



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL II

# PROGRAM GUIDE

## Registration:

Members: Sunday, October 15

Program Members: Thursday, October 19

Session Dates: 10/30/2017 – 12/16/2017

## Branch Hours:

Monday – Thursday: 5:30am – 9:30pm

Friday: 5:30am – 8:00pm

Saturday: 7:00am – 5:00pm

Sunday: 12:00pm – 5:00pm

## Child Watch:

**Mornings:** Monday – Saturday from 8:30am-12:00pm

**Evenings:** Monday – Thursday from 5:00pm-8:30pm;  
Friday from 5:00pm-7:00pm

## Rockwall:

Monday: 5:00pm-7:00pm

Wednesday: 5:00pm-7:00pm

Saturday: 9:00am-12:00pm



**RIVERFRONT FAMILY YMCA**  
544 Broad Blvd.  
Cuyahoga Falls, OH 44221  
330 923 9622

[akronymca.org](http://akronymca.org)

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

**The Y.**  
**So Much More™**  
ANNUAL CAMPAIGN

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Connect with us!





## Private Piano/Voice Lessons

Days & Times	Ages	Mem/Program
01 Saturday 9:00 - 9:30 am	4-99	\$105.00/\$140.00
02 Saturday 9:30 - 10:00 am	4-99	\$105.00/\$140.00
Saturday 10:00 - 10:30 am	4-99	\$105.00/\$140.00
Saturday 10:30 - 11:00 am	4-99	\$105.00/\$140.00
Saturday 11:00 - 11:30 am	4-99	\$105.00/\$140.00
Saturday 11:30 - 12:00 pm	4-99	\$105.00/\$140.00
Thursday 5:00 - 5:30 pm	4-99	\$105.00/\$140.00
Thursday 5:30 - 6:00 pm	4-99	\$105.00/\$140.00
Thursday 6:00 - 6:30 pm	4-99	\$105.00/\$140.00
Thursday 6:30 - 7:00 pm	4-99	\$105.00/\$140.00
Thursday 7:00 - 7:30 pm	4-99	\$105.00/\$140.00
Tuesday 5:00 - 5:30 pm	4-99	\$105.00/\$140.00
Tuesday 5:30 - 6:00 pm	4-99	\$105.00/\$140.00
Tuesday 6:00 - 6:30 pm	4-99	\$105.00/\$140.00
Tuesday 6:30 - 7:00 pm	4-99	\$105.00/\$140.00
Tuesday 7:00 - 7:30 pm	4-99	\$105.00/\$140.00

## Balloflex

Days & Times	Ages	Mem/Program
01 Thursday 5:00- 5:45pm	16-99	\$0.00/\$40.00

## Dance

Days & Times	Ages	Mem/Program
Dance Combo; Sat 12:00pm - 1:15pm	3-6	\$45.00/\$70.00



### Parent/Child Stage A Water Discovery

Days & Times	Ages	Mem/Program
01 Saturdays 9-9:30am	Max 3	\$25.00/\$50.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Parent/Child Stage B Water Exploration

Days & Times	Ages	Mem/Program
01 Saturday 10:40-11:10am	Max 3	\$25.00/\$50.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Preschool Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 4:45-5:30pm	3-5	\$35.00/\$70.00
02 Friday 9:50-10:35am	3-5	\$35.00/\$70.00
03 Saturday 9-9:45am	3-5	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Preschool Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 5:30-6:15pm	3-5	\$35.00/\$70.00
02 Friday 9:50-10:35am	3-5	\$35.00/\$70.00
03 Saturday 9-9:45am	3-5	\$35.00/\$70.00
04 Saturday 10:40-11:25am	3-5	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Preschool Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	3-5	\$35.00/\$70.00
02 Saturday 10:40 - 11:25am	3-5	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Youth Stage 1 Water Acclimation

Days & Times	Ages	Mem/Program
01 Monday 4:45-5:30pm	6-12	\$35.00/\$70.00
02 Saturday 9:50-10:35am	6-12	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Youth Stage 2 Water Movement

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
02 Saturday 9:50-10:35am	6-12	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Youth Stage 3 Water Stamina

Days & Times	Ages	Mem/Program
01 Monday 5:30-6:15pm	5-12	\$35.00/\$70.00
02 Saturday 9:50-10:35am	6-14	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Youth Stage 4 Stroke Introduction

Days & Times	Ages	Mem/Program
01 Monday 6:15-7pm	5-12	\$35.00/\$70.00
02 Saturday 9:50-10:35am	6-12	\$35.00/\$70.00

\* Thursday swim lessons pro-rated for 6-week session due to Thanksgiving holiday

### Youth Stage 5 Stroke Development

Days & Times	Ages	Mem/Program
01 Monday 6:15-7pm	5-12	\$35.00/\$70.00

### Home School Lessons

Days & Times	Ages	Mem/Program
01 Thursday 9:50 - 10:35am	3-11	\$30.00/\$60.00

### Aqua Aerobics

Days & Times	Ages	Mem/Program
01 Mon & Wed 7:00 - 7:45pm	16-99	\$7.00/\$30.00

### Arthritis Exercise

Days & Times	Ages	Mem/Program
01 Mon, Wed & Fri 11:15 - 12:00pm	40-99	\$10.00/\$35.00

### Older Adult Water Exercise

Days & Times	Ages	Mem/Program
01 Mon, Wed, & Fri 7:45 - 8:30am	50-99	\$10.00/\$35.00



### Barre

Days & Times	Ages	Mem/Program
01 Wednesday 10:00 - 10:45am	16-99	\$0.00/\$40.00
02 Friday 12:00 - 12:45pm	16-99	\$0.00/\$40.00
03 Tuesday 12:00 - 12:45pm (Aqua)	16-99	\$0.00/\$40.00
04 Thursday 12:00 - 12:45pm (Aqua)	16-99	\$0.00/\$40.00

### Boot Camp

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45pm	16-99	\$0.00/\$40.00
02 Tuesday 9:00 - 9:45am	16-99	\$0.00/\$40.00
03 Thursday 9:00 - 9:45am	16-99	\$0.00/\$40.00

### Core Conditioning

Days & Times	Ages	Mem/Program
01 Tuesday 8:15 - 9:00am	16-99	\$0.00/\$40.00
02 Wednesday 6:00 - 6:45pm	16-99	\$0.00/\$40.00
03 Thursday 8:15 - 9:00am	16-99	\$0.00/\$40.00
04 Saturday 9:00 - 9:45am	16-99	\$0.00/\$40.00

### Cycling

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
02 Tuesday 6:00 - 6:45am	16-99	\$10.00/\$50.00
04 Thursday 7:00 - 7:45pm	16-99	\$10.00/\$50.00
05 Thursday 6:00 - 6:45am	16-99	\$10.00/\$50.00
06 Saturday 9:00 - 9:45am	16-99	\$10.00/\$50.00

### Kettlebell Training

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45 pm	13-99	\$10.00/\$50.00
02 Tuesday 10:00 - 10:45 am	13-99	\$10.00/\$50.00

### Kickboxing

Days & Times	Ages	Mem/Program
01 Tuesday 5:15 - 6:00pm	16-99	\$10.00/\$50.00
02 Tuesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
03 Thursday 7:00 - 7:45pm	16-99	\$10.00/\$50.00

### Power Pump

Days & Times	Ages	Mem/Program
01 Monday 10:00 - 10:45am	16-99	\$0.00/\$40.00
02 Monday 7:00 - 7:45pm	16-99	\$0.00/\$40.00
03 Wednesday 7:00 - 7:45pm	16-99	\$0.00/\$40.00
04 Friday 10:00 - 10:45am	16-99	\$0.00/\$40.00
05 Saturday 11:00 - 11:45am	16-99	\$0.00/\$40.00

### Seniorobics

Days & Times	Ages	Mem/Program
01 Mon, Wed, & Fri 9:15 - 10:00am	50-99	\$0.00/\$40.00

### SilverSneakers Circuit

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 - 10:45am	50-99	\$0.00/\$40.00

### SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 11:00 - 11:45am	50-99	\$0.00/\$40.00
02 Tuesday 11:00 - 11:45am	50-99	\$0.00/\$40.00
03 Wednesday 11:00 - 11:45am	50-99	\$0.00/\$40.00
05 Friday 11:00 - 11:45am	50-99	\$0.00/\$40.00

### SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Monday 12:00 - 12:45pm	50-99	\$0.00/\$40.00
02 Wednesday 12:00 - 12:45pm	50-99	\$0.00/\$40.00

### Stretching for Better Performance

Days & Times	Ages	Mem/Program
01 Monday 8:00 - 8:30 am	16-99	\$0.00/\$40.00
02 Friday 8:00 - 8:30 am	16-99	\$0.00/\$40.00

### Tabata

Days & Times	Ages	Mem/Program
01 Friday 9:00 - 9:45am	16-99	\$0.00/\$40.00

### Toning

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45am	16-99	\$0.00/\$40.00
02 Wednesday 6:00 - 6:45am	16-99	\$0.00/\$40.00
03 Friday 6:00 - 6:45am	16-99	\$0.00/\$40.00



## Wild Card

Days & Times	Ages	Mem/Program
01 Monday 9:00 - 9:45am	16-99	\$0.00/\$40.00
02 Tuesday 10:00 - 10:45am	16-99	\$0.00/\$40.00
04 Saturday 10:00 - 10:45am	16-99	\$0.00/\$40.00

## Yoga

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45pm	16-99	\$10.00/\$50.00
02 Wednesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
03 Thursday 6:00 - 6:45pm (Hatha)	16-99	\$10.00/\$50.00

## Zumba

Days & Times	Ages	Mem/Program
01 Tuesday 9:00 - 9:45am	16-99	\$0.00/\$40.00

## Women Adult Gymnastics

Days & Times	Ages	Mem/Program
01 Tuesdays 7:00-9:00pm	15-99	\$25.00/\$55.00

## Adult Karate

Days & Times	Ages	Mem/Program
01 Tue & Thu 7:05 - 8:35pm	12-99	\$65.00/\$95.00



### Basketball League

Days & Times	Ages	Mem/Program
01 Rookies	4-6	\$55.00/\$70.00
02 Winners	5-8	\$55.00/\$70.00
03 Champions	8-11	\$55.00/\$70.00

### Date Night

Days & Times	Ages	Mem/Program
Saturday, October 7	3-13	\$20.00/\$25.00

### Kid's Boot Camp

Days & Times	Ages	Mem/Program
01 Tuesday 6:00 - 6:45pm	7-18	\$0.00/\$40.00
02 Thursday 6:00 - 6:45pm	7-18	\$0.00/\$40.00

### Kids Gym

Days & Times	Ages	Mem/Program
01 Friday 10:00 - 11:00am	1-3	\$0.00/\$25.00

### Tiny Tumblers

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00pm	3-4	\$40.00/\$65.00
04 Saturday 10:15 - 11:00am	3-4	\$40.00/\$65.00

### Tumble Bugs I

Days & Times	Ages	Mem/Program
01 Monday 5:15 - 6:00pm	4-5	\$40.00/\$65.00
04 Saturday 9:00 - 9:45am	4-5	\$40.00/\$65.00

### Tumble Bugs II

Days & Times	Ages	Mem/Program
02 Wednesday 6:00 - 6:45pm	4-5	\$40.00/\$65.00
04 Thursday 10:00 - 10:45am	4-5	\$40.00/\$65.00
05 Saturday 10:00 - 10:45am	4-5	\$40.00/\$65.00

### Gymnastics Girls Beginner

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 6:00pm	5-17	\$55.00/\$80.00
02 Monday 6:00 - 7:00pm	5-17	\$55.00/\$80.00
03 Wednesday 5:00 - 6:00pm	5-17	\$55.00/\$80.00
04 Saturday 9:00 - 10:00am	5-17	\$55.00/\$80.00
05 Saturday 11:00 - 12:00pm	5-17	\$55.00/\$80.00

### Gymnastics Girls Elite

Days & Times	Ages	Mem/Program
01 Wednesday 7:00 - 8:30pm	6-17	\$65.00/\$90.00

### Gymnastics Girls Intermediate 1

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 7:00pm	6-17	\$60.00/\$85.00
02 Wednesday 6:00 - 7:00pm	6-17	\$60.00/\$85.00
03 Saturday 10:00 - 11:00pm	6-17	\$60.00/\$85.00

### Gymnastics Girls Intermediate 2

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 8:15pm	6-17	\$60.00/\$85.00
02 Wednesday 7:00 - 8:15pm	6-17	\$60.00/\$85.00
03 Saturday 12:00 - 1:15pm	6-17	\$60.00/\$85.00

### Gymnastics Girls Advanced

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 8:30pm	6-17	\$65.00/\$90.00
02 Saturday 12:00 - 1:30pm	6-17	\$65.00/\$90.00

### Boys Gymnastics

Days & Times	Ages	Mem/Program
Boys Tumbling; Sat 12:00-12:45pm	5-18	\$50.00/\$80.00

### Youth Karate

Days & Times	Ages	Mem/Program
01 Tue & Thurs 6:05 - 7:05pm	6-12	\$55.00/\$70.00

### Wee Tumblers

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 - 10:45am	1-3	\$45.00/\$65.00
02 Wednesday 6:15 - 7:00pm	1-3	\$45.00/\$65.00
03 Saturday 9:15 - 10:00am	1-3	\$45.00/\$65.00

\* Parent/child participation class



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# RIVERFRONT YMCA PERSONAL TRAINING

## Hour Sessions\*

	Member	Program Member
1 hour	\$40	\$55
4-pack	\$152	\$209
6-pack	\$288	\$396
8-pack	\$408	\$561

## Half-hour Sessions\*

	Member	Program Member
1 half-hour	\$25	\$35
4-pack	\$95	\$133
6-pack	\$190	\$228
8-pack	\$255	\$357

## PT Plus (2 people) Members Only\*\*

	Hour Session	Half-hour Session
1 session	\$65	\$40
4-pack	\$247	\$152
8-pack	\$468	\$288
12-pack	\$663	\$408

Receive assistance from a certified personal trainer who will design an exercise program tailored specifically toward achieving your individual goals. It is our goal to help you make a change and include physical activity in your daily life, allowing you to be successful one day at a time.

To get started register with front desk staff.

\* Cannot split a 1-hour session into 2 half-hour sessions.

\*\* PT Plus: Both must be Y members and present at the same time during the session.

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544 BROAD BLVD  
CUYAHOGA FALLS, OH 44221  
(330) 923-9622

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