Riverfront Family YMCA

Fall II (11/01-12/19)

Aquatics

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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
Fall II	Saturday 9:00 - 9:30am	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
Fall II	Saturday 9:05 - 9:35am	3-5	$60.00/$115.00
Fall II	Saturday 9:35 - 10:05am	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
Fall II	Saturday 9:40 - 10:10am	3-5	$60.00/$115.00
Fall II	Saturday 10:10 - 10:40am	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
Fall II	Saturday 10:45 - 11:15am	3-5	$60.00/$115.00

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
Fall II	Wednesday 10:35 - 11:05am (Stages 1,	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
Fall II	Sunday 12:20 - 12:50pm	6-12	$60.00/$115.00
Fall II	Saturday 10:25 - 10:55am	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
Fall II	Sunday 12:55 - 1:25pm	6-12	$60.00/$115.00
Fall II	Saturday 11:00 - 11:30am	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
Fall II	Sunday 1:30 - 2:00pm	6-12	$60.00/$115.00

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
Fall II	Saturday 10:50 - 11:20am	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
Fall II	Monday 7:45 - 8:30am	16-99	$20.00/$75.00
Fall II	Wednesday 7:45 - 8:30am	16-99	$20.00/$75.00
Fall II	Friday 7:45 - 8:30am	16-99	$20.00/$75.00

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
Fall II	Wednesday 11:15 - 12:00pm	16-99	$20.00/$75.00

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Sports & Youth Programs

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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
Fall II	Monday 4:15pm-5:00pm	1-3	$55.00/$90.00
Fall II	Tuesday 10:30am-11:15am	1-3	$55.00/$90.00
Fall II	Saturday 10:45am-11:30am	1-3	$55.00/$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
Fall II	Wednesday 5:30pm - 6:15pm	3-4	$55.00/$90.00
Fall II	Thursday 10:30am - 11:15am	3-4	$55.00/$90.00
Fall II	Saturday 9:00am - 9:45am	3-4	$55.00/$90.00
Fall II	Saturday 11:30am - 12:15pm	3-4	$55.00/$90.00

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
Fall II	Monday 5:30pm-6:30pm	5-17	$75.00/$105.00
Fall II	Monday 6:00pm-7:00pm	5-17	$75.00/$105.00
Fall II	Wednesday 4:30pm-5:30pm -	5-17	$75.00/$105.00
Fall II	Wednesday 6:30pm-7:30pm	5-17	$75.00/$105.00
Fall II	Saturday 9:45am-10:45am	5-17	$75.00/$105.00
Fall II	Saturday 12:15pm-1:15pm	5-17	$75.00/$105.00

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
Fall II	Monday 7:00pm - 8:00pm	5-17	$75.00/$105.00
Fall II	Wednesday 4:30pm - 5:30pm	5-17	$75.00/$105.00
Fall II	Wednesday 5:30pm - 6:30pm	5-17	$75.00/$105.00
Fall II	Saturday 9:45am - 10:45am	5-17	$75.00/$105.00

Gymnastics - Advanced

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

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
Fall II	Wednesday 6:30pm-8:00pm	6-17	$80.00/$110.00

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Sports & Youth Programs

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
Fall II	Wednesday 6:00 - 6:45pm	3-5	$50.00/$80.00
Fall II	Thursday 7:00 - 7:45pm	3-5	$45.00/$70.00
Fall II	Saturday 10:00 - 10:45am	3-5	$50.00/$80.00

Little Dribblers

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
Fall II	Thursday 6:00 - 6:45pm	3-5	$45.00/$70.00
Fall II	Saturday 9:00 - 9:45am	3-5	$50.00/$80.00

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
Fall II	Tuesday 7:00 - 7:45pm	6-8	$50.00/$80.00
Fall II	Thursday 8:00 - 8:45pm	6-8	$45.00/$70.00
Fall II	Saturday 11:00 - 11:45am	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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Wednesday 8:00 - 8:45pm	9-12	$50.00/$80.00

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 heal

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 6:00 - 7:00pm	6-12	$65.00/$85.00

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
Fall II	Monday 6:00 - 6:45pm	3-5	$50.00/$80.00
Fall II	Monday 7:00 - 7:45pm	3-5	$50.00/$80.00

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
Fall II	Tuesday 8:00 - 8:45pm	6-12	$50.00/$80.00
Fall II	Wednesday 7:00 - 7:45pm	6-12	$50.00/$80.00

Rock Wall 101

Ses	Days & Times	Ages	Mem/Program
Fall II	Wednesday 5:00pm - 5:45pm Fall II	4-99	$0.00/$35.00
Fall II	Wednesday 6:00pm - 6:45pm Fall II	4-99	$0.00/$35.00
Fall II	Wednesday 7:00pm - 7:45pm Fall II	4-99	$0.00/$35.00
Fall II	Saturday 9:00am - 9:45am Fall II	4-99	$0.00/$35.00
Fall II	Saturday 10:00am - 10:45am Fall II	4-99	$0.00/$35.00
Fall II	Saturday 11:00am - 11:45am Fall II	4-99	$0.00/$35.00