



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER PROGRAM GUIDE

## Registration:

Members: Sunday, June 4

Program Members: Thursday, June 8

## 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:

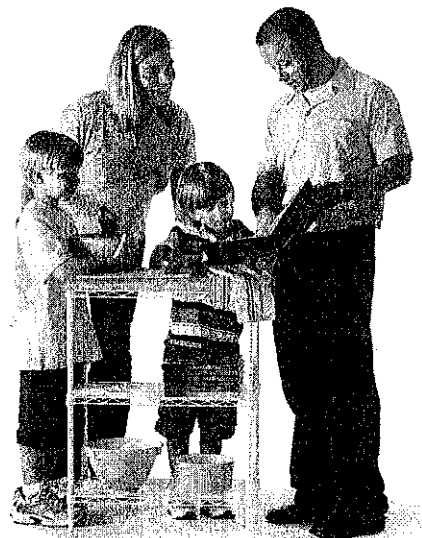
Mornings: Monday – Saturday from 8:30am-12:00pm

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

## Rockwall:

Monday: 5:00pm-7:00pm

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





### Shrimps - (6-30 months)

Days & Times	Ages	Mem/Program
02 Friday 9:50 - 10:20am	Max 2	\$20.00/\$40.00
03 Saturday 9:50 - 10:20am	Max 2	\$20.00/\$40.00

### Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Tuesday 9:45 - 10:30AM	2-4	\$35.00/\$70.00
02 Saturday 9:00 - 9:45am	2-4	\$35.00/\$70.00

### Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30pm	3-5	\$35.00/\$70.00
02 Tuesday 9:00 - 9:45am	3-5	\$35.00/\$70.00
02 Tuesday 9:45 - 10:30AM	3-5	\$35.00/\$70.00
03 Friday 9:50 - 10:35am	3-5	\$35.00/\$70.00
04 Saturday 9:50 - 10:35am	3-5	\$35.00/\$70.00

### Eels - (3-5 years)

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15pm	3-5	\$35.00/\$70.00
02 Tuesday 9:00 - 9:45AM	3-5	\$35.00/\$70.00
04 Saturday 10:40 - 11:25am	3-5	\$35.00/\$70.00

### Rays - (3-5 years)

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00pm	3-5	\$35.00/\$70.00
02 Tuesday 9:00 - 9:45AM	3-5	\$35.00/\$70.00
03 Saturday 9:00 - 9:45am	3-5	\$35.00/\$70.00

### Starfish - (3-5 years)

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00pm	3-5	\$35.00/\$70.00
02 Saturday 9:00 - 9:45am	3-5	\$35.00/\$70.00

### Polliwog Beg. - (6-12 years)

Days & Times	Ages	Mem/Program
02 Monday 4:45 - 5:30pm	6-12	\$35.00/\$70.00
02 Monday 5:30-6:15pm	6-12	\$35.00/\$70.00
04 Saturday 10:40 - 11:25am	6-12	\$35.00/\$70.00

### Polliwog Adv. - (6-12 years)

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15pm	6-12	\$35.00/\$70.00
02 Saturday 9:00 - 9:45am	6-12	\$35.00/\$70.00

### Guppy - (6-12 years)

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30pm	6-12	\$35.00/\$70.00
02 Saturday 10:40 - 11:25AM	6-12	\$35.00/\$70.00
02 Saturday 9:50 - 10:35am	6-12	\$35.00/\$70.00

### Minnow - (6-12 years)

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00pm	6-12	\$35.00/\$70.00
02 Thursday 10:35 - 11:20AM	6-12	\$35.00/\$70.00

### Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Mondays 6:15 - 7:00PM	8-14	\$35.00/\$70.00
02 Saturday 10:40 - 11:25am	8-14	\$35.00/\$70.00

### Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Monday 5:30 - 6:15PM	8-14	\$35.00/\$70.00

### Home School Lessons

Days & Times	Ages	Mem/Program
01 Thursday 9:50 - 10:35am	3-11	\$35.00/\$70.00

### 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

\* 8 weeks 6/19-8/12



### 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

### 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/\$40.00
04 Wednesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
05 Thursday 6:00 - 6:45am	16-99	\$10.00/\$50.00

### Kickboxing

Days & Times	Ages	Mem/Program
02 Tuesday 6:00 - 6:45pm	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

### Seniorobics

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

\* June 19 - August 12; 8 week session, no make-ups

### SilverSneakers Circuit

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

### 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
01 Wednesday 5:00 - 5:45pm	16-99	\$0.00/\$40.00
02 Saturday 10:00 - 10:45am	16-99	\$0.00/\$40.00

### Yoga

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
02 Wednesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00

### Hatha (Yoga)

Days & Times	Ages	Mem/Program
02 Wednesday 7:00 - 7:45pm	16-99	\$10.00/\$50.00

### Adult Karate

Days & Times	Ages	Mem/Program
01 Tue & Thu 7:05 - 8:35pm	12-99	\$45.00/\$80.00



### Ballet

Days & Times	Ages	Mem/Program
Beginner Ballet; Mon 5:00pm-5:45pm	3-6	\$40.00/\$75.00

\* June 27 - August 15; 7 week session, no make-ups

### Jazz

Days & Times	Ages	Mem/Program
Junior Jazz; Tues 5:00pm-5:45pm	3-6	\$45.00/\$70.00

\* June 19 - August 12; 8 week session, no make-ups

### 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

\* June 19 - August 12; 8 week session, no make-ups

### 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
02 Tuesday 10:00 - 10:45am	3-4	\$40.00/\$65.00
03 Wednesday 5:15 - 6:00pm	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
02 Wednesday 5:00 - 5:45pm	4-5	\$40.00/\$65.00
03 Thursday 9:00 - 9:45am	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
01 Monday 5:00 - 5:45pm	4-5	\$40.00/\$65.00
02 Wednesday 6:00 - 6:45pm	4-5	\$40.00/\$65.00
03 Wednesday 6:15 - 7:00pm	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
06 Saturday 11:15 - 12:00pm	4-5	\$40.00/\$65.00

### Wee Tumblers

Days & Times	Ages	Mem/Program
01 Tuesday 10:00 - 10:45am	1-3	\$40.00/\$65.00
01 Tuesday 9:00 - 9:45am	1-3	\$40.00/\$65.00
02 Wednesday 6:15 - 7:00pm	1-3	\$40.00/\$65.00
03 Saturday 9:15 - 10:00am	1-3	\$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	\$55.00/\$85.00
02 Saturday 12:00 - 1:30pm	6-17	\$55.00/\$85.00

### Gymnastics Girls Intermediate 1

Days & Times	Ages	Mem/Program
01 Monday 6:00 - 7:00pm	6-17	\$50.00/\$80.00
02 Wednesday 6:00 - 7:00pm	6-17	\$50.00/\$80.00
03 Saturday 10:00 - 11:00pm	6-17	\$50.00/\$80.00
04 Saturday 11:00 - 12:00pm	6-17	\$50.00/\$80.00

### Gymnastics Girls Intermediate 2

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 8:15pm	6-17	\$55.00/\$85.00
02 Wednesday 7:00 - 8:15pm	6-17	\$55.00/\$85.00
03 Saturday 12:00 - 1:15pm	6-17	\$55.00/\$85.00

### Gymnastics Girls Advanced

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 8:30pm	6-17	\$55.00/\$85.00
02 Saturday 12:00 - 1:30pm	6-17	\$55.00/\$85.00

### Boys Gymnastics

Days & Times	Ages	Mem/Program
Boys Tumbling; Sat 12:00pm-12:45pm	6-18	\$50.00/\$80.00

### Youth Karate

Days & Times	Ages	Mem/Program
01 Tue & Thurs 6:05 - 7:05pm	6-12	\$35.00/\$50.00



### Active and Ageless

Days & Times	Ages	Mem/Program
Canvas Painting Tue 1:30pm-2:30pm	5-99	\$15.00/\$15.00

### Dance Combo

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

### 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	\$120.00/\$160.00
Thursday 5:30 - 6:00 pm	4-99	\$120.00/\$160.00
Thursday 6:00 - 6:30 pm	4-99	\$120.00/\$160.00
Thursday 6:30 - 7:00 pm	4-99	\$120.00/\$160.00
Thursday 7:00 - 6:30 pm	4-99	\$120.00/\$160.00
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

### Tap

Days & Times	Ages	Mem/Program
Tap I; Thurs 5:00pm-5:45pm	3-6	\$45.00/\$70.00



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# RIVERFRONT YMCA PERSONAL TRAINING

## Hour Sessions\*

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

## Half-hour Sessions\*

	Member	Program Member
1 half-hour	\$25	\$35
4-pack	\$95	\$133
8-pack	\$190	\$228
12-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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