



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter I (01/05-02/15), Winter II (02/23-04/12)

Aquatics

Synchronized Swimming

Swimmers focus on synchronized skill basics like eggbeater technique, beginner figures and patterns. As swimmers become more comfortable and confident, they focus on improved team dynamics and choreography. Participants will flex their mental muscles while

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Synchro Swimming Clinic Thurs. 6:30 - 7	Liv Dickinson	6-18	\$118.00/\$186.00
Winter I	Lake Anna YMCA	Synchro Swimming Clinic Thurs. 6:30 - 7	Liv Dickinson	6-18	\$100.00/\$160.00

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
Winter II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$60.00/\$115.00
Winter I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Therapy Po)			\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$60.00/\$115.00
Winter I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Rec Pool)			\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$52.00/\$100.00

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Winter I (01/05-02/15), Winter II (02/23-04/12)

Aquatics

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
Winter II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00

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Aquatics

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
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 pm		6-12	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$52.00/\$100.00

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Aquatics

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
Winter II	Lake Anna YMCA	Monday 5:00 – 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 6:20 – 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 – 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 6:20 – 6:50 pm		6-12	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:00 – 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 6:20 – 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 – 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 6:20 – 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 – 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 – 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 – 10:50 am		6-12	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Monday 5:40 – 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 6:20 – 6:50 pm		6-12	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:40 – 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 6:20 – 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 – 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 – 9:30 am		6-12	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	Monday 5:40 – 6:10 pm		6-12	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Monday 5:40 – 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 7:00 – 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 – 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 – 9:30 am		6-12	\$52.00/\$100.00

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
Winter II	Lake Anna YMCA	AQ Conditioning M 7:00 – 7:30 pm		10-13	\$60.00/\$115.00
Winter I	Lake Anna YMCA	AQ Conditioning M 7:00 – 7:30 pm		10-13	\$52.00/\$100.00

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Aquatics

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00 -		18-99	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Adult Advanced Lessons Thursday 7:00		18-99	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Teen Beginner Lessons Saturday 11:00		13-17	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Teen Advanced Lessons Saturday 11:00		13-17	\$52.00/\$100.00

Aqua Aerobics

Aqua Aerobics (16 years and up) 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 both shallow and deep parts of the pool.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Mon 8:30 - 9:20am	Merry	16-99	\$20.00/\$75.00
Winter II	Lake Anna YMCA	Wed 8:30 - 9:20am	Pat	16-99	\$20.00/\$75.00
Winter II	Lake Anna YMCA	Fri 8:30 - 9:20am	Jessica	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Mon 8:30 - 9:20am	Merry	16-99	\$15.00/\$65.00
Winter I	Lake Anna YMCA	Wed 8:30 - 9:20am	Pat	16-99	\$15.00/\$65.00
Winter I	Lake Anna YMCA	Fri 8:30 - 9:20am	Jessica	16-99	\$15.00/\$65.00

Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool.

Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Winter I	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$20.00/\$75.00

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Group Classes

Empower

This is a women's weight lifting program lead by a personal trainer designed to build strength and confidence. Class meets in a group setting in our multipurpose room.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Empower - Winter 2	Richelle	16-99	\$60.00/\$90.00
Winter I	Lake Anna YMCA	Empower - Winter 1	Richelle	16-99	\$60.00/\$90.00

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Sports & Youth Programs

Pickleball League

This league will be played in a round robin format. Participants will sign up individually, no partner required. Skill level of 3.5 or lower are welcome. If you do not know your skill level in DUPR, please select 3.0.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Kathy Bean	18-99	\$30.00/\$60.00
Winter I	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Keith Starcher	18-99	\$30.00/\$60.00

Volleyball Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	Fridays (4th-8th) 5:00pm-6:00pm			\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$50.00/\$80.00

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Sports & Youth Programs

Basketball League

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00p	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00p	Coach Chris		\$80.00/\$110.00

Cheerleading

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:00	Miss Victoria		\$65.00/\$95.00
Winter II	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:4	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:00	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:4	Miss Victoria		\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00

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