



PARKS &amp; RECREATION

Cuyahoga Falls

## Cuyahoga Falls Parks &amp; Recreation

## Fridge Friend Adult Programming; Jan.-April 2026

E

**\*Protecting Your Home While Away-** Tues., Jan. 27<sup>th</sup>; 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.

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**\*Tech Safety- Wed., Jan 28<sup>th</sup> ; 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.

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**\*Mr. Laurel and Mr. Hardy- Fri., Feb 6<sup>th</sup>, 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.

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**\*All About Chocolate; Valentine's Day Lunch & Learn- Thurs. Feb 12<sup>th</sup>, 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.

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**\*Owl About That! Thurs., Feb 19<sup>th</sup>, 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.

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**\*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 6<sup>th</sup> @ 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. 20<sup>th</sup>, 2026; Spots are Limited!***

**\*The ABC's of Social Security- Wed., March 11<sup>th</sup>, 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 12<sup>th</sup>; 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. 7<sup>th</sup>, Noon-1 pm @ C.F. Library OR  
Tues., Apr. 21<sup>st</sup>, 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**







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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 22<sup>nd</sup> ; 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 23<sup>rd</sup>, 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-Thursdays, 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 5<sup>th</sup>; & Thurs. March 12<sup>th</sup> ; 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.

CREATIVITY



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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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.

**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!**

**\*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.

### **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!





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COMMUNITY

## 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](http://www.cityofcf.com/places/ice-skating-rink)

**\*Daddy/Daughter Dance: Fri. Feb. 20<sup>th</sup> and Sat. Feb. 21st 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 Jan 12th @ 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!



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>



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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INFORMATION