



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter I (01/01-02/14), Winter II (02/21-04/13)

Sports & Youth Programs

Volleyball Clinic

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesdays (4th-6th) 4:30pm-5:30pm		\$65.00/\$95.00
Winter II	Wednesdays (4th-6th) 4:30pm-5:30pm		\$65.00/\$95.00

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
Winter I	Thursdays 5:15pm-6:00pm -	7-12	\$43.00/\$68.00
Winter II	Thursdays 5:15pm-6:00pm	7-12	\$50.00/\$80.00

Cheerleading

Show us your spirit! This program will teach the basics of cheer. Incorporating elements of dance, basic movements and learning small routines.

Ses	Days & Times	Ages	Mem/Program
Winter I	Rookies (K-2nd) Monday 5:15pm - 6:0		\$65.00/\$95.00
Winter I	Winners (3rd-5th) Monday 6:00pm - 6:		\$65.00/\$95.00
Winter II	Rookies (K-2nd) Monday 5:15pm - 6:0		\$65.00/\$95.00
Winter II	Winners (3rd-5th) Monday 6:00pm - 6:		\$65.00/\$95.00

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
Winter I	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$43.00/\$68.00
Winter II	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesdays (3-6yrs.) 4:00pm-4:45p	3-6	\$43.00/\$68.00
Winter II	Wednesdays (3-6yrs.) 4:00pm-4:45p	3-6	\$50.00/\$80.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mondays (K-2nd) 5:00pm - 5:45pm		\$80.00/\$110.00
Winter I	Mondays (3rd-5th) 6:00pm - 7:00pm		\$80.00/\$110.00
Winter I	Tuesdays (6th-8th) 5:00pm - 7:00pm		\$80.00/\$110.00
Winter I	Tuesdays (High School) 5:00pm - 7:00		\$80.00/\$110.00
Winter II	Mondays (K-2nd) 5:00pm - 5:45pm		\$80.00/\$110.00
Winter II	Mondays (3rd-5th) 6:00pm - 7:00pm		\$80.00/\$110.00
Winter II	Tuesdays (6th-8th) 5:00pm - 7:00pm		\$80.00/\$110.00
Winter II	Tuesdays (High School) 5:00pm - 7:00		\$80.00/\$110.00

Men's 40 & Over Basketball League

Stay active and enroll in our men's basketball league. Leagues are open to all skill levels and provide an opportunity to play in a competitive and professionally managed environment. Players sign up as individuals and teams will be assigned.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:00 - 9:00pm	39-99	\$125.00/\$125.00

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
Winter I	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$43.00/\$68.00
Winter II	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

Hip Hop

Come and join us for Hip-Hop! Learn some fun ways to dance and learn different dances that will keep you movin' and groovin'. We look forward to having you join us for this dance class!

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesdays (6-9yrs.) 3:15-4:00pm	6-9	\$43.00/\$68.00
Winter II	Wednesdays (6-9yrs.) 3:15-4:00pm	6-9	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG

(330) 745-9622

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