



SUMMER PROGRAM GUIDE

SESSION DATES: JUNE 9 - AUGUST 31

Session 1: June 9 - July 13

Session 2: July 21 - August 24

BUILD A HAPPIER, HEALTHIER YOU



**MEMBERSHIP
FOR ALL**

FINANCIAL ASSISTANCE IS
AVAILABLE TO HELP WITH
THE COST OF MEMBERSHIP
OR PROGRAMS - JUST ASK!



REGISTRATION BEGINS

FOR MEMBERS

SUNDAY, MAY 26

FOR PROGRAM MEMBERS

THURSDAY, MAY 30



RIVERFRONT FAMILY YMCA

544 Broad Blvd

Cuyahoga Falls, OH 44221

330.923.9622

akronymca.org/riverfront

**Scan here to
register**





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Summer I (06/09-07/13), Summer II (07/21-08/24)

Aquatics

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
Summer I	Tuesday 6:00-6:30pm	Max 3	\$45.00/\$85.00

* No swim lessons on June 18 and July 3, 4, or 6.

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
Summer I	Tuesday 9:15-9:45am	3-5	\$45.00/\$85.00
Summer I	Thursday 9:15-9:45am (No class on 7/4)	3-5	\$45.00/\$85.00
Summer I	Saturday 9:05-9:35am	3-5	\$45.00/\$85.00
Summer II	Tuesday 9:15-9:45am	3-5	\$45.00/\$85.00
Summer II	Thursday 9:15-9:45am	3-5	\$45.00/\$85.00
Summer II	Saturday 9:05-9:35am	3-5	\$45.00/\$85.00

* No swim lessons on June 18 and July 3, 4, or 6.

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
Summer I	Tuesday 9:50-10:20am	3-5	\$45.00/\$85.00
Summer I	Thursday 9:50-10:20am (No class on 7/4)	3-5	\$45.00/\$85.00
Summer I	Saturday 9:45-10:15am	3-5	\$45.00/\$85.00
Summer II	Tuesday 9:50-10:20am	3-5	\$45.00/\$85.00
Summer II	Thursday 9:50-10:20am	3-5	\$45.00/\$85.00
Summer II	Saturday 9:45-10:15am	3-5	\$45.00/\$85.00

* No swim lessons on June 18 and July 3, 4, or 6.

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
Summer I	Tuesday 10:25-10:55am	3-5	\$45.00/\$85.00
Summer I	Thursday 10:25-10:55am (No class on 7/4)	3-5	\$45.00/\$85.00
Summer I	Saturday 10:25-10:55am	3-5	\$45.00/\$85.00
Summer II	Tuesday 10:25-10:55am	3-5	\$45.00/\$85.00
Summer II	Thursday 10:25-10:55am	3-5	\$45.00/\$85.00
Summer II	Saturday 10:25-10:55am	3-5	\$45.00/\$85.00

* No swim lessons on June 18 and July 3, 4, or 6.

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
Summer I	Wednesday 4:30-5:00pm	6-12	\$45.00/\$85.00
Summer I	Friday 6:00-6:30pm	6-12	\$45.00/\$85.00
Summer I	Saturday 9:00-9:30am	6-12	\$45.00/\$85.00
Summer I	Tuesday 6:35-7:05pm	6-12	\$45.00/\$85.00
Summer II	Saturday 9:00-9:30am	6-12	\$45.00/\$85.00

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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
Summer I	Wednesday 5:05-5:35pm	6-12	\$45.00/\$85.00
Summer I	Friday 6:35-7:05pm	6-12	\$45.00/\$85.00
Summer I	Saturday 9:40-10:10am	6-12	\$45.00/\$85.00
Summer I	Tuesday 7:10-7:40pm	6-12	\$45.00/\$85.00
Summer II	Saturday 9:40-10:10am	6-12	\$45.00/\$85.00

* No swim lessons on June 18 and July 3, 4, or 6.

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
Summer I	Wednesday 5:40-6:10pm	6-12	\$45.00/\$85.00
Summer I	Friday 7:10-7:40pm	6-12	\$45.00/\$85.00
Summer I	Saturday 10:20-10:50am	6-12	\$45.00/\$85.00
Summer II	Saturday 10:20-10:50am	6-12	\$45.00/\$85.00

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Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221



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Riverfront Family YMCA

Summer I (06/09-07/13), Summer II (07/21-08/24)

Aquatics

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
Summer I	Monday 7:45 - 8:30am	16-99	\$15.00/\$55.00
Summer I	Wednesday 7:45 - 8:30am	16-99	\$15.00/\$55.00
Summer I	Friday 7:45 - 8:30am	16-99	\$15.00/\$55.00
Summer II	Monday 7:45 - 8:30am	16-99	\$15.00/\$55.00
Summer II	Wednesday 7:45 - 8:30am	16-99	\$15.00/\$55.00
Summer II	Friday 7:45 - 8:30am	16-99	\$15.00/\$55.00

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Summer I (06/09-07/13), Summer II (07/21-08/24)

Group Classes

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
Summer I	Wednesday 11:00am-11:45am	16-99	\$15.00/\$55.00
Summer II	Wednesday 11:00am-11:45am	16-99	\$15.00/\$55.00

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Summer I (06/09-07/13), Summer II (07/21-08/24)

Sports & Youth Programs

Gymnastics - Advanced

Ses	Days & Times	Ages	Mem/Program
Summer I	Monday 6:30pm-8:00pm	6-17	\$60.00/\$80.00
Summer I	Saturday 11:00am-12:30pm	6-17	\$60.00/\$80.00
Summer II	Monday 6:30pm-8:00pm	6-17	\$60.00/\$80.00
Summer II	Saturday 11:00am-12:30pm	6-17	\$60.00/\$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 health

Ses	Days & Times	Ages	Mem/Program
Summer I	Tuesday 6:00 - 7:00pm	6-12	\$45.00/\$60.00

Rock Wall 101

Ses	Days & Times	Ages	Mem/Program
Summer I	Wednesday 5:00pm - 5:45pm	4-99	\$0.00/\$25.00
Summer I	Wednesday 6:00pm - 6:45pm	4-99	\$0.00/\$25.00
Summer I	Wednesday 7:00pm - 7:45pm	4-99	\$0.00/\$25.00
Summer I	Saturday 9:00am - 9:45am	4-99	\$0.00/\$25.00
Summer I	Saturday 10:00am - 10:45am	4-99	\$0.00/\$25.00
Summer I	Saturday 11:00am - 11:45am	4-99	\$0.00/\$25.00
Summer II	Wednesday 5:00pm - 5:45pm	4-99	\$0.00/\$25.00
Summer II	Wednesday 6:00pm - 6:45pm	4-99	\$0.00/\$25.00
Summer II	Wednesday 7:00pm - 7:45pm	4-99	\$0.00/\$25.00
Summer II	Saturday 9:00am - 9:45am	4-99	\$0.00/\$25.00
Summer II	Saturday 10:00am - 10:45am	4-99	\$0.00/\$25.00
Summer II	Saturday 11:00am - 11:45am	4-99	\$0.00/\$25.00

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
Summer I	Monday 5:00 - 5:45pm	3-5	\$35.00/\$55.00
Summer II	Monday 5:00 - 5:45pm	3-5	\$35.00/\$55.00

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
Summer I	Tuesday 8:00 - 8:45pm	6-9	\$35.00/\$55.00
Summer I	Friday 6:00 - 6:45pm	6-9	\$35.00/\$55.00
Summer II	Tuesday 8:00 - 8:45pm	6-9	\$35.00/\$55.00
Summer II	Friday 6:00 - 6:45pm	6-9	\$35.00/\$55.00

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
Summer I	Monday 6:00 - 6:45pm	6-8	\$35.00/\$55.00
Summer II	Monday 6:00 - 6:45pm	6-8	\$35.00/\$55.00

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
Summer I	Friday 7:00 - 7:45pm	9-12	\$35.00/\$55.00
Summer II	Friday 7:00 - 7:45pm	9-12	\$35.00/\$55.00

Intermediate Tumbling

This class will work on perfecting cartwheels, bridges and rolls, as we strengthen handstands and round offs. This class will also cover basic drills for walkovers and handspings.

Ses	Days & Times	Ages	Mem/Program
Summer I	Wednesday 5:00pm-6:00pm	5-17	\$55.00/\$75.00
Summer II	Wednesday 5:00pm-6:00pm	5-17	\$55.00/\$75.00

Basic Tumbling

Begin learning the basics of tumbling by working on rolls, cartwheels, handstands and bridges. This is a great class for the beginner cheerleader and those who want to learn to tumble.

Ses	Days & Times	Ages	Mem/Program
Summer I	Monday 3:30pm-4:30pm	5-17	\$55.00/\$75.00
Summer II	Monday 3:30pm-4:30pm	5-17	\$55.00/\$75.00

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
Summer I	Monday 5:30pm - 6:15pm	3-4	\$40.00/\$65.00
Summer I	Tuesday 3:15pm - 4:00pm	3-4	\$40.00/\$65.00
Summer I	Saturday 9:00am - 9:45am	3-4	\$40.00/\$65.00
Summer I	Saturday 11:30am - 12:15pm	3-4	\$40.00/\$65.00
Summer II	Monday 5:30pm - 6:15pm	3-4	\$40.00/\$65.00
Summer II	Tuesday 3:15pm - 4:00pm	3-4	\$40.00/\$65.00
Summer II	Saturday 9:00am - 9:45am	3-4	\$40.00/\$65.00
Summer II	Saturday 11:30am - 12:15pm	3-4	\$40.00/\$65.00

*Summer 1 (6/10-7/12, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/23)

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Summer I (06/09-07/13), Summer II (07/21-08/24)

Sports & Youth Programs

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
Summer I	Wednesday 12:15pm-1:00pm	1-3	\$40.00/\$65.00
Summer I	Saturday 10:45am-11:30am	1-3	\$40.00/\$65.00
Summer II	Wednesday 12:15pm-1:00pm	1-3	\$40.00/\$65.00
Summer II	Saturday 10:45am-11:30am	1-3	\$40.00/\$65.00

*Summer 1 (6/10-7/12, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/23)

Sporties For Shorties (ages 3-5)

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
Summer I	Tuesday 7:00 - 7:45pm	3-5	\$35.00/\$55.00
Summer II	Tuesday 7:00 - 7:45pm	3-5	\$35.00/\$55.00

*Summer 1 (6/10-7/11, no class on 7/4 - TH class will end 7/18); Summer 2 (7/22-8/22); Parent/child

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
Summer I	Wednesday 6:30pm-8:00pm	6-17	\$60.00/\$80.00
Summer II	Wednesday 6:30pm-8:00pm	6-17	\$60.00/\$80.00

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
Summer I	Monday 4:30pm - 5:30pm	5-17	\$55.00/\$75.00
Summer I	Monday 5:30pm - 6:30pm	5-17	\$55.00/\$75.00
Summer I	Wednesday 7:00pm - 8:00pm	5-17	\$55.00/\$75.00
Summer I	Saturday 9:45am - 10:45am	5-17	\$55.00/\$75.00
Summer II	Monday 4:30pm - 5:30pm	5-17	\$55.00/\$75.00
Summer II	Monday 5:30pm - 6:30pm	5-17	\$55.00/\$75.00
Summer II	Wednesday 7:00pm - 8:00pm	5-17	\$55.00/\$75.00
Summer II	Saturday 9:45am - 10:45am	5-17	\$55.00/\$75.00

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
Summer I	Monday 4:30pm-5:30pm	5-17	\$55.00/\$75.00
Summer I	Monday 6:30pm-7:30pm	5-17	\$55.00/\$75.00
Summer I	Wednesday 4:00pm-5:00pm	5-17	\$55.00/\$75.00
Summer I	Wednesday 6:00pm-7:00pm	5-17	\$55.00/\$75.00
Summer I	Saturday 9:45am-10:45am	5-17	\$55.00/\$75.00
Summer I	Saturday 12:15pm-1:15pm	5-17	\$55.00/\$75.00
Summer II	Monday 4:30pm-5:30pm	5-17	\$55.00/\$75.00
Summer II	Monday 6:30pm-7:30pm	5-17	\$55.00/\$75.00
Summer II	Wednesday 4:00pm-5:00pm	5-17	\$55.00/\$75.00
Summer II	Wednesday 6:00pm-7:00pm	5-17	\$55.00/\$75.00
Summer II	Saturday 9:45am-10:45am	5-17	\$55.00/\$75.00
Summer II	Saturday 12:15pm-1:15pm	5-17	\$55.00/\$75.00

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