



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

L 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



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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.

E ***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
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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. May 1st & Sat. May 2nd 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

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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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