



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING PROGRAM GUIDE

SESSION DATES: APRIL 14 - JUNE 1



**MEMBERSHIP
FOR ALL**

FINANCIAL ASSISTANCE IS
AVAILABLE TO HELP WITH
THE COST OF MEMBERSHIP
OR PROGRAMS - JUST ASK!

REGISTRATION BEGINS

FOR MEMBERS

SUNDAY, MARCH 24

FOR PROGRAM MEMBERS

THURSDAY, MARCH 28



**SCAN
HERE TO
REGISTER**



RIVERFRONT FAMILY YMCA
544 BROAD BLVD
CUYAHOGA FALLS, OH 44221
330.923.9622
AKRONYMCA.ORG/RIVERFRONT

FOREVER THRIVING.



FOR YOUTH DEVELOPMENT
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Riverfront Family YMCA

Spring (04/14-06/01)

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 |
|--------|-------------------------|-------|------------------|
| Spring | Monday 12:10-12:40pm | Max 3 | \$60.00/\$115.00 |
| Spring | Wednesday 12:10-12:40pm | Max 3 | \$60.00/\$115.00 |

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 |
|--------|-----------------------|-------|------------------|
| Spring | Monday 1:20-1:50pm | Max 3 | \$60.00/\$115.00 |
| Spring | Wednesday 1:20-1:50pm | Max 3 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Saturday 9:05-9:35am | 3-5 | \$60.00/\$115.00 |
| Spring | Monday 12:45-1:15pm | 3-5 | \$60.00/\$115.00 |
| Spring | Wednesday 12:45-1:15pm | 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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|-----------------------|------|------------------|
| Spring | Saturday 9:45-10:15am | 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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|------------------------|------|------------------|
| Spring | Saturday 10:25-10:55am | 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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------------------|------|------------------|
| Spring | Saturday 9:00-9:30am (6 Weeks, Starti | 6-12 | \$52.00/\$100.00 |
| Spring | Monday 4:10-4:40pm | 6-12 | \$60.00/\$115.00 |
| Spring | Wednesday 4:10-4:40pm | 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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------------------|------|------------------|
| Spring | Saturday 9:40-10:10am (6 Weeks, Start | 6-12 | \$52.00/\$100.00 |
| Spring | Monday 4:45 - 5:15pm | 6-12 | \$60.00/\$115.00 |
| Spring | Wednesday 4:45 - 5:15pm | 6-12 | \$60.00/\$115.00 |

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 |
|--------|--------------------------------------|------|------------------|
| Spring | Saturday 10:20-10:50am (6 Weeks, Sta | 6-12 | \$52.00/\$100.00 |
| Spring | Monday 5:20-5:50pm | 6-12 | \$60.00/\$115.00 |
| Spring | Wednesday 5:20-5:50pm | 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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------|-------|-----------------|
| Spring | Monday 7:45 - 8:30am | 16-99 | \$20.00/\$70.00 |
| Spring | Wednesday 7:45 - 8:30am | 16-99 | \$20.00/\$70.00 |
| Spring | Friday 7:45 - 8:30am | 16-99 | \$20.00/\$70.00 |

Register Online at AKRONYMCA.ORG



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Spring (04/14-06/01)

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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------|-------|-----------------|
| Spring | Wednesday 11:15am-12:00pm | 16-99 | \$20.00/\$70.00 |

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Spring (04/14-06/01)

Sports & Youth Programs

Gymnastics - Advanced

| Ses | Days & Times | Ages | Mem/Program |
|--------|--------------------------|------|------------------|
| Spring | Monday 6:30pm-8:00pm - | 6-17 | \$80.00/\$110.00 |
| Spring | Saturday 11:00am-12:30pm | 6-17 | \$80.00/\$110.00 |

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 |
|--------|-----------------------|------|-----------------|
| Spring | Tuesday 6:00 - 7:00pm | 6-12 | \$60.00/\$80.00 |

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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|------------------------|------|-----------------|
| Spring | Monday 5:00 - 5:45pm | 3-4 | \$45.00/\$75.00 |
| Spring | Thursday 6:00 - 6:45pm | 3-4 | \$45.00/\$75.00 |

Rock Wall 101

| Ses | Days & Times | Ages | Mem/Program |
|--------|----------------------------|-------------|----------------|
| Spring | Wednesday 5:00pm - 5:45pm | Spring 4-99 | \$0.00/\$30.00 |
| Spring | Wednesday 6:00pm - 6:45pm | Spring 4-99 | \$0.00/\$30.00 |
| Spring | Wednesday 7:00pm - 7:45pm | Spring 4-99 | \$0.00/\$30.00 |
| Spring | Saturday 9:00am - 9:45am | Spring 4-99 | \$0.00/\$30.00 |
| Spring | Saturday 10:00am - 10:45am | Spring 4-99 | \$0.00/\$30.00 |
| Spring | Saturday 11:00am - 11:45am | Spring 4-99 | \$0.00/\$30.00 |

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 |
|--------|------------------------|------|-----------------|
| Spring | Monday 6:00 - 6:45pm | 3-5 | \$45.00/\$75.00 |
| Spring | Thursday 5:00 - 5:45pm | 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 |
|--------|-----------------------|------|-----------------|
| Spring | Monday 8:00 - 8:45pm | 6-9 | \$45.00/\$75.00 |
| Spring | Tuesday 7:15 - 8:00pm | 6-9 | \$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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------|------|-----------------|
| Spring | Monday 7:00 - 7:45pm | 6-8 | \$45.00/\$75.00 |
| Spring | Wednesday 7:00 - 7:45pm | 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 |
|--------|-----------------------|------|-----------------|
| Spring | Tuesday 8:00 - 8:45pm | 9-12 | \$45.00/\$75.00 |

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 |
|--------|-----------------------------|------|-----------------|
| Spring | Monday 5:30pm - 6:15pm - | 3-4 | \$55.00/\$90.00 |
| Spring | Wednesday 4:15pm - 5:00pm - | 3-4 | \$55.00/\$90.00 |
| Spring | Thursday 10:30am - 11:15am | 3-4 | \$55.00/\$90.00 |
| Spring | Saturday 9:00am - 9:45am | 3-4 | \$55.00/\$90.00 |
| Spring | Saturday 11:30am - 12:15pm | 3-4 | \$55.00/\$90.00 |

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

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 |
|--------|----------------------------|------|-----------------|
| Spring | Tuesday 10:30am-11:15am | 1-3 | \$55.00/\$90.00 |
| Spring | Thursday 4:00pm-4:45pm - | 1-3 | \$55.00/\$90.00 |
| Spring | Saturday 10:45am-11:30am - | 1-3 | \$55.00/\$90.00 |

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

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 |
|--------|-------------------------|------|-----------------|
| Spring | Wednesday 7:00 - 7:45pm | 3-5 | \$45.00/\$75.00 |

**Parent participation may be required for some students*

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Sports & Youth Programs

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 |
|--------|-------------------------|------|------------------|
| Spring | Wednesday 6:30pm-8:00pm | 6-17 | \$80.00/\$110.00 |

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 |
|--------|---------------------------|------|-----------------------|
| Spring | Monday 4:00pm - 5:00pm | 5-17 | \$75.00/\$105.00 |
| Spring | Wednesday 6:30pm - 7:30pm | - | 5-17 \$75.00/\$105.00 |
| Spring | 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.

| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------|------|------------------|
| Spring | Monday 4:30pm-5:30pm | 5-17 | \$75.00/\$105.00 |
| Spring | Monday 6:30pm-7:30pm | 5-17 | \$75.00/\$105.00 |
| Spring | Wednesday 5:30pm-6:30pm | 5-17 | \$75.00/\$105.00 |
| Spring | Saturday 9:45am-10:45am | 5-17 | \$75.00/\$105.00 |
| Spring | Saturday 12:15pm-1:15pm | 5-17 | \$75.00/\$105.00 |

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