



CITY OF
Cuyahoga Falls
MAYOR DON WALTERS

2026

WINTER & SPRING

ACTIVITY GUIDE

JANUARY - MAY

GENERAL INFO

ADMINISTRATIVE OFFICE

2310 Second Street, Cuyahoga Falls OH 44221
330.971.8225
cityofcf.com/parksandrec

CITY OFFICES CLOSED

Monday, January 19 - MLK Jr Day
Monday, February 16 - President's Day
Friday, April 3 - Good Friday

Registration

1. Online with a credit card at cityofcf.com/parksandrec. An account with [Amilia SmartRec](#) is required.
2. Over the phone with a credit card. Call the Parks and Recreation office at 330-971-8225 or the Quirk Cultural Center at 330-971-8425.
3. In person with cash, check, or credit card at the Parks and Recreation office or the Quirk Cultural Center. Checks made payable to [City of Cuyahoga Falls](#). Visa, MasterCard, and Discover accepted.
4. **Pre-registration is REQUIRED** for all adult and youth classes unless otherwise noted. Classes have a minimum number of participants required and will be cancelled if not met.



Subject to Change

We aim to have the most accurate information available at publication, however, class dates, times, & prices may change.

Refunds/Cancellations

We reserve the right to cancel, postpone, combine classes, or change instructors. Participants assume the risk of changes in schedules/personal affairs when signing up for a class or program. No refunds unless a class is cancelled due to low enrollment; only then will a full refund be granted. Please allow 3-5 days for credit card refunds, 3-4 weeks for check and cash refunds.

Photograph Policy

Parks and Recreation employees may take pictures of participants in our programs, parks, and facilities for use in publications or on our website. By your registration and/or participation, you grant us permission to use these photos for publicity purposes only. Have a great photo from one of our programs? Email it to: parks@cityofcf.com.

Know what you're looking for?

Click on the sections below to jump to the correct page

BROOKLEDGE

Golf Club

**MAKE YOUR TEE
TIME WITH US**



DRIVING RANGE

Grass Tees
Putting Green
Chipping Green

Scan Here



Outings & Leagues

Impeccable course for your
outing or special event.
Variety of Leagues.



Golf Lessons

Group, private and junior golf
lessons are available.

CONTACT US

1621 Bailey Road
Cuyahoga Falls, OH 44221

330-971-8416
www.brookledgegc.com





Click Here
for Current
Hours

DOWNVIEW

Sports Center

32 Driving Range Tees - 10 HEATED
Skate Park - FREE

18-hole Miniature Golf Course
Batting Cages

330-971-8418

www.cityofcf.com/downview

1617 Bailey Road
Cuyahoga Falls, OH 44221





Season Passes

Become a Season Pass Holder for the 2026 Season! Pass holders get early admission, discounted cabana rentals, and special pass holder only days all season long!

Early Bird Rates End
April 30, 2026

Opening Day
May 23, 2026

Contact Us

330-971-8433

2025 Munroe Falls Ave, CFO
cityofcf.com/places/water-works



WATER WORKS FAMILY AQUATIC CENTER

Facility Amenities

- Slides - tube, body, drop, tot
- Zero-depth edge pool
- Lazy River
- Lap lanes
- Waterfalls
- Playground
- Changing rooms
- Concession stand
- Lockers
- Sun & shade areas
- Chairs provided
- Picnic tables & grills
- Rentable cabanas



330-971-8080

FALLSNAT.COM

THE **NATATORIUM**

HEALTH AND FITNESS CENTER



WINTER HOURS (NOV-APR)

Monday - Wednesday: 5:30am - 10:00pm

Thursday - Friday: 5:30am - 9:00pm

Saturday: 7:00am - 7:00pm

Sunday: 9:00am - 7:00pm

Pool closes at 8:45pm (Mon-Fri) and 6:45pm (Sat-Sun)

There is something for everyone:

- Cardio & Strength Equipment
- Basketball & Racquetball Courts
- 1/8 Mile Indoor Track
- 80 Group Fitness Classes Weekly (land & water)
- Karate & Tai Chi classes
- Personal Training

- 21-Person Spa
- Aquatics Center with 4 Pools
- Men/Women Saunas
- Youth Fitness Programs & Camps
- Kids' Castle Babysitting
- Swim Lessons

NAT PROGRAMMING



Karate Kids

Auxiliary Gym | Natatorium

Ages 6-11. Classes are taught by black belts in 8 week sessions. Natatorium membership not required.

Session	Day	Time	Fee
Jan 10 - Feb 28	Saturdays	11:45 am - 12:45 pm	Res: \$50 NR: \$70
Mar 7 - Apr 25	Saturdays	11:45 am - 12:45 pm	Res: \$50 NR: \$70
May 2 - Jun 27	Saturdays	11:45 am - 12:45 pm	Res: \$50 NR: \$70

Fit Kid Experience

Youth Fitness Center | Natatorium

Ages 7-13. Weekly classes and youth circuit workouts in a private youth fitness center to keep kids active and healthy! Classes are held on Mondays, Wednesdays, and Saturdays. A water class is available to Fit Kid Members only on Mondays and Wednesdays from 6:15-7 pm (15 person capacity). Natatorium membership required. \$10/person assessment fee required before starting (includes workout shirt).

Swim Lessons

Aquatic Center | Natatorium

Sessions are 6 weeks long. Cuyahoga Falls Residents and Annual Members may register first. Class size is limited so register early! Natatorium membership not required.

Click here for the latest swim lesson sessions being offered.

For children ages 7-15 who have completed Level 3 swim lessons but want to keep swimming, check out the Natatorium Swim Club! Click or call 330-971-8398 for more info.

[click here for the current class schedule for](#)

LAND FITNESS

Karate

Auxiliary Gym or Group Fitness B | Natatorium

Ages 12+. Classes are taught by black belt certified instructors. Natatorium membership required. Uniforms are not required for the first class. Offered year round in three (3) month sessions.

Level	Room	Time	Fee
All levels (Mon + Wed + Sat)	M/W: Grp Fit B Sat: Aux Gym	M/W: 7:15-8:30 pm Sat: 1-3 pm	\$65/ Session
Advanced (Mon + Wed)	Group Fit B	8-8:30 pm	\$65/ Session

T'ai Chi

Group Fitness B | Natatorium

Ages 14+. Classes are taught by a T'ai Chi Ch'uan & Qi Gong certified instructor. Natatorium membership and pre-registration required. Offered year round in three (3) month sessions.

Level	Day	Time	Fee
Beginner	Wednesdays	6-7 pm	\$45/session
Advanced	Wednesdays	4:45-5:45 pm	\$45/session

[click here
for the
current
rates for](#)

MEMBERSHIPS & DAILY PASSES

Personal Training

Natatorium

Intro package (assessment + two sessions) for \$125 plus tax. All sessions are one-on-one with a certified personal trainer and last for one hour. For adults and youth (ages 7-15).

Pilates Reformer

Conference Wing Corridor | Natatorium

Ages 18+. Intro package (three sessions) for \$100 plus tax. All sessions are one-on-one with a Pilates Reformer trainer and last for one hour.

PARTIES/RENTALS

SPLASH PARTIES

Neptune Room (Natatorium Aquatic Center)

Includes 3 hours in the Neptune Room and up to 20 admissions. Available on Saturdays and Sundays from 1:30-4:30 pm. Cost: \$400. Call 330-971-8087 to reserve.

CONFERENCE & BANQUET CENTER

Cuyahoga and Hopewell Rooms

Each room accommodates 60-70 people and cost \$600/day plus a \$200 refundable damage deposit. Both rooms can combine to accommodate 150 people for \$1,200/day plus the \$200 refundable damage deposit. Kitchens included. All fees are due in full at time of booking. Call 330-971-8087 to reserve.

[click here for the current class schedule for](#)

WATER FITNESS



330-971-8080

FALLSNAT.COM
2345 Fourth Street
Cuyahoga Falls, OH 44221

SENIOR PERKS

FREE AND DISCOUNTED MEMBERSHIPS

THE **NATATORIUM**

HEALTH AND FITNESS CENTER

FREE Memberships for
Participating
Insurance Programs



SENIOR MEMBERSHIP DISCOUNTS

Resident Senior

\$275 - annual
\$35 - monthly
\$7 - daily

Non-Resident Senior

\$370 - annual
\$45 - monthly
\$10 - daily

There is SOMETHING for everyone:

- Pickleball Courts
- Basketball Courts
- Racquetball Courts
- 1/8 Mile Indoor Track
- Silver Cardio/Chisel
- Yoga
- Core/Strength/Balance
- Cardio & Strength Equipment
- Aquatics Center with 4 pools
- Current Channel Fitness (Aquatics)
- Deep & Shallow Water Fitness (Aquatics)
- Range of Motion (Aquatics)

FREE Senior Exercise Classes

Ballroom at Quirk Cultural Center!

Wednesdays (10-10:45) & Fridays (1:15-2:00)

1201 Grant Ave. Cuyahoga Falls, OH 44223 • 330-971-8425



[FACEBOOK.COM/CUYAHOGA FALLS NATATORIUM](https://www.facebook.com/cuyahoga-falls-natatorium)



[INSTAGRAM.COM/CF_PARKSANDREC](https://www.instagram.com/cf_parksandrec)



330-971-8080

FALLSNAT.COM
2345 Fourth Street
Cuyahoga Falls, OH 44221

AQUATIC CENTER

Features & Schedules

THE **NATATORIUM**

HEALTH AND FITNESS CENTER

Aquatics Center Hours

Monday-Friday 5:30am-8:45pm

Saturday 7:00am-6:45pm

Sunday 9:00am-6:45pm



Mon-Fri	Leisure Pool fitness/adult swim 2:00-2:40 safety break	Current Channel fitness/adult swim 2:00-2:40 safety break	Tube Slide NA	Lap Pool & Diving Board fitness/adult swim 12:00-12:40 safety break
Sat	1:00-5:00pm open swim	Adult Fitness Use Only	1:00-5:00pm	1:00-5:00pm
Sun	1:00-5:00pm open swim	Adult Fitness Use Only	1:00-5:00pm	1:00-5:00pm

Family & Kids Open Swim - Weekends Only

There is SOMETHING for everyone:

- Men's and Women's Saunas
- Spa
- Swim Lessons
- Spray Features/Slides
- Swim Club
- Lap/Diving Pool
- Leisure Pool
- US Masters Swim
- Instructional/Therapy Pool
- 19 Weekly Water Fitness Classes



[FACEBOOK.COM/CUYAHOGA FALLS NATATORIUM](https://www.facebook.com/cuyahoga-falls-natatorium)



[INSTAGRAM.COM/CF_PARKSANDREC](https://www.instagram.com/cf_parksandrec)



DOWNTOWN ICE SKATING

FREE ADMISSION, \$5 / SKATE RENTAL



QUIRK

CULTURAL CENTER

for ages 1 to 100!



Youth & Adult Classes

Quirk offers a wide variety of classes including toddler music & movement, youth ceramics, junior ballet, homeschool, pottery, ceramics, watercolor, painting, and more!



Come by Quirk's community room on the first floor for free coffee and learn more about the programs!



330-971-8425

cityofcf.com/places/quirk

Hours: 8 am - 8 pm (Mon-Thurs), 8 am - 5 pm (Fri), 9 am - 1 pm (Sat)

1201 Grant Ave
Cuyahoga Falls OH 44221

Youth Programs at Quirk Cultural Center

INTRO TO BALLET

AGES 3-5

An introductory class to learn the basics of posture, technique, ballet terminology, and the 5 ballet positions.

WEDNESDAYS

JAN 7 - MAR 11

4:00 - 4:30 PM

FEE: \$8

KEEP GOING
FOR MORE FUN!

BEGINNER BALLET

AGES 6-16

An introductory class to learn ballet terminology, technique, and movement. Classes will follow a traditional ballet class format which includes warm-up, center movement, across the floor, and simple choreography.

MONDAYS

JAN 5 - MAR 9

5:30 - 6:15PM

FEE: \$8

Pre-
registration
is required.

FAMILY PAINT PARTY

JANUARY AND MARCH

Fun for the whole family (ages 2+)! October is a Halloween themed candy dish and December is a hot cocoa mug. Each paid participant will receive an item to paint. Adults are encouraged to participate and finished items can be picked up one week from class date. Registration opens December 1 for the January class and February 1 for the March class.

SATURDAYS

JAN 31; MAR 7

10:00 - 10:50AM OR

11:00 - 11:50AM

FEE: \$12

HOMESCHOOL CLASSES

FEE: \$8

Choose from dance (ages 5-18), music (ages 5-8), or ukulele for beginners (ages 9-18). Classes take place on Mondays.

Class fees are per
class for each
participant

PAINT PARTY

AGES 2+

With participating caregiver. Paint your own ceramics! Includes one ceramic item to paint and accompanying themed activities. Painted items will be glazed, fired, and available for pick up at Quirk one week from class date. All classes take place on Mondays and registration opens the first of the month for each month's paint party.

4:00 - 5:00PM

FEE: \$8

Jan 12

Piggy Bank

Feb 9

Valentine's Day

Mar 9

Jungle Animals

Apr 13

Bunny Plate

May 11

Mother's Day Mug

MELODY MAKERS

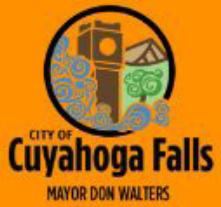
EARLY CHILDHOOD
MUSIC & MOVEMENT

 **TIMES**
9:30AM &
10:30AM

 **DATE**
Mondays

 **LOCATION**
Quirk Cultural Center

KEEP GOING
FOR MORE FUN!

DADDY DAUGHTER DATE NIGHT LET'S DANCE!

Friday, May 1st or Saturday, May 2nd
Downtown Pavilion
6:00-8:00 pm

*REGISTRATION BEGINS MONDAY, FEBRUARY 2, 2026 AT 9 AM



Adult Programs at Quirk Cultural Center

POTTERY

POTTERY STUDIO

Studio classes are offered on a multi-week session schedule with options for all skill levels. Space is limited. Sessions run from 7-9 weeks depending on holidays and instructor availability. Open studio time available on day of class starting at 9 am.

Daytime Classes

Mondays: advanced

Tuesdays: beginner II

Wednesdays: wheel

Thursdays: all skill levels

Fridays: beginner I

Evening Classes

Mondays or Thursdays: all skill levels



DAYTIME 1:30 - 4:30 PM

MONDAYS

TUESDAYS

WEDNESDAYS

FRIDAYS

DAYTIME 2:00 - 5:00 PM

THURSDAYS

Watercolor Workshop

EVENING 5:30 - 8:00 PM

MONDAYS

THURSDAYS

KEEP GOING
FOR MORE FUN!

GLAZEWARE MONTHLY

GLAZEWARE STUDIO

Use the glazeware studio to complete a beautiful piece of ceramic art from start to finish! Monthly members select a custom poured item and use studio supplies and glazes to complete it in 4 weeks.

Open studio time is also available from 9AM - 12PM on Thursdays for \$5 PER DAY. Schedule follows Monthly Membership.

TUESDAYS OR WEDNESDAYS

9:00AM - 12:00PM

FEE: \$35 PER MONTH
(NO STUDIO IN APRIL)

NIGHTGLAZE

GLAZEWARE STUDIO

Learn glaze techniques and patterns to create a beautiful hand-painted ceramic piece. Class participants complete one pre-selected item per class. All classes take place on Wednesdays.

5:45 - 7:45 PM

FEE: \$20 PER CLASS

JAN 21 - PET BOWL

FEB 18 - K CUP DISPENSER

MAR 18 - LARGE SERVING BOWL

APR 15 - SOAP DISPENSER

MAY 13 - GARDEN GNOME

ADULT BALLET

AGES 16+ DANCE STUDIO

Learn barre, stretching, and center work! This class is designed to improve balance, flexibility and coordination.

JAN 6 - MAR 12 ; MAR 24 - MAY 14

TUESDAYS: 5:00 - 6:00 PM OR 6:00 - 7:00 PM

THURSDAYS: 5:00 - 6:30 PM

FEE: \$10 PER CLASS

RECREART

RELAX AND
CREATE!

 **TIME**
6:00 PM

 **DATE**
First Tuesday of
each month



KEEP GOING
FOR MORE FUN!
→

WATERCOLOR WORKSHOP

CREATE YOUR
OWN MASTERPIECE

 **TIME**
10:00 AM

 **DATE**
Saturdays



QCC
QUIRK CULTURAL CENTER





MR. LAUREL & MR. HARDY

AMERICA'S GREATEST COMEDY DUO HIGHLIGHTED THROUGH FILMS, FEATURES, AND CLASSIC CLIPS.



NOON-1 PM

FRI. FEB. 6th, 2026

FREE; REGISTRATION REQUIRED

THE NATATORIUM- HOPEWELL ROOM
2345 4TH STREET, CUYAHOGA FALLS

ALL ABOUT CHOCOLATE!

VALENTINE'S CELEBRATION
FEATURING CHOCOLATE HISTORY,
FLAVORS, AND A DECADENT LIGHT
LUNCH, DESSERT AND SAMPLES!



KEEP GOING
FOR MORE FUN!

NOON-1 PM

THURS., FEB. 12th, 2026

\$17; REGISTRATION REQUIRED

THE NATATORIUM- HOPEWELL ROOM
2345 4TH STREET, CUYAHOGA FALLS

OWL ABOUT THAT!!

EXPLORE NORTHEAST OHIO'S
SEVEN OWL SPECIES THROUGH
PHOTOGRAPHY AND FASCINATING
BEHAVIOR INSIGHTS.



NOON-1 PM



THURS., FEB. 19th, 2026



FREE! REGISTRATION
REQUIRED



THE NATATORIUM- HOPEWELL ROOM
2345 4TH STREET, CUYAHOGA FALLS

CELEBRATING BIRDS THROUGH PHOTOGRAPHY

EXPLORE GLOBAL BIRD LIFE,
UNCOVER THEIR BEHAVIORS, AND
LEARN WHICH SPECIES MIGRATE
THROUGH OHIO.



NOON-1 PM



THURS., APRIL 23RD, 2026



FREE!
REGISTRATION
REQUIRED



THE NATATORIUM- HOPEWELL ROOM
2345 4TH STREET, CUYAHOGA FALLS

KEEP GOING
FOR MORE FUN!

HOW TO PROTECT YOUR HOME WHILE AWAY

LEARN PRACTICAL TIPS TO
HAVE PEACE OF MIND ON HOW
TO PROTECT YOUR HOME
WHILE AWAY.



10 AM-10:45 AM

TUESDAY, JAN. 27th, 2026

FREE; REGISTRATION
REQUIRED

THE NATATORIUM- HOPEWELL ROOM
2345 4TH STREET, CUYAHOGA FALLS

KEEP GOING
FOR MORE FUN!

TECH SAFETY

LEARN COMPUTER SAFETY
BASICS: PHISHING, PRIVACY,
STRONG PASSWORDS, TWO-FACTOR
AUTHENTICATION.



WED., JAN. 28TH, 2026

THE NATATORIUM: HOPEWELL ROOM

NOON-1PM

FREE; REGISTRATION REQUIRED

TO REGISTER, CALL
THE PARKS & REC OFFICE @ 330-971-8225



QIGONG BREATHING PRACTICES

**IMPROVE FLEXIBILITY,
BALANCE & BREATHING**



TIME	DATE
9 AM-10 AM	THURS., JAN 22ND
COST	LOCATION
FREE	QUIRK CULTURAL CENTER, ROOM #315 1201 GRANT AVE. CUYAHOGA FALLS

KEEP GOING
FOR MORE FUN! 

TAI CHI WALKING

LEARN TO WALK 3 TAI
CHI MOVEMENTS FOR
GREATER HEALTH,
BALANCE & STRENGTH



TIME

9 AM-10 AM



DATE

FEB. 26, 2026



COST

FREE



LOCATION

QUIRK CULTURAL CENTER
ROOM #315
1201 GRANT AVE.
CUYAHOGA FALLS



KEEP GOING
FOR MORE FUN!



THE TITANIC; AN EVENING WITH AUTHOR TAD FITCH

JOIN US FOR AN UNFORGETTABLE EVENING AS AUTHOR TAD FITCH UNCOVERS THE MYSTERIES OF THE TITANIC WHILE YOU ENJOY A UNIQUE DINING EXPERIENCE.

REGISTRATION OPENS JAN. 20TH @ 9 AM



DATE
FRI., MARCH 6, 2026 **COST**
\$45/PERSON

TIME
6 PM-9 PM
DOORS OPEN @
5:30 PM **LOCATION**
THE NATATORIUM
2345 4TH STREET
CUYAHOGA FALL, OH 44221

CALL
330-971-8225
TO REGISTER!

MUST BE 21 + OR OLDER

KEEP GOING
FOR MORE FUN!
→



PRINCE WILLIAM & PRINCESS KATE

ENJOY A LIGHT LUNCH AND TEA WHILE EXPLORING A MODERN ROYAL POWER COUPLE—THEIR JOURNEY, FAMILY LIFE & THE FUTURE OF THE MONARCHY



NOON-2 PM



\$25/PERSON; REGISTRATION REQUIRED



FRI., APRIL 10TH, 2026



THE NATATORIUM- HOPEWELL ROOM
2345 4TH STREET, CUYAHOGA FALLS

CALL THE
PARKS & REC OFFICE @
330-971-8225
TO REGISTER

KEEP GOING
FOR MORE FUN!



Cuyahoga Falls Parks & Recreation

Fridge Friend Adult Programming; Jan.-April 2026

E ***Protecting Your Home While Away- Tues., Jan. 27th; 10 am-10:45 am @ The Natatorium; FREE-** Learn practical tips to have peace of mind on how to protect your home while away. Brought to you by the Cuyahoga Falls Police Department.

D ***Tech Safety- Wed., Jan 28th; Noon-1 pm @ The Natatorium; FREE-** In this class, we'll learn some computer safety concepts, such as recognizing phishing and spam, privacy settings, creating strong passwords and two-factor authentication.

C ***Mr. Laurel and Mr. Hardy- Fri., Feb 6th, Noon-1 pm @ The Natatorium; FREE-** A look back at the career of America's greatest comedy team from their early silent films through their later feature films. Film clips of the duo & their supporting actors are included.

I ***All About Chocolate; Valentine's Day Lunch & Learn- Thurs. Feb 12th, Noon-1 pm; \$17/person;** Join us for a delicious journey through the history and uses of chocolate, exploring its art, science, and flavor. Enjoy a beautifully crafted seasonal salad, dessert and samples with an indulgent chocolate twist.

O ***Owl About That! Thurs., Feb 19th, Noon-1 pm @ The Natatorium; FREE-** It's owl season! Discover the seven owl species of Northeast Ohio through stunning photography and learn about their behaviors, from migration to nesting and raising young.

A ***Maple Sap to Syrup Class; Northampton Town Hall; Keyser Park, 851 West Bath Road; \$10/registered person.**
Fri., 3/6- 10 am- 11:15 am
Sat., 3/7- 10am-11:15 am

Join us as we discuss the process of converting maple sap into maple syrup. Up to 2 guardians per registered child. Please come dressed appropriately for outdoor weather; Registration required.

The Titanic: An Evening with Author Tad Fitch; Fri. March 6th @ The Natatorium; \$45/person. Doors open at 5:30 pm, event starts at 6:00 pm:** Join an unforgettable evening as author Tad Fitch delves into the mysteries of the Titanic, separating fact from fiction and uncovering little-known stories surrounding the ship's tragic voyage. In addition to the captivating presentation, you will experience a unique dining service featuring appetizers, dinner, desserts, and spirits! Period attire from the early 1900's is welcome! ***This event is for individuals 21 and over. Registration required and will open Jan. 20th, 2026; Spots are Limited!

***The ABC's of Social Security- Wed., March 11th, Noon-1 pm @ The Natatorium; FREE;** Social Security can be complex, but understanding the basics such as eligibility, filing age, and how to receive them efficiently helps you make smart decisions about retirement planning.

***SCAMS- Thurs., March 12th; 10 am-11:15 am @ The Natatorium; FREE-** This class provides practical advice on how to recognize scams, avoid becoming a victim, and what to do if you suspect you've been targeted.

***Stay Safe Around the Water! - FREE**
Tues., Apr. 7th, Noon-1 pm @ C.F. Library OR
Tues., Apr. 21st, 5:30 pm-6:30 pm @ The Nat

Make a splash—safely! Join us for a fun and family-friendly session on water safety at the pool and along the river. This engaging class will help families learn how to prevent accidents, understand currents, and recognize and respond to potential hazards. You'll also discover the importance of properly fitting and using life jackets so everyone can enjoy the water with confidence and peace of mind.

***Go to Page 2 for more Educational Programs!**

All Classes with **“*” require registration.**

To register, call 330-971-8225 or scan the QR code





Educational Classes continued.....

***Prince William & Princess Kate; A Modern Royal Story; Fri., Apr. 10th, Noon-2 pm @ The Natatorium; \$25;**

Prince William and Princess Catherine, a modern royal power couple, balance raising their three children with their expanding roles as the future of the British monarchy. Enjoy a light lunch and tea as we take a closer look at their journey, family life, and what the future may hold for the modern monarchy.

***Emerging Technology- Wed., April 22nd ; Noon-1 pm @ The Natatorium; FREE:**

Learn about emerging technology, such as cryptocurrency (Bitcoin), Blockchain, AI, quantum computing, and 3D Printing. Learn what they are, how they are used in everyday life.

Quirky Stitchers -Wednesdays; 1p-4p @ Quirk; FREE-

Open to all needle crafters (no age restrictions): crocheters, cross stitchers, needlepoint, knit, and crewel. Come as long as you wish during scheduled hours.

Chair Caning- Mondays; 9am-2pm @ Quirk;

Bring your own supplies- Learn 7 step caning, press cane, rush, twill and shaker tape. Bring your own chair and we will help you select the materials you'll need in order to complete your project.

***Night Glaze- Third Wednesday of the month;**

5:45pm-7:45pm; @ Quirk; \$20-Learn glaze techniques and patterns to create a beautifully hand-painted ceramic piece.

***Watercolor Workshop- First & third**

Saturdays of the month @ Quirk; 10am-12pm; \$12/session- Learn the basics of color mixing, brushstrokes and composition. Celebrate the season with a nature inspired composition. Supplies are provided and registration is required.

***Celebrating Birds Through Photography-**

Thurs., April 23rd , Noon-1 pm @ The

Natatorium; FREE: Join us on a photographic, international journey to learn about birds of the world. their habits and how to find some of the more unique visitors during migration right in Ohio.

***Failure Is Not an Option – The Voyage of Apollo 13-Thursday, April 30th, Noon-1 pm @ The Natatorium; FREE-**

The Apollo 13 moon mission was called “routine” until it became the most dramatic rescue mission of all time. This is the full story of what happened and how the astronauts returned safely to Earth.

***Pottery- @ Quirk; TBD;** Create pieces by

hand building, throwing or a combination of both techniques. Learn the foundational skills and master new ones! Space is limited; Registration required.

***Ukrainian Egg Painting; Thurs., March 5th ; & Thurs. March 12th ; 5 pm-7:45 pm; \$20 @**

Quirk. Celebrate spring by creating your own bright and fiery pysanky egg using a wax-resist method. Supplies are provided and registration is required.

***Glazeware Monthly Membership;**

Tuesdays or Wednesdays 9am-12pm @

Quirk; \$35; Use our glaze-your-own studio to complete a beautiful ceramic piece of art! Memberships run 4-weeks and include all supplies, glaze and firing.

***RecreART; First Tuesday of the month from**

6pm-7:45 pm @ Quirk; \$12/session- Learn paint techniques & style to recreate famous artworks including pop art, illustration, cubism and modern art. Supplies are provided and registration is required.



Parks & Rec Office- 330-971-8225

The Natatorium- 330-971-8080

Downview- 330-971-8418

Quirk Cultural Center- 330-971-8425

Brookledge Golf Club- 330-971-8416

Water Works Aquatics Center- 330-971-8433



Cuyahoga Falls Parks and Recreation
Cuyahoga Falls Natatorium



www.fallsnat.com
www.cityofcf.com/departments/parks-recreation



Cuyahoga Falls Parks & Recreation

Fridge Friend Adult Programming; Jan.-April 2026

SilverSneakers Classic Fitness Class-
Wednesdays, 10:30am-11:15 am & Fridays; 10:15-11:00 am @ Quirk; FREE-
 45 minutes of strength & cardio utilizing chairs, balls, weights & resistance tubing. All ages and ability level welcome. **You do NOT have to be a SilverSneakers member to participate.**

A **Strollers/Walkers- Tuesdays 9 am-10 am; FREE; Meet @ Quirk-** Get ready to go on a group walking trip to hike area parks and enjoy the wonders of nature!

C ***Adult Ballet - Tuesdays at 5pm and 6pm; Thursdays @ 5pm; \$10/class @ Quirk-** This one hour class consisting of barre, stretching, and center work is designed to improve balance, flexibility, and coordination while moving to classical dance music. Socks or ballet slippers are required.

I ***Senior Scoot- Dates, TBD; FREE-** Learn fun dances by following along step by step with the instructor for an enjoyable afternoon with friends. This class is designed for ages 55+ with all skill levels to enjoy.

V ***Chair Yoga- Tuesdays: 9-9:45 am @ Quirk; FREE:** Practice yoga sitting in a chair to stretch and strengthen your way to a happier you! This class is designed for all ages and skill level to help improve mobility limitations, flexibility, strength, balance & reduce stress.

DID YOU KNOW?

FREE Natatorium and Water Works Memberships!
 Are you a current active SilverSneakers, PRIME or Renew Active Member? Call your insurance company to verify eligibility & secure your confirmation code. Come to The Natatorium with your code & sign up for your FREE Nat and Water Works membership!

Northampton Town Hall Fitness Classes; FREE; 851 West Bath Rd, Cuyahoga Falls- Tuesdays: Zumba-6-7 pm & YOGA-7:15- 8:15 pm; Join us for an evening of dancing and relaxing!

***Body & Mind Wellness Series**

Fourth Thursday of the Month; 9 am-10 am @ Quirk Cultural Center, Dance Room #315; FREE!

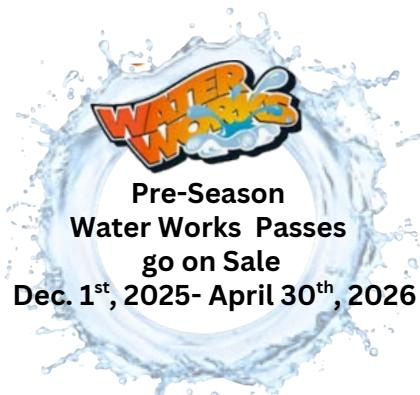
All Classes are led by Nancy Gardner

***January 22 – Qigong Breathing Practices-**
 Learn three Qigong exercises that are played in sync with your breath, which can improve your flexibility, balance and breathing.

***February 26 – Tai Chi Walking-**
 Learn to walk three Tai Chi movements for greater health, balance and strength!

***March 26 – Energize Your Day-**
 Do you have any stress in your life? Tight muscles or achy joints? If so, then these gentle stretches, movements, self-massage and breathing practices are for YOU!

***April 23rd- Qigong Self-Care Practice-**
 Learn self-massage techniques and tapping over acupressure points and energy meridians for health-maintenance and healing. Through this mostly seated practice, participants are realizing relief from knee and sciatica pain, improved joint mobility, fewer episodes of vertigo, better sleep, less stress and increased energy.





PARKS & RECREATION
Cuyahoga Falls

Cuyahoga Falls Parks & Recreation

Fridge Friend Adult Programming; Jan.-April 2026

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Ice Rink; Admission is FREE, skate rental \$5/person- Looking to stay active and social this Winter? Starting Nov. 29th, enjoy time with family & friends skating in Downtown Cuyahoga Falls, Fridays from 3 pm-8 pm & Saturdays/Sundays from Noon- 8 pm, weather permitting. Please check the website for Holiday Hrs., restrictions and additional information. www.cityofcf.com/places/ice-skating-rink

***Daddy/Daughter Dance: Fri. March 13th & Sat. March 14th from 6-8 pm at The Cuyahoga Falls Pavilion; \$12/person.** This annual event will be one for the memory books! Enjoy a magical evening with a photo booth, DJ, dancing, treat bags, a light dinner, and plenty of fun. **Registration opens Feb. 2nd @ 9am**—don't miss this special night!

People Serving People- 2nd & 4th Tuesdays of the month from 9am-11:30 am (except Holidays); FREE @ Quirk- This group focuses on making items for patients in nursing homes such as lap robes, feeding bibs, walker and wheelchair bags and neck pillows. Other items made are medicine bags, suction cup and foley bag covers. Sensory bibs and memory books are also provided for Alzheimer's patients. All are welcome!

Easter Egg Dash- Sat., April 4; Celebrate 70 years of family fun at our annual Community Easter Event, a tradition filled with laughter and sweet memories. Enjoy an egg hunt, delicious candy, and fun for kids and adults alike. Bring the whole family and help us make this milestone event the best one yet! More details to come!

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 **SUBSCRIBE**

Call 330-971-8225, scan the QR code or copy/paste the link below to sign up for our monthly newsletter!

<https://www.cityofcf.com/departments/parks-recreation/subscribe-newsletter>



CALL NOW

Parks & Rec Office- 330-971-8225
The Natatorium- 330-971-8080
Downview- 330-971-8418
Quirk Cultural Center- 330-971-8425
Brookledge Golf Club- 330-971-8416
Water Works Aquatics Center- 330-971-8433

REGISTER NOW



- Classes are subject to change and require a minimum number of participants to run. To help ensure your favorite classes aren't cancelled due to low enrollment, please register early!



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Cuyahoga Falls Natatorium



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