



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:05-9:35am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Monday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Wednesday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Monday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Wednesday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:45-10:15am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Monday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Wednesday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Monday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Wednesday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 10:25-10:55am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Monday 11:45am-12:15pm	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Monday 11:45-12:15am	Andrea	3-5	\$60.00/\$115.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:00-9:30am		6-12	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Friday 6:00-6:30pm		6-12	\$60.00/\$115.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:40-10:10am		6-12	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Friday 6:35-7:05pm		6-12	\$60.00/\$115.00

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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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 10:20-10:50am		6-12	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Friday 7:10-7:40pm		6-12	\$60.00/\$115.00

Aqua Aerobics

Aqua Aerobics (16 years and up) 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 both shallow and deep parts of the pool.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall I	Riverfront Family YMCA	Wednesday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall I	Riverfront Family YMCA	Friday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Monday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Friday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Wednesday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00

Swim Team

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Tigershark - Placement Period		4-18	\$70.00/\$70.00
Fall I	Riverfront Family YMCA	Tigershark Beginner Group		4-18	\$65.00/\$65.00
Fall I	Riverfront Family YMCA	Tigershark Developmental Group		4-18	\$70.00/\$70.00
Fall I	Riverfront Family YMCA	Tigershark Junior Group		4-18	\$75.00/\$75.00
Fall I	Riverfront Family YMCA	Tigershark Senior Group		4-18	\$80.00/\$80.00

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Group Classes

Aqua 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
Fall I	Riverfront Family YMCA	Wednesday 11:45-12:30pm	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Wednesday 11:45-12:30pm	Sandy	16-99	\$20.00/\$75.00

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Sports & Youth Programs

Gymnastics - Advanced

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Fall I	Riverfront Family YMCA	Saturday 11:00am-12:30pm		6-17	\$80.00/\$110.00
Fall II	Riverfront Family YMCA	Monday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Fall II	Riverfront Family YMCA	Saturday 11:00am-12:30pm		6-17	\$80.00/\$110.00

PE for Pee Wees

Your child (ren) will have the opportunity to join us in our gymnasium to play classic PE games! Enjoy this upbeat and exciting time by being active and having fun! Ages 3 - 5 years old.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Fall I	Riverfront Family YMCA	Thursday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Monday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Thursday 5:00 - 5:45pm (6 weeks only)		3-5	\$45.00/\$75.00

Soccer - Little Kickers (ages 3-5)

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
Fall I	Riverfront Family YMCA	Monday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Fall I	Riverfront Family YMCA	Thursday 5:00 - 5:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Monday 6:00 - 6:45pm		3-5	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Thursday 6:00 - 6:45pm (6 weeks only)		3-5	\$45.00/\$75.00

Basketball - Youth (ages 6-8)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		6-8	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		6-8	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Saturday 10:00 - 10:45pm		6-8	\$50.00/\$80.00

Basketball - Youth (ages 9-12)

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 8:00 - 8:45pm		6-8	\$50.00/\$80.00
Fall II	Riverfront Family YMCA	Wednesday 8:00 - 8:45pm		9-12	\$50.00/\$80.00

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Sports & Youth Programs

Basic Tumbling

Begin learning the basics of tumbling by working on rolls, cartwheels, handstands and bridges. This is a great class for the beginner cheerleader and those who want to learn to tumble.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 4:00pm-5:00pm		5-17	\$75.00/\$105.00

Gymnastics - 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
Fall I	Riverfront Family YMCA	Wednesday 5:30pm - 6:15pm		3-4	\$55.00/\$90.00
Fall I	Riverfront Family YMCA	Saturday 9:00am - 9:45am		3-4	\$55.00/\$90.00
Fall I	Riverfront Family YMCA	Saturday 11:30am - 12:15pm		3-4	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Wednesday 5:30pm - 6:15pm		3-4	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Saturday 9:00am - 9:45am		3-4	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Saturday 11:30am - 12:15pm		3-4	\$55.00/\$90.00

Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. 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
Fall I	Riverfront Family YMCA	Tuesday 10:30am-11:15am		1-3	\$55.00/\$90.00
Fall I	Riverfront Family YMCA	Saturday 10:45am-11:30am		1-3	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Monday 4:00pm-5:00pm		1-3	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Tuesday 10:30am-11:15am		1-3	\$55.00/\$90.00
Fall II	Riverfront Family YMCA	Saturday 10:45am-11:30am		1-3	\$55.00/\$90.00

Gymnastics - Elite

The fourth, and last progressive gymnastics class offered. Elite is the next step after testing out of the Advanced class. The Elite class is a progressed version after the Advanced class where previously learned skills are scaled to be more challenging as the gymnasts learn to refine & polish their skills as well as their independence in performing them. The gymnasts will also learn some additional new skills to introduce and prepare them for the next step, which is Pre-Team.

Skills Taught: gymnastics vaults, drilling, perfecting technique & form (vault), glide swings, pullovers, bigger bar casting, circling, squat-on (bars), jumps & connections, turns & leaps, handstands, dismounts (beam), jump connections, leaps, rolls, handstands, kick-overs, round-offs, backhandspring, increased & maintained strength, flexibility, coachability, concentration, focus, responsibility, etc.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Wednesday 6:30pm-8:00pm		6-17	\$80.00/\$110.00
Fall II	Riverfront Family YMCA	Wednesday 6:30pm-8:00pm		6-17	\$80.00/\$110.00

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Sports & Youth Programs

Gymnastics - Intermediate

The second progressive gymnastics class offered. Intermediate is the next step after testing out the Beginners class, unless the gymnast has prior experience from another gym (contact Gymnastics Coordinator to schedule an evaluation for placement). The Intermediate class is an advancement of the basic skills taught in Beginners. The events and skills learned will be progressed in addition to the introduction of new skills on all 4 events.

Skills Taught: running & jumping form, vaulting technique and power (vault), hanging shape strength, bar holds, movements & circling skills (bars), advanced balancing holds, jumping shapes, advanced beam movements, handstand intro (beam), jumping shapes, turns, rolls, kick-overs, handstands, cartwheels, round-off intro (floor), strength, flexibility, listening, coachability, etc.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 7:00pm - 8:00pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 4:30pm - 5:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 5:30pm - 6:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Saturday 9:45am - 10:45am		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Monday 7:00pm - 8:00pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 4:30pm - 5:30pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 5:30pm - 6:30pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Saturday 9:45am - 10:45am		5-17	\$75.00/\$105.00

Gymnastics - Beginners

The first level of progressive gymnastics classes offered. The first class for all children 5 years old and above who have never taken gymnastics. Beginners is an introduction of basic gymnastics skills, flexibility, and strength on all 4 events (Vault, Bars, Beam, Floor).

Skills Taught: running & jumping form (vault), hanging shapes, bar holds & movements (bars), balancing holds, movements, & jumps (beam), jumping shapes, rolls, handstands, cartwheels (floor), strength, flexibility, listening, etc.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 5:00pm-6:00pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Monday 6:00pm-7:00pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 4:30pm-5:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Wednesday 6:30pm-7:30pm		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Saturday 9:45am-10:45am		5-17	\$75.00/\$105.00
Fall I	Riverfront Family YMCA	Saturday 12:15pm-1:15pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Monday 5:00pm-6:00pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Monday 6:00pm-7:00pm		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 4:30pm-5:30pm -		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Wednesday 6:30pm-7:30pm -		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Saturday 9:45am-10:45am		5-17	\$75.00/\$105.00
Fall II	Riverfront Family YMCA	Saturday 12:15pm-1:15pm		5-17	\$75.00/\$105.00

Karate - Youth

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Tuesday 6:00 - 7:00pm		6-12	\$65.00/\$85.00
Fall II	Riverfront Family YMCA	Tuesday 6:00 - 7:00pm		6-12	\$65.00/\$85.00

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