



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING PROGRAM GUIDE

Registration:

Members: Sunday, April 9

Program Members: Thursday, April 13

Spring session will run April 24 – June 10

As of March 31st, most programs/classes we will no longer be holding a break week in between sessions. Please check with your instructor for more information.

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

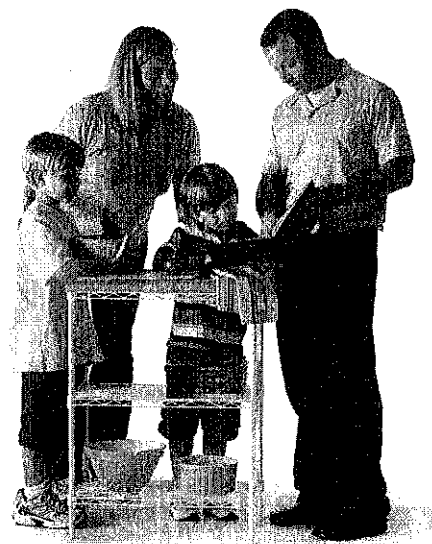
Evenings: Monday – Thursday from 5:00pm-8:30pm;

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

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 9:45 - 10:15am	Max 2	\$20.00/\$40.00
03 Saturday 9:50 - 10:20am	Max 2	\$20.00/\$40.00
04 Tuesday 6 - 6:30pm	Max 2	\$20.00/\$40.00

*Parent/child participation class

Pre-Pike - (2 years - 4 years)

Days & Times	Ages	Mem/Program
01 Tuesday 6:45 - 7:30pm	2-4	\$35.00/\$70.00
02 Saturday 9:00 - 9:45am	2-4	\$35.00/\$70.00

*Parent/child participation class

Pike - (3-5 years)

Days & Times	Ages	Mem/Program
01 Monday 4:45 - 5:30pm	3-5	\$35.00/\$70.00
02 Tuesday 6:45 - 7:30pm	3-5	\$35.00/\$70.00
03 Friday 9:45 - 10:30am	3-5	\$35.00/\$70.00
03 Tuesday 6:00 - 6:45pm	3-5	\$35.00/\$70.00
04 Saturday 9:50 - 10:35am	3-5	\$35.00/\$70.00
05 Saturday 10:40 - 11:25am	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 6:00 - 6:45pm	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 6:00- 6:45pm	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
03 Tuesday 6:45 - 7:30pm	3-5	\$35.00/\$70.00

Poliwog 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

Poliwog 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 9:50 - 10:35am	6-12	\$35.00/\$70.00
02 Saturday 9-9:45am	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

Fish - (8-14 years)

Days & Times	Ages	Mem/Program
02 Saturday 10:40 - 11:25am	8-14	\$35.00/\$70.00

Flying Fish - (8-14 years)

Days & Times	Ages	Mem/Program
01 Monday 6:45 - 7:30pm - Copy	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

Swim Clinic

Days & Times	Ages	Mem/Program
01 Tuesdays 5:00 - 6:00pm - Beginner	6-18	\$45.00/\$75.00
02 Wednesday 5:00 - 6:30pm - Advanced	6-18	\$55.00/\$85.00

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

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 Wednesday 6:00 - 6:45pm	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

Kickboxing		
Days & Times	Ages	Mem/Program
01 Monday 9:00 - 9:45am	16-99	\$10.00/\$50.00
02 Tuesday 6:00 - 6:45pm	16-99	\$10.00/\$50.00
03 Tuesday 7:00 - 7:45pm	16-99	\$10.00/\$50.00

LOSE4U		
Days & Times	Ages	Mem/Program
03 Mon & Wed 6:00 - 7:00 pm	18-99	\$85.00/\$110.00
Mon & Wed 5:00-6:00pm	18-99	\$85.00/\$110.00

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

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 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



Zumba

Days & Times	Ages	Mem/Program
01 Thursday 6:00 - 6:45pm	16-99	\$0.00/\$40.00
02 Saturday 11:00 - 11:45am	16-99	\$0.00/\$40.00

Adult Karate

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



Date Night

Days & Times	Ages	Mem/Program
Friday, April 21	3-13	\$12.00/\$18.00

Ballet

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

Flag Football Clinic

Days & Times	Ages	Mem/Program
Beginners Flag Football	3-5	\$55.00/\$80.00
intermediate Flag Football	6-8	\$55.00/\$80.00

* 8 weeks (6/20 - 8/13)

Jazz

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

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

Soccer League

Days & Times	Ages	Mem/Program
01 Rookies 4 -5 years old	3-5	\$50.00/\$70.00
02 Winners 6 - 8 years old	5-8	\$50.00/\$70.00
03 Champions: Ages 9 - 11 years	8-11	\$50.00/\$70.00

* Held at Firestone Park Comm. Center, 1486 Girard St. ; games on Saturdays

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

*Parent/Child participation class

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	6-11	\$35.00/\$60.00



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
01 Thursday 5:00 - 5:30 pm	4-99	\$105.00/\$140.00
01 Tuesday 5:00 - 5:30 pm	4-99	\$105.00/\$140.00
02 Saturday 9:30 - 10:00 am	4-99	\$105.00/\$140.00
02 Thursday 5:30 - 6:00 pm	4-99	\$105.00/\$140.00
02 Tuesday 5:30 - 6:00 pm	4-99	\$105.00/\$140.00
03 Saturday 10:00 - 10:30 am	4-99	\$105.00/\$140.00
03 Thursday 6:00 - 6:30 pm	4-99	\$105.00/\$140.00
03 Tuesday 6:00 - 6:30 pm	4-99	\$105.00/\$140.00
04 Saturday 10:30 - 11:00 am	4-99	\$105.00/\$140.00
04 Thursday 6:30 - 7:00 pm	4-99	\$105.00/\$140.00
04 Tuesday 6:30 - 7:00 pm	4-99	\$105.00/\$140.00
05 Saturday 11:00 - 11:30 am	4-99	\$105.00/\$140.00
05 Thursday 7:00 - 7:30 pm	4-99	\$105.00/\$140.00
05 Tuesday 7:00 - 7:30 pm	4-99	\$105.00/\$140.00
06 Saturday 11:30 - 12:00 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
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
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