



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPLORE THE POSSIBILITIES

RIVERFRONT FAMILY YMCA

SUMMER SESSION MEMBERSHIP & PROGRAM GUIDE

**MEMBER REGISTRATION BEGINS
SUNDAY, MAY 28**

**PROGRAM MEMBER REGISTRATION BEGINS
THURSDAY, JUNE 1**

SESSION RUNS JUNE 11 - JULY 29, 2023

544 BROAD BLVD
CUYAHOGA FALLS, OH 44221
330 923 9622
AKRONYMCA.ORG/RIVERFRONT



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer (06/11-08/05)

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
Summer	Saturday 9:00 - 9:30am	Max 3	\$50.00/\$95.00
Summer	Friday 9:00-9:30am	Max 3	\$50.00/\$95.00

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
Summer	Saturday 10:20 - 10:50am	Max 3	\$50.00/\$95.00
Summer	Friday 9:40-10:10am	Max 3	\$50.00/\$95.00

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
Summer	Monday 9:00-9:30am	3-5	\$50.00/\$95.00
Summer	Wednesday 9:00-9:30am	3-5	\$50.00/\$95.00
Summer	Thursday 5:00-5:30pm	3-5	\$50.00/\$95.00
Summer	Saturday 9:40-10:10am	3-5	\$50.00/\$95.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 9:40-10:10am	3-5	\$50.00/\$95.00
Summer	Wednesday 9:40-10:10am	3-5	\$50.00/\$95.00
Summer	Thursday 5:40-6:10pm	3-5	\$50.00/\$95.00
Summer	Saturday 10:20-10:50am - Copy	3-5	\$50.00/\$95.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 10:20-10:50am	3-5	\$50.00/\$95.00
Summer	Wednesday 10:20-10:50am	3-5	\$50.00/\$95.00
Summer	Thursday 6:20-6:50pm	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
Summer	Tuesday 9:00-9:30am	6-12	\$50.00/\$95.00
Summer	Thursday 9:00-9:30am	6-12	\$50.00/\$95.00
Summer	Tuesday 5:00-5:30pm	6-12	\$50.00/\$95.00
Summer	Saturday 9:10-9:40am	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
Summer	Tuesday 9:40-10:10am	6-12	\$50.00/\$95.00
Summer	Thursday 9:40-10:10am	6-12	\$50.00/\$95.00
Summer	Tuesday 5:40-6:10pm	6-12	\$50.00/\$95.00
Summer	Saturday 9:50-10:20am	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
Summer	Tuesday 10:20-10:50am	6-12	\$50.00/\$95.00
Summer	Thursday 10:20-10:50am	6-12	\$50.00/\$95.00
Summer	Tuesday 6:20-6:50pm	6-12	\$50.00/\$95.00
Summer	Saturday 9:00-9:30am	6-12	\$50.00/\$95.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 9:35am - 10:20am	6-12	\$50.00/\$95.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 10:25 - 11:10am	6-12	\$50.00/\$95.00

Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer (06/11-08/05)

Aquatics

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
Summer	Monday 7:45 - 8:30am	16-99	\$15.00/\$60.00
Summer	Wednesday 7:45 - 8:30am	16-99	\$15.00/\$60.00
Summer	Friday 7:45 - 8:30am	16-99	\$15.00/\$60.00

Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer (06/11-08/05)

Sports & Youth Programs

Basketball - Little Dribblers (3-5 years)

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
Summer	Tuesday 7:00pm-7:45pm	3-5	\$45.00/\$75.00
Summer	Thursday 6:00pm-6:45pm	3-5	\$45.00/\$75.00

Gymnastics - Advanced

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 6:30pm-8:00pm	6-17	\$75.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:00pm-7:00pm	6-12	\$60.00/\$80.00

Rock Wall 101

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

Soccer - Little Kickers (ages 3-5)

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

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 6:00pm - 6:45pm	3-5	\$45.00/\$75.00

Soccer - Youth Indoor (ages 6+)

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

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 8:00pm-8:45pm	6-12	\$45.00/\$75.00
Summer	Thursday 8:00pm-8:45pm	6-12	\$45.00/\$75.00
Summer	Friday 5:00pm-5:45pm	6-12	\$45.00/\$75.00

Mon. class runs 6/12-7/31; no class on 7/3. Tues. class runs 6/13-8/8; no class on 6/20 or 7/4

Basketball - Youth (ages 6-8)

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
Summer	Monday 7:00pm-7:45pm	6-8	\$45.00/\$75.00
Summer	Wednesday 7:00pm-7:45pm	6-8	\$45.00/\$75.00
Summer	Friday 6:00pm-6:45pm	6-8	\$45.00/\$75.00
Summer	Saturday 10:00am-10:45am	6-8	\$45.00/\$75.00

Basketball - Youth (ages 9-12)

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

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 8:00pm-8:45pm	9-12	\$45.00/\$75.00
Summer	Wednesday 8:00pm-8:45pm	9-12	\$45.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 3:00pm-3:45pm	1-3	\$50.00/\$80.00
Summer	Wednesday 3:00pm-3:45pm	1-3	\$50.00/\$80.00
Summer	Saturday 8:30am-9:15am	1-3	\$50.00/\$80.00

Gymnastics - 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
Summer	Saturday 9:15am - 10:00am	3-4	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 9:00am - 9:45am	3-5	\$45.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 11:00am - 11:45am	6-12	\$25.00/\$50.00

Class runs 6/15-8/3; no class on 7/6. Class will be held outside, weather permitting.

Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer (06/11-08/05)

Sports & Youth Programs

Sporties For Shorties (ages 3-5)

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
Summer	Monday 6:00pm-6:45pm	3-5	\$45.00/\$75.00
Summer	Thursday 7:00pm-7:45pm	3-5	\$45.00/\$75.00

Mon & Thurs. AM class run 6/15-8/3. Thur. PM class runs 6/22-8/10; no class 7/3 or 7/6

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.

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

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:00pm-7:00pm	5-17	\$70.00/\$95.00
Summer	Wednesday 6:00pm-7:00pm	5-17	\$70.00/\$95.00
Summer	Saturday 10:00am-11:00am	5-17	\$70.00/\$95.00
Summer	Saturday 11:00am-12:00pm	5-17	\$70.00/\$95.00

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.

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

Register Online at AKRONYMCA.ORG