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RIVERFRONT YMCA JANUARY 2015 Y NOTES

Winter Program Registration is underway!

Registration for the Riverfront YMCA's Winter I session begins Dec. 7 for members and Dec. 11 for non-members. Programs include group exercise classes, swim lessons, gymnastics, full-day child care, before and after school care, youth sports, karate, homeschool activities, piano and guitar lessons and more! The session will run from January 4 – February 21. For more information, contact the Y at 330-923-9622.

Register for the LOSE4U weight loss program today!

Achieve your weight loss goals with the LOSE4U Challenge! Work out two times per week for 12 weeks in a small group with a certified personal trainer. Teams consist of three people so you can sign up with two other friends or register individually and we will place you on a team! This program runs January 26 – April 16, 2015. We also have a kickoff on Saturday, Jan. 24 at 10:30 a.m. For more information, contact the Y at 330-923-9622. Spots are going fast so be sure to register today!

Riverfront Y hosting family fun day

The Riverfront Y is hosting a family fun day on Sunday, Jan. 11 from 3-5 p.m. We will have crafts, snacks, games, rock climbing, basketball, gymnastics and more! For more information, contact Heidi at 330-923-9622 or HeidiC@akronymca.org.

RIVERFRONT 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

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

Connect with us!

