



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Spring (04/21-06/03)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 6:15 - 6:45 pm		Max 3	\$22.00/\$44.00
Spring	Lake Anna YMCA	Wednesday 9:00 - 9:30 am		Max 3	\$22.00/\$44.00
Spring	Lake Anna YMCA	Saturday 9:15 - 9:45 am		Max 3	\$22.00/\$44.00

* Parent/child participation class

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:45 - 6:15 pm		Max 3	\$18.00/\$36.00
Spring	Lake Anna YMCA	Wednesday 9:00 - 9:30 am		Max 3	\$22.00/\$44.00
Spring	Lake Anna YMCA	Saturday 10:00 - 10:30 am		Max 3	\$22.00/\$44.00

* Parent/child participation class

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 6:20 - 7:05 pm		3-5	\$25.00/\$50.00
Spring	Lake Anna YMCA	Monday 7:10 - 7:55 pm		3-5	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 6:45 - 7:30 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 6:20 - 7:05 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 7:10 - 7:55 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 10:40 - 11:25 am		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 11:30 - 12:15 pm		3-5	\$30.00/\$60.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 6:20 - 7:05 pm		3-5	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:55 - 6:40 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 5:30 - 6:15 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 9:50 - 10:35 am		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 10:40 - 11:25 am		3-5	\$30.00/\$60.00

Register Online at AKRONYMCA.ORG



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Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:30 - 6:15 pm		3-5	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:05 - 5:50 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 6:20 - 7:05 pm		3-5	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 10:40 - 11:25 am		3-5	\$30.00/\$60.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Saturday 9:00 - 9:45 am		3-5	\$30.00/\$60.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:30 - 6:15 pm		6-12	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:05 - 5:50 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 6:20 - 7:05 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:45 am		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 11:30 - 12:15 pm		6-12	\$30.00/\$60.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 7:10 - 7:55 pm		6-12	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:05 - 5:50 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Tuesday 6:45 - 7:30 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 5:30 - 6:15 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 9:50 - 10:35 am		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 11:30 - 12:15 pm		6-12	\$30.00/\$60.00

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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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 6:20 - 7:05 pm		6-12	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:55 - 6:40 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 5:30 - 6:15 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 9:50 - 10:35 am		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 11:30 - 12:15 pm		6-12	\$30.00/\$60.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:30 - 6:15 pm		6-12	\$25.00/\$50.00
Spring	Lake Anna YMCA	Monday 7:10 - 7:55 pm		6-12	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:05 - 5:50 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 6:20 - 7:05 pm		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 9:50 - 10:35 am		6-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 10:40 - 11:25 am		6-12	\$30.00/\$60.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 7:10 - 7:55 pm		5-12	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 5:55 - 6:40 pm		5-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Thursday 5:30 - 6:15 pm		5-12	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:45 am		5-12	\$30.00/\$60.00

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 6:20 - 7:05 pm		5-14	\$25.00/\$50.00
Spring	Lake Anna YMCA	Tuesday 6:45 - 7:30 pm		5-14	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 10:40 - 11:25 am		5-14	\$30.00/\$60.00
Spring	Lake Anna YMCA	Saturday 11:30 - 12:15 pm		5-14	\$30.00/\$60.00

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Aquatics

Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Endurance Swim Sat 9:00 - 9:45 am		10-17	\$30.00/\$60.00

Drew Howell Adaptive Swim Program

Classes are designed based on individual abilities to promote success in swim lessons.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Thursday 4:40 - 5:25 pm		6-12	\$30.00/\$60.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Teen Lessons Tuesday 6:45 - 7:30 pm		13-17	\$30.00/\$60.00
Spring	Lake Anna YMCA	Adult Lessons Tuesday 6:45 - 7:30 pm		18-99	\$30.00/\$60.00

Swim Clinic

Stroke clinics are an excellent introduction to the sport of competitive swimming and are a great lead up for any swimmer wishing to participate on a swim team. They are also a great way for current swim team members to brush up on their skills. Participants will be presented with the four competitive strokes, starts and turns, and introduced to various drills and workouts for each.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 6:00 - 7:00 pm - Beginner		6-12	\$50.00/\$80.00
Spring	Lake Anna YMCA	Thursday 6:00 - 7:30 pm - Advanced		6-18	\$60.00/\$90.00

Aqua Aerobics

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 the shallow or deep water of the lap pool.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Mon, Wed, Fri 8:30 - 9:30 am		16-99	\$13.00/\$43.00
Spring	Lake Anna YMCA	Tue, Thu 8:30 - 9:30 am		16-99	\$9.00/\$30.00
Spring	Lake Anna YMCA	Tue, Thu 7:30 - 8:30 pm		16-99	\$9.00/\$30.00

Aqua Stretch & Tone

Our Aqua Stretch & Tone class provides a guided lesson in Yoga held in a warm water pool. This is a low impact class that focuses on stretching and relaxation.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tue, Thu 8:00 - 9:00 am		16-99	\$13.00/\$43.00

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Aquatics

Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Mon, Wed, Fri 8:15 - 9:00 am		16-99	\$18.00/\$65.00
Spring	Lake Anna YMCA	Mon, Wed, Fri 9:30 - 10:15 am		16-99	\$18.00/\$65.00
Spring	Lake Anna YMCA	Mon, Wed, Fri 10:20 - 11:05 am		16-99	\$18.00/\$65.00
Spring	Lake Anna YMCA	Mon, Wed, Fri 11:10 - 11:55 am		16-99	\$18.00/\$65.00
Spring	Lake Anna YMCA	Tue, Thu 9:00 - 9:45 am		16-99	\$13.00/\$43.00

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Group Classes

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Friday 10:15 - 11:00 am	Tricia	16-99	\$0.00/\$40.00

Barre Fusion

This class combines elements of ballet, Pilates and yoga to provide a whole body toning and stretching experience. Barre classes use isometric strength training combined with high repetitions of small ROM movements. This is an upbeat and energizing workout to create long, lean and powerful muscles. Classes may also feature use of light hand weights, yoga blocks, and small exercise balls to enhance the workout.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Thursday 6:15 - 7:00 pm	Gina	16-99	\$9.00/\$43.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Thursday 5:15 - 6:00 pm	Brittany	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Thursday 7:15 - 8:00 pm	Edna	16-99	\$0.00/\$40.00

Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Wednesday 9:15 - 10:00 am	Brittany	16-99	\$0.00/\$40.00

Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 7:15 - 8:00 pm	Edna	16-99	\$0.00/\$40.00

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Group Classes

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:15 - 6:00 pm	Karla	16-99	\$9.00/\$43.00
Spring	Lake Anna YMCA	Tuesday 5:45 - 6:30 am	Joe	16-99	\$9.00/\$43.00
Spring	Lake Anna YMCA	Tuesday 9:00 - 9:45 am	Alicia	16-99	\$9.00/\$43.00
Spring	Lake Anna YMCA	Wednesday 5:15 - 6:00 pm	Karla	16-99	\$9.00/\$43.00
Spring	Lake Anna YMCA	Wednesday 6:15 - 7:00 pm	Alicia	16-99	\$9.00/\$43.00
Spring	Lake Anna YMCA	Friday 9:15 - 10:00 am	Alicia	16-99	\$9.00/\$43.00

PiYo

PiYo is a unique class designed to build strength & gain flexibility. It is about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Wednesday 6:15 - 7:00 pm	Autumn	16-99	\$9.00/\$43.00

SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Friday 10:10 - 10:50 am	Mya	50-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 10:00 - 10:45 am		50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Monday 11:00 - 11:45 am		50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Tuesday 10:00 - 10:45 am	Alicia	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Tuesday 11:00 - 11:45 am	Alicia	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Wednesday 9:05 - 9:50 am	Beth C.	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Wednesday 10:00 - 10:45 am	Beth C.	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Wednesday 11:00 - 11:45 am	Beth C.	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Thursday 10:00 - 10:45 am	Alicia	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Thursday 11:00 - 11:45 am	Alicia	50-99	\$0.00/\$40.00

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Group Classes

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Wednesday 12:00 - 12:45 pm	Richard	50-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Friday 11:00 - 11:45 am	Richard	50-99	\$0.00/\$40.00

STRONG by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Wednesday 7:15 - 8:15 pm	Autumn	16-99	\$0.00/\$40.00

Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 5:15 - 6:00 pm	Brittany	16-99	\$0.00/\$40.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 8:15 - 9:00 am	Jessica	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Monday 9:15 - 10:00 am	Brittany	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Tuesday 10:15 - 11:00 am	Erin	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Wednesday 8:15 - 9:00 am	Beth C	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Friday 8:15 - 9:00 am	Jessica	16-99	\$0.00/\$40.00

WERQ

WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 10:15 - 11:00 am	Tricia	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 8:00 - 9:00 am	Krystal	16-99	\$9.00/\$43.00
Spring	Lake Anna YMCA	Thursday 8:00 - 9:00 am	Krystal	16-99	\$9.00/\$43.00

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Group Classes

Hatha (Yoga)

Hatha is a system of yoga that uses deep breathing, connects the mind and body and increases relaxation.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Wednesday 7:15 - 8:15 pm	Mandy	16-99	\$9.00/\$43.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 6:15 - 7:00 pm	Marjorie	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Tuesday 9:15 - 10:00 am	Marjorie	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Tuesday 6:15 - 7:00 pm	Molly	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Wednesday 10:15 - 11:00 am	Molly	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Thursday 9:15 - 10:00 am	Marjorie	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Friday 9:15 - 10:00 am	Tricia	16-99	\$0.00/\$40.00
Spring	Lake Anna YMCA	Saturday 9:15 - 10:00 am	Christy	16-99	\$0.00/\$40.00

Zumba Toning

Zumba® Toning is an exciting Latin inspired dance and tone program taking our dance fitness class to the next level. Zumba® Toning is an innovative muscle-training program with the addition of a toning stick.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Wednesday 6:15 - 7:00 pm	Marjorie	16-99	\$0.00/\$40.00

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Sports & Youth Programs

Ballet

Ballet is an introduction to simple and basic techniques with carefully graded, rhythmic exercises designed to develop poise, flexibility and grace within young children.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:15-6:00 pm (Ages 5-10)	Christi	5-10	\$30.00/\$55.00
Spring	Lake Anna YMCA	Saturday 10:15-11:00 am (Ages 3-5)	Christi	3-5	\$30.00/\$55.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Saturday Ages 6-8 11-11:45 am	Christy	6-8	\$30.00/\$55.00

Basketball Clinic

The Basketball Clinic will focus on the fundamentals of basketball through drills, games and activities that will help your child become a better basketball player.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Mon 6:30-7:15p Ages 6-9	Chris	6-9	\$30.00/\$55.00
Spring	Lake Anna YMCA	Tues 6:30-7:15p Ages 10-13	Chris	10-13	\$30.00/\$55.00
Spring	Lake Anna YMCA	Tues 7:30-8:15p Ages 14-16	Chris	14-16	\$30.00/\$55.00

Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 6:30-7:15 pm Ages 3-5	Christy	3-5	\$30.00/\$55.00
Spring	Lake Anna YMCA	Saturday 10:00-10:45 am Ages 3-5	Christy	3-5	\$30.00/\$55.00

Youth Volleyball Clinic

Developmental class that allows all skill levels to learn the game of volleyball. This clinic works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 5:00-6:00 pm (Grades 5-8)	Sydney	10-13	\$30.00/\$55.00
Spring	Lake Anna YMCA	Thursday 5:00-6:00 pm (Grades 9-12)	Sydney	14-18	\$30.00/\$55.00

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