	Ralph Obert	12-99	\$65.00/\$95.00

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Winter II (03/01-04/18)

## Sports & Youth Programs

### Science Discovery

This program welcomes participants to enjoy our science classes! These fun and interactive classes will offer educational components full of hands on activities for kids. This is a 4 week program.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Saturday 12:00 - 12:45pm		6-12	\$30.00/\$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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Saturday 10:00 - 10:30am -Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Saturday 10:30 - 11:00am -Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Saturday 11:00 - 11:30am Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Saturday 11:30- 12:00pm Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Saturday 9:00am - 9:30am -Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Saturday 9:30am - 10:00am Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Thursday 4:30 - 5:00 Winter II Connor	Elizabeth Cochran	4-99	\$40.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 5:00 - 5:30pm - Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Thursday 5:30 - 6:00pm - Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Thursday 6:00 - 6:30pm - Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00
Winter II	Riverfront Family YMCA	Thursday 6:30 - 7:00pm - Winter II	Elizabeth Cochran	4-99	\$120.00/\$160.00

### Backyard Sports

A program designed for participants to learn and play kickball, whiffle ball, and soccer. Students will spend two weeks on each sport. Our goal is to have class outside each week.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Thursday 5:00 - 5:45pm		6-12	\$20.00/\$40.00

### Basketball League

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Rookies		5-6	\$55.00/\$70.00
Winter II	Riverfront Family YMCA	Winners		7-8	\$55.00/\$70.00

### CATCH

A program designed to promote physical activity and healthy food choices and to prevent tobacco use! We will keep your child moving by playing games while educating him/her about how decisions can impact long term health.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Sunday 2:00 - 3:00pm		6-12	\$0.00/\$35.00

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# Riverfront Family YMCA

Winter II (03/01-04/18)

## Sports & Youth Programs

### Family Fitness

Fun, family-based exercise program. Class fee covers entire family.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Sunday 3:00 - 4:00pm		6-99	\$10.00/\$35.00
Winter II	Riverfront Family YMCA	Friday 7:00 - 8:00pm		6-99	\$10.00/\$35.00

### Indoor Soccer

Children will learn basic fundamentals of soccer. Skills will include dribbling, passing, shooting, and more.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tuesday 6:00 - 6:45pm		6-12	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Wednesday 7:00 - 7:45pm		6-12	\$30.00/\$60.00

### Kid's Boot Camp

Boot Camp is an action-packed cardio, strength and combo class that uses high-intensity intervals, plyometrics, strength and core training.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 7:00 - 7:45pm	Megan Mercer	7-18	\$0.00/\$40.00
Winter II	Riverfront Family YMCA	Wednesday 7:00 - 7:45pm	Megan Mercer	7-18	\$0.00/\$40.00

### Kids Gym

Parents and children come and join us! This will be a time of open gym for families to participate with one another. Participants will play with balls, scarves, various sports equipment and other options. We encourage families to use this time to spend with others in the class and grow with one another!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Friday 10:00 - 11:00am		1-3	\$0.00/\$30.00

### Little Dribblers Basketball

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 4:00 - 4:45pm		3-5	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Friday 9:00 - 9:45am		3-5	\$30.00/\$60.00

\* Parent/child participation class

### Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 9:00 - 9:45am		3-5	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Wednesday 10:30 - 11:15am		3-5	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Friday 10:30 - 11:15am		3-5	\$30.00/\$60.00

\* Parent/child participation class

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(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221





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Winter II (03/01-04/18)

## Sports & Youth Programs

### Little Sluggers T-Ball

The Little Slugger class will teach the basic fundamentals of T-ball; throwing, catching, hitting and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 10:30 - 11:15am		3-5	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Tuesday 4:00 - 4:45pm		3-5	\$30.00/\$60.00

\* Parent/child participation class

### Running Club

Are you bored with your running routine? Join us for some specific sports drills and fun-filled running. Whether you are a novice or an expert runner, come prepared to sweat.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tuesday 5:00 - 5:45pm		6-12	\$10.00/\$35.00
Winter II	Riverfront Family YMCA	Friday 6:00 - 6:45pm		6-12	\$10.00/\$25.00

### Softball & Baseball Clinic

Participants ages 6 - 12yrs old will learn and develop the basic skills of baseball and softball through fun games and drills. We will learn throwing, catching, pitching, base running, hitting, and more.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Sunday 1:00 - 1:45pm		6-12	\$30.00/\$60.00

### Sporties For Shorties

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 9:00 - 9:45am	Billy Habeck	3-5	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Thursday 4:00 - 4:45pm	Billy Habeck	3-5	\$30.00/\$60.00
Winter II	Riverfront Family YMCA	Friday 5:00 - 5:45pm	Billy Habeck	3-5	\$30.00/\$60.00

\* Parent/child participation class

### Tiny Tumblers

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 5:00 - 5:45pm		2-4	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Monday 6:15 - 7:00pm		2-4	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Wednesday 5:00 - 5:45pm		2-4	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Saturday 10:15 - 11:00am		2-4	\$45.00/\$70.00

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## Sports & Youth Programs

### 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 class.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 5:15 - 6:00pm		4-5	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Wednesday 5:15 - 6:00pm		4-5	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Saturday 9:00 - 9:45am		4-5	\$45.00/\$70.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 6:00 - 6:45pm		4-5	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Saturday 10:00 - 10:45am		4-5	\$45.00/\$70.00

### Ultimate Sports

A program designed for participants to learn and develop skills playing various sports classes each week. This class will help participants learn the fundamentals of each sport played and then we will play games each week!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 4:00 - 4:45pm		6-12	\$20.00/\$40.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 5:00 - 6:00pm		5-17	\$60.00/\$85.00
Winter II	Riverfront Family YMCA	Monday 6:00 - 7:00pm		5-17	\$60.00/\$85.00
Winter II	Riverfront Family YMCA	Wednesday 6:00 - 7:00pm		5-17	\$60.00/\$85.00
Winter II	Riverfront Family YMCA	Saturday 9:00 - 10:00am		5-17	\$60.00/\$85.00
Winter II	Riverfront Family YMCA	Saturday 10:00 - 11:00am		5-17	\$60.00/\$85.00
Winter II	Riverfront Family YMCA	Saturday 11:00 - 12:00pm		5-17	\$60.00/\$85.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 7:00 - 8:30pm		6-17	\$70.00/\$95.00
Winter II	Riverfront Family YMCA	Wednesday 7:00 - 8:30pm		6-17	\$70.00/\$95.00
Winter II	Riverfront Family YMCA	Saturday 12:00 - 1:30pm		6-17	\$70.00/\$95.00

Register Online at [AKRONYMCA.ORG](http://AKRONYMCA.ORG)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Riverfront Family YMCA

Winter II (03/01-04/18)

Sports & Youth Programs

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 6:00 - 7:00pm		6-17	\$65.00/\$90.00
Winter II	Riverfront Family YMCA	Wednesday 6:00 - 7:00pm		6-17	\$65.00/\$90.00

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 7:00 - 8:15pm		6-17	\$65.00/\$90.00
Winter II	Riverfront Family YMCA	Wednesday 7:00 - 8:15pm		6-17	\$65.00/\$90.00
Winter II	Riverfront Family YMCA	Saturday 12:00 - 1:15pm		6-17	\$65.00/\$90.00

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 7:00 - 8:15pm		6-17	\$70.00/\$95.00
Winter II	Riverfront Family YMCA	Wednesday 7:00 - 8:15pm		6-17	\$70.00/\$95.00
Winter II	Riverfront Family YMCA	Saturday 12:00 - 1:15pm		6-17	\$70.00/\$95.00

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Boys Tumbling; Sat 11:00-11:45am		5-18	\$55.00/\$85.00

## Wee Tumblers

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Wednesday 5:00 - 5:45pm		1-3	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Saturday 9:15 - 10:00am		1-3	\$45.00/\$70.00
Winter II	Riverfront Family YMCA	Saturday 11:00 - 11:45am		1-3	\$45.00/\$70.00

\* Parent/child participation class

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(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT  
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# Riverfront Family YMCA

Winter II (03/01-04/18)

Sports & Youth Programs

## Youth Dodgeball

Each week, a different version of dodge ball will be played. Participants will also work on fundamentals such as throwing, catching, and different running techniques.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Monday 7:00 - 7:45pm		6-12	\$20.00/\$40.00
Winter II	Riverfront Family YMCA	Thursday 6:00 - 6:45pm		6-12	\$20.00/\$40.00

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Riverfront Family YMCA	Tue & Thurs 6:05 - 7:05pm	Ralph Olbert	6-12	\$55.00/\$75.00

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