



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Riverfront Family YMCA

Winter I (01/02-02/18)

## 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.

| Ses      | Days & Times           | Ages  | Mem/Program     |
|----------|------------------------|-------|-----------------|
| Winter I | Saturday 9:00 - 9:30am | Max 3 | \$50.00/\$95.00 |

*\*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.

| Ses      | Days & Times             | Ages  | Mem/Program     |
|----------|--------------------------|-------|-----------------|
| Winter I | Saturday 10:20 - 10:50am | Max 3 | \$50.00/\$95.00 |

*\*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.

| Ses      | Days & Times          | Ages | Mem/Program     |
|----------|-----------------------|------|-----------------|
| Winter I | Saturday 9:40-10:10am | 3-5  | \$50.00/\$95.00 |

### 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.

| Ses      | Days & Times         | Ages | Mem/Program     |
|----------|----------------------|------|-----------------|
| Winter I | Saturday 9:00-9:30am | 6-12 | \$50.00/\$95.00 |

### 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.

| Ses      | Days & Times          | Ages | Mem/Program     |
|----------|-----------------------|------|-----------------|
| Winter I | Saturday 9:40-10:10am | 6-12 | \$50.00/\$95.00 |

### 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.

| Ses      | Days & Times             | Ages | Mem/Program     |
|----------|--------------------------|------|-----------------|
| Winter I | Saturday 10:20 - 10:50am | 6-12 | \$50.00/\$95.00 |

### 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.

| Ses      | Days & Times            | Ages  | Mem/Program     |
|----------|-------------------------|-------|-----------------|
| Winter I | Monday 7:45 - 8:30am    | 16-99 | \$15.00/\$60.00 |
| Winter I | Wednesday 7:45 - 8:30am | 16-99 | \$15.00/\$60.00 |
| Winter I | Friday 7:45 - 8:30am    | 16-99 | \$15.00/\$60.00 |

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



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## Sports & Youth Programs

### Advanced Gymnastics

| Ses      | Days & Times               | Ages | Mem/Program      |
|----------|----------------------------|------|------------------|
| Winter I | Wednesday 6:30 - 8:00pm    | 6-17 | \$75.00/\$100.00 |
| Winter I | Saturday 11:00am - 12:00pm | 6-17 | \$75.00/\$100.00 |

### Fire Crackers Cheer

Cheerleading for the school age child who wants to learn routines, jumps, tumble and dance! This class is so much fun and will be the highlight of your child's week. Cool routines to today's top music will be taught, while the basics of cheer squad cha

| Ses      | Days & Times          | Ages | Mem/Program     |
|----------|-----------------------|------|-----------------|
| Winter I | Tuesday 4:00 - 5:30pm | 6-12 | \$70.00/\$95.00 |

### Rock Wall 101

| Ses      | Days & Times                 | Ages | Mem/Program    |
|----------|------------------------------|------|----------------|
| Winter I | Saturdays 10:00am Winter I   | 4-99 | \$0.00/\$35.00 |
| Winter I | Saturdays 11:00am Winter I   | 4-99 | \$0.00/\$35.00 |
| Winter I | Saturdays 9:00am Winter I    | 4-99 | \$0.00/\$35.00 |
| Winter I | Wednesdays 5:00pm - Winter I | 4-99 | \$0.00/\$35.00 |
| Winter I | Wednesdays 6:00pm - Winter I | 4-99 | \$0.00/\$35.00 |

### First Tee

An introduction to golf, for children ages 7-10, using games that are flexible to the children's age and ability.

| Ses      | Days & Times            | Ages | Mem/Program   |
|----------|-------------------------|------|---------------|
| Winter I | Wednesday 5:00 - 6:00pm | 7-10 | \$0.00/\$0.00 |

\* February 1-18 only

### Indoor Soccer

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

| Ses      | Days & Times         | Ages | Mem/Program     |
|----------|----------------------|------|-----------------|
| Winter I | Friday 5:00 - 5:45pm | 6-10 | \$45.00/\$75.00 |

### 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.

| Ses      | Days & Times           | Ages | Mem/Program     |
|----------|------------------------|------|-----------------|
| Winter I | Monday 5:00 - 5:45pm   | 3-5  | \$45.00/\$75.00 |
| Winter I | Thursday 6:00 - 6:45pm | 3-5  | \$45.00/\$75.00 |

\*Parent participation may be required for some students

### Little Kickers Soccer

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

| Ses      | Days & Times          | Ages | Mem/Program     |
|----------|-----------------------|------|-----------------|
| Winter I | Monday 7:00 - 7:45pm  | 3-5  | \$45.00/\$75.00 |
| Winter I | Tuesday 5:00 - 5:45pm | 3-5  | \$45.00/\$75.00 |

\*Parent participation may be required for some students

### 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).

| Ses      | Days & Times           | Ages | Mem/Program     |
|----------|------------------------|------|-----------------|
| Winter I | Monday 6:00 - 6:45pm   | 3-5  | \$45.00/\$75.00 |
| Winter I | Thursday 5:00 - 5:45pm | 3-5  | \$45.00/\$75.00 |

\*Parent participation may be required for some students

### Tiny Tumblers

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

| Ses      | Days & Times             | Ages | Mem/Program     |
|----------|--------------------------|------|-----------------|
| Winter I | Saturdays 9:15 - 10:00am | 3-4  | \$50.00/\$80.00 |

\*New East Room Policy: Parents may be present in room during the last 5-10 minutes

### Beginners Gymnastics

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.

| Ses      | Days & Times             | Ages | Mem/Program     |
|----------|--------------------------|------|-----------------|
| Winter I | Monday 4:00 - 5:00pm     | 5-17 | \$70.00/\$95.00 |
| Winter I | Monday 7:00 - 8:00pm     | 5-17 | \$70.00/\$95.00 |
| Winter I | Saturday 10:00 - 11:00am | 5-17 | \$70.00/\$95.00 |
| Winter I | Saturday 11:00 - 12:00pm | 5-17 | \$70.00/\$95.00 |
| Winter I | Wednesday 4:00 - 5:00pm  | 5-17 | \$70.00/\$95.00 |
| Winter I | Wednesday 7:00 - 8:00pm  | 5-17 | \$70.00/\$95.00 |

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(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



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## Sports & Youth Programs

### Elite Gymnastics

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.

| Ses      | Days & Times         | Ages | Mem/Program      |
|----------|----------------------|------|------------------|
| Winter I | Monday 6:30 - 8:00pm | 6-17 | \$75.00/\$100.00 |

### Intermediate Gymnastics

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.

| Ses      | Days & Times             | Ages | Mem/Program     |
|----------|--------------------------|------|-----------------|
| Winter I | Monday 6:00 - 7:00pm     | 5-17 | \$70.00/\$95.00 |
| Winter I | Saturday 10:00 - 11:00am | 5-17 | \$70.00/\$95.00 |
| Winter I | Wednesday 6:00 - 7:00pm  | 5-17 | \$70.00/\$95.00 |

### Wee Tumblers Gymnastics

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.

| Ses      | Days & Times              | Ages | Mem/Program     |
|----------|---------------------------|------|-----------------|
| Winter I | Saturdays 8:30am - 9:15am | 1-3  | \$50.00/\$80.00 |

\* Parent/child participation class; only one participating parent in the classroom please

### Youth Basketball

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

| Ses      | Days & Times            | Ages | Mem/Program     |
|----------|-------------------------|------|-----------------|
| Winter I | Friday 6:00 - 6:45pm    | 6-8  | \$45.00/\$75.00 |
| Winter I | Monday 8:00 - 8:45pm    | 9-12 | \$45.00/\$75.00 |
| Winter I | Saturday 1:00 - 1:45pm  | 6-8  | \$45.00/\$75.00 |
| Winter I | Saturday 2:00 - 2:45pm  | 9-12 | \$45.00/\$75.00 |
| Winter I | Wednesday 8:00 - 8:45pm | 6-8  | \$45.00/\$75.00 |

### 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.

| Ses      | Days & Times           | Ages | Mem/Program     |
|----------|------------------------|------|-----------------|
| Winter I | Saturday 3:00 - 3:45pm | 6-12 | \$25.00/\$50.00 |

### 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.

| Ses      | Days & Times           | Ages | Mem/Program     |
|----------|------------------------|------|-----------------|
| Winter I | Tuesdays 6:00 - 7:00pm | 6-12 | \$45.00/\$75.00 |

\*New East Room Policy: Parents may be present in room during the last 5-10 minutes

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