



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



24/7 Access is
available FREE
to Members!

BUILD A HAPPIER, HEALTHIER YOU

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

SUMMER SESSION

Summer 1: June 8 - July 12

Summer 2: July 20 - August 23

REGISTRATION BEGINS

FOR MEMBERS

SUNDAY, MAY 25, 2025

FOR PROGRAM MEMBERS

THURSDAY, MAY 29, 2025

RIVERFRONT FAMILY YMCA

544 Broad Blvd
Cuyahoga Falls, OH 44221
330.923.9622
akronymca.org/riverfront

Scan here to
register





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer I (06/08-07/07), Summer II (07/13-08/11)

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.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|----------------------|------|-----------------|
| Summer I | Sunday 12:15-12:45pm | 3-5 | \$43.00/\$82.00 |
| Summer II | Sunday 12:15-12:45pm | 3-5 | \$43.00/\$82.00 |

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 I | Sunday 12:50-1:20pm | 3-5 | \$43.00/\$82.00 |
| Summer II | Sunday 12:50-1:20pm | 3-5 | \$43.00/\$82.00 |

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 I | Sunday 1:25-1:55pm | 3-5 | \$43.00/\$82.00 |
| Summer II | Sunday 1:25-1:55pm | 3-5 | \$43.00/\$82.00 |

Preschool Swim Lessons

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 I | Wednesday 10:35-11:05am (Stages 1,2 | 3-5 | \$43.00/\$82.00 |
| Summer II | Wednesday 10:35-11:05am (Stages 1,2 | 3-5 | \$43.00/\$82.00 |

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 I | Saturday 9:00-9:30am | 6-12 | \$43.00/\$82.00 |
| Summer II | Saturday 9:00-9:30am | 6-12 | \$43.00/\$82.00 |

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 I | Saturday 9:40-10:10am | 6-12 | \$43.00/\$82.00 |
| Summer II | Saturday 9:40-10:10am | 6-12 | \$43.00/\$82.00 |

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 I | Saturday 10:20-10:50am | 6-12 | \$43.00/\$82.00 |
| Summer II | Saturday 10:20-10:50am | 6-12 | \$43.00/\$82.00 |

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer I (06/08-07/07), Summer II (07/13-08/11)

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 |
|-----------|-------------------------|-------|-----------------|
| Summer I | Wednesday 11:15-12:00pm | 16-99 | \$15.00/\$55.00 |
| Summer II | Wednesday 11:15-12:00pm | 16-99 | \$15.00/\$55.00 |

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 |
|-----------|-------------------------|-------|-----------------|
| Summer I | Monday 7:45 - 8:30am | 16-99 | \$15.00/\$55.00 |
| Summer I | Wednesday 7:45 - 8:30am | 16-99 | \$15.00/\$55.00 |
| Summer I | Friday 7:45 - 8:30am | 16-99 | \$15.00/\$55.00 |
| Summer II | Monday 7:45 - 8:30am | 16-99 | \$15.00/\$55.00 |
| Summer II | Wednesday 7:45 - 8:30am | 16-99 | \$15.00/\$55.00 |
| Summer II | Friday 7:45 - 8:30am | 16-99 | \$15.00/\$55.00 |

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer I (06/08-07/07), Summer II (07/13-08/11)

Sports & Youth Programs

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 I | Wednesday 5:30pm - 6:15pm | 3-4 | \$40.00/\$65.00 |
| Summer I | Saturday 9:00am - 9:45am | 3-4 | \$40.00/\$65.00 |
| Summer I | Saturday 11:30am - 12:15pm | 3-4 | \$40.00/\$65.00 |
| Summer II | Wednesday 5:30pm - 6:15pm | 3-4 | \$40.00/\$65.00 |
| Summer II | Saturday 9:00am - 9:45am | 3-4 | \$40.00/\$65.00 |
| Summer II | Saturday 11:30am - 12:15pm | 3-4 | \$40.00/\$65.00 |

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 I | Monday 5:00pm-5:45pm | 1-3 | \$40.00/\$65.00 |
| Summer I | Saturday 10:45am-11:30am | 1-3 | \$40.00/\$65.00 |
| Summer II | Monday 5:00pm-5:45pm | 1-3 | \$40.00/\$65.00 |
| Summer II | Saturday 10:45am-11:30am | 1-3 | \$40.00/\$65.00 |

Summer 1: June 8 - July 12 Summer 2: July 20 - August 23

Ballet

Ballet is an introduction to simple and basic techniques with carefully graded, rhythmic exercises designed to develop poise, flexibility and grace within young children.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-----------------------|------|-----------------|
| Summer I | Tuesday 7:00 - 7:45pm | 3-5 | \$35.00/\$60.00 |
| Summer II | Tuesday 7:00 - 7:45pm | 3-5 | \$35.00/\$60.00 |

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 |
|-----------|--------------------------|------|-----------------|
| Summer I | Wednesday 7:00 - 7:45pm | 6-8 | \$35.00/\$60.00 |
| Summer I | Saturday 10:00 - 10:45am | 6-8 | \$35.00/\$60.00 |
| Summer II | Wednesday 7:00 - 7:45pm | 6-8 | \$35.00/\$60.00 |
| Summer II | Saturday 10:00 - 10:45am | 6-8 | \$35.00/\$60.00 |

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 I | Monday 8:00 - 8:45pm | 9-12 | \$35.00/\$60.00 |
| Summer II | Monday 8:00 - 8:45pm | 9-12 | \$35.00/\$60.00 |

Little Beans

This is a great class for your little one to move and have some fun! This class features music, parachute games, bubbles and more. Come and join us to be with others and have a great time! This is a parent/adult child class.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|----------------------|------|-----------------|
| Summer I | Monday 5:00 - 5:45pm | 1-2 | \$35.00/\$60.00 |
| Summer II | Monday 5:00 - 5:45pm | 1-2 | \$35.00/\$60.00 |

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 I | Thursday 6:00 - 6:45pm | 3-5 | \$35.00/\$60.00 |
| Summer I | Saturday 9:00 - 9:45am | 3-5 | \$35.00/\$60.00 |
| Summer II | Thursday 6:00 - 6:45pm | 3-5 | \$35.00/\$60.00 |
| Summer II | Saturday 9:00 - 9:45am | 3-5 | \$35.00/\$60.00 |

Wee Play Camp

This is a fun class that will feature many different activities and games for your child to take part in! this class will work on fine motor skills with a variety of movements and items to use and play with. There will also be games that are new to play a

| Ses | Days & Times | Ages | Mem/Program |
|-----------|------------------------|------|-----------------|
| Summer I | Monday 6:00 - 6:45pm | 3-4 | \$35.00/\$60.00 |
| Summer II | Thursday 5:00 - 5:45pm | 3-4 | \$35.00/\$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 I (06/08-07/07), Summer II (07/13-08/11)

Sports & Youth Programs

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 I | Monday 5:00pm-6:00pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Monday 6:00pm-7:00pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Wednesday 4:30pm-5:30pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Wednesday 6:30pm-7:30pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Saturday 9:45am-10:45am | 5-17 | \$55.00/\$75.00 |
| Summer I | Saturday 12:15pm-1:15pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Monday 5:00pm-6:00pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Monday 6:00pm-7:00pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Wednesday 4:30pm-5:30pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Wednesday 6:30pm-7:30pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Saturday 9:45am-10:45am | 5-17 | \$55.00/\$75.00 |
| Summer II | Saturday 12:15pm-1:15pm | 5-17 | \$55.00/\$75.00 |

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 I | Monday 7:00pm - 8:00pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Wednesday 4:30pm - 5:30pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Wednesday 5:30pm - 6:30pm | 5-17 | \$55.00/\$75.00 |
| Summer I | Saturday 9:45am - 10:45am | 5-17 | \$55.00/\$75.00 |
| Summer II | Monday 7:00pm - 8:00pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Wednesday 4:30pm - 5:30pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Wednesday 5:30pm - 6:30pm | 5-17 | \$55.00/\$75.00 |
| Summer II | Saturday 9:45am - 10:45am | 5-17 | \$55.00/\$75.00 |

Gymnastics - Advanced

| Ses | Days & Times | Ages | Mem/Program |
|-----------|--------------------------|------|-----------------|
| Summer I | Monday 6:30pm-8:00pm | 6-17 | \$60.00/\$80.00 |
| Summer I | Saturday 11:00am-12:30pm | 6-17 | \$60.00/\$80.00 |
| Summer II | Monday 6:30pm-8:00pm | 6-17 | \$60.00/\$80.00 |
| Summer II | Saturday 11:00am-12:30pm | 6-17 | \$60.00/\$80.00 |

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.

| Ses | Days & Times | Ages | Mem/Program |
|-----------|-------------------------|------|-----------------|
| Summer I | Wednesday 6:30pm-8:00pm | 6-17 | \$55.00/\$75.00 |
| Summer II | Wednesday 6:30pm-8:00pm | 6-17 | \$55.00/\$75.00 |

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 I | Tuesday 6:00 - 7:00pm | 6-12 | \$45.00/\$60.00 |

Rock Wall 101

| Ses | Days & Times | Ages | Mem/Program |
|-----------|----------------------------|------|----------------|
| Summer I | Wednesday 5:00pm - 5:45pm | 4-99 | \$0.00/\$25.00 |
| Summer I | Wednesday 6:00pm - 6:45pm | 4-99 | \$0.00/\$25.00 |
| Summer I | Wednesday 7:00pm - 7:45pm | 4-99 | \$0.00/\$25.00 |
| Summer I | Saturday 9:00am - 9:45am | 4-99 | \$0.00/\$25.00 |
| Summer I | Saturday 10:00am - 10:45am | 4-99 | \$0.00/\$25.00 |
| Summer I | Saturday 11:00am - 11:45am | 4-99 | \$0.00/\$25.00 |
| Summer II | Wednesday 5:00pm - 5:45pm | 4-99 | \$0.00/\$25.00 |
| Summer II | Wednesday 6:00pm - 6:45pm | 4-99 | \$0.00/\$25.00 |
| Summer II | Wednesday 7:00pm - 7:45pm | 4-99 | \$0.00/\$25.00 |
| Summer II | Saturday 9:00am - 9:45am | 4-99 | \$0.00/\$25.00 |
| Summer II | Saturday 10:00am - 10:45am | 4-99 | \$0.00/\$25.00 |
| Summer II | Saturday 11:00am - 11:45am | 4-99 | \$0.00/\$25.00 |

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 I (06/08-07/07), Summer II (07/13-08/11)

Sports & Youth Programs

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 I | Wednesday 6:00 - 6:45pm | 3-5 | \$35.00/\$60.00 |
| Summer I | Thursday 5:00 - 5:45pm | 3-5 | \$35.00/\$60.00 |
| Summer II | Monday 6:00 - 6:45pm | 3-5 | \$35.00/\$60.00 |
| Summer II | Wednesday 6:00 - 6:45pm | 3-5 | \$35.00/\$60.00 |

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 I | Tuesday 7:15 - 8:00pm | 6-9 | \$35.00/\$60.00 |
| Summer I | Thursday 7:00 - 7:45pm | 6-9 | \$35.00/\$60.00 |
| Summer II | Tuesday 7:15 - 8:00pm | 6-9 | \$35.00/\$60.00 |
| Summer II | Thursday 7:00 - 7:45pm | 6-9 | \$35.00/\$60.00 |

Register Online at AKRONYMCA.ORG