



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Spring (04/20-06/02)

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 5:20 - 5:50pm	Max 3	\$52.00/\$100.00
	Sat 9:00 - 9:30am	Max 3	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 6:00 - 6:30pm	Max 4	\$52.00/\$100.00
Spring	Sat 11:00 - 11:30am	Max 4	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tues 10:00 - 10:30am	3-5	\$52.00/\$100.00
Spring	Tues 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Tues 6:00 - 6:30pm	3-5	\$52.00/\$100.00
Spring	Thurs 10:40 - 11:10am	3-5	\$52.00/\$100.00
Spring	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Sat 9:40 - 10:10am	3-5	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Tues 5:20 - 5:50pm	3-5	\$52.00/\$100.00
Spring	Thurs 10:00 - 10:30am	3-5	\$52.00/\$100.00
Spring	Sat 9:40 - 10:10am	3-5	\$52.00/\$100.00
Spring	Sat 10:20 - 10:50am	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tues 5:20 - 5:50pm	3-5	\$52.00/\$100.00
Spring	Tues 6:00 - 6:30pm	3-5	\$52.00/\$100.00
Spring	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Sat 9:00 - 9:30am	3-5	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tues 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Thurs 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Sat 11:00 - 11:30am	5-12	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tues 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Thurs 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Thurs 6:00 - 6:30pm	5-12	\$52.00/\$100.00
Spring	Sat 9:40 - 10:10am	5-12	\$52.00/\$100.00
Spring	Sat 10:20 - 10:50am	5-12	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tues 6:00 - 6:30pm	5-14	\$52.00/\$100.00
Spring	Thurs 4:40 - 5:10pm	5-14	\$52.00/\$100.00
Spring	Thurs 6:00 - 6:30pm	5-14	\$52.00/\$100.00
Spring	Sat 9:00 - 9:30am	5-14	\$52.00/\$100.00
Spring	Sat 10:20 - 10:50am	5-14	\$52.00/\$100.00

Register Online at AKRONYMCA.ORG

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Sat 9:00 - 9:45am	5-14	\$52.00/\$100.00
Spring	Sat 10:00 - 10:45am	5-14	\$52.00/\$100.00
Spring	Sat 11:00 - 11:45am	5-14	\$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Spring	Sat 8:25 - 8:55am	15-95	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tues 10:00 - 10:50 am	16-99	\$20.00/\$75.00
Spring	Thurs 10:00 - 10:50am	16-99	\$20.00/\$75.00

Arthritis Exercise

Arthritis Exercise is a low-intensity, low-impact, aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis (MS), soft-tissue injury, cardiac issues and obesity.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon, Wed, Fri 11:00-11:50 am	18-99	\$20.00/\$75.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Spring	SUMMER BOOSTER FEE - REQUIRE	6-18	\$45.00/\$45.00
Spring	Summer 2025 Summer Only	5-18	\$210.00/\$265.00
Spring	Full Year 8 & Under	5-8	\$515.00/\$515.00
Spring	Full Year 8 & Under payments	5-8	\$87.50/\$87.50
Spring	Full Year Ages 9 & 10	9-10	\$560.00/\$560.00
Spring	Full Year 9 & 10 payments	9-10	\$95.00/\$95.00
Spring	Full Year Ages 11 & Up	11-18	\$590.00/\$590.00
Spring	Full Year 11 & Up payments	11-19	\$100.00/\$100.00



FOR YOUTH DEVELOPMENT
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Kohl Family YMCA

Spring (04/20-06/02)
Aquatics

Aqua Zumba

This program takes place in the main pool! "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

Ses	Days & Times	AgesMem/Program
Spring	Mondays 6:00-6:45pm	12-99 \$17.00/\$65.00

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.

Ses	Days & Times	AgesMem/Program
Spring	Monday 6:00pm - 6:30pm	Max 3 \$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.

Ses	Days & Times	AgesMem/Program
Spring	Wednesday 5:15 - 5:45 pm	3-5 \$52.00/\$100.00

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.

Ses	Days & Times	AgesMem/Program
Spring	Wednesday 6:00 - 6:30 pm	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.

Ses	Days & Times	AgesMem/Program
Spring	Wednesday 6:35pm-7:05pm	3-5 \$50.00/\$95.00

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.

Ses	Days & Times	AgesMem/Program
Spring	Saturday 09:00am - 09:30am	6-12 \$52.00/\$100.00
Spring	Tuesday 05:15pm - 05:45m	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.

Ses	Days & Times	AgesMem/Program
Spring	Saturday 09:45am-10:15am	6-12 \$52.00/\$100.00
Spring	Tuesday 6:00pm-6:30pm	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.

Ses	Days & Times	AgesMem/Program
Spring	Saturday 10:30am-11:00am	6-12 \$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	AgesMem/Program
Spring	Beginner Monday 5:15pm-5:45pm	13-99 \$52.00/\$100.00

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.

Ses	Days & Times	AgesMem/Program
Spring	Tuesday 10:20am - 11:05am	18-99 \$20.00/\$75.00
Spring	Tuesday 11:10am - 11:55am	18-99 \$20.00/\$75.00
Spring	Thursday 10:20am - 11:05am	18-99 \$20.00/\$75.00
Spring	Thursday 11:10am - 11:55am	18-99 \$20.00/\$75.00

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FOR YOUTH DEVELOPMENT
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Lake Anna YMCA

Spring (04/20-06/02)

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
Spring	Lake Anna YMCA	Synchro Swimming Clinic Thurs. 6:30 -	Liv	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
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am (Therapy P)			\$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
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am (Therapy P)			\$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
Spring	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		5 3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30		5 3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am			\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:40 - 12:10 pm			\$52.00/\$100.00

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Lake Anna YMCA

Spring (04/20-06/02)

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
Spring	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		5 3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		5 3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am			\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am			\$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
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		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
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5 3-	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		5	\$52.00/\$100.00

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 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am		6-12	\$52.00/\$100.00

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FOR YOUTH DEVELOPMENT
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Lake Anna YMCA

Spring (04/20-06/02)

Aquatics

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

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

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FOR YOUTH DEVELOPMENT
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Lake Anna YMCA

Spring (04/20-06/02)

Aquatics

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 7:00 - 7:30pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	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
Spring	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	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
Spring	Lake Anna YMCA	AQ Conditioning M 7:00 - 7:30 pm		10-13	\$52.00/\$100.00

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	Learn to Swim to Lifeguard Monday 7:		15-99	\$52.00/\$100.00
Spring	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00		18-99	\$52.00/\$100.00
Spring	Lake Anna YMCA	Adult Advanced Lessons Thursday 6:2		18-99	\$52.00/\$100.00
Spring	Lake Anna YMCA	Teen Beginner Lessons Saturday 10:2		13-17	\$52.00/\$100.00
Spring	Lake Anna YMCA	Teen Advanced Lessons Saturday 10:		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
Spring	Lake Anna YMCA	Mon 8:30 - 9:20am	Merry	16-99	\$15.00/\$65.00
Spring	Lake Anna YMCA	Wed 8:30 - 9:20am	Merry Merry	16-99	\$15.00/\$65.00
Spring	Lake Anna YMCA	Fri 8:30 - 9:20am		16-99	\$15.00/\$65.00

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FOR YOUTH DEVELOPMENT
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Lake Anna YMCA

Spring (04/20-06/02)

Aquatics

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
Spring	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva Riva Riva	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Mon 9:50 - 10:40 am	Pat Pat Riva Riva	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Wed 8:50 - 9:40 am		16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Wed 9:50 - 10:40 am		16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Wed 10:50 - 11:40 am		16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Fri 8:50 - 9:40 am		16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Fri 9:50 - 10:40 am		16-99	\$20.00/\$75.00

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FOR YOUTH DEVELOPMENT
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Riverfront Family YMCA

Spring (04/20-06/02)

Aquatics

Preschool Swim Lessons

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesday 10:35-11:05am (Stages 1,2,3-5		\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Sunday 12:15-12:45pm	3-5	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Sunday 12:50-1:20pm	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Sunday 1:25-1:55pm	3-5	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 9:00-9:30am	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 9:40-10:10am	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 10:20-10:50am	6-12	\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:45 - 8:30am	16-99	\$16.00/\$65.00
Spring	Wednesday 7:45 - 8:30am	16-99	\$16.00/\$65.00
Spring	Friday 7:45 - 8:30am	16-99	\$16.00/\$65.00

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Spring (04/20-06/02)

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.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 10:45-11:15am PC A & B	Max 3 \$52.00/\$100.00
Spring	Wednesday 5:00-5:30PM	Max 3 \$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	Max 3 \$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.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 10:45-11:15am Parent/Child A	Max 3 \$52.00/\$100.00
Spring	Wednesday 5:40-6:10PM	Max 3 \$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	Max 3 \$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.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 11:20-11:50am Stage 1 & 2 Tuesday	3-5 \$52.00/\$100.00
Spring	4:55-5:25PM Tuesday 5:35-6:05PM	3-5 \$52.00/\$100.00
Spring	Wednesday 6:20-6:50PM Parent/Child 12-5	3-5 \$52.00/\$100.00
Spring	Thursday 4:55-5:25PM 3-5 Thursday 5:35-	3-5 \$52.00/\$100.00
Spring	6:05PM 3-5	\$52.00/\$100.00
Spring		\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	3-5 \$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	3-5 \$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	3-5 \$52.00/\$100.00

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.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 11:20-11:50	3-5 \$52.00/\$100.00
Spring	Tuesday 4:55-5:25PM	3-5 \$52.00/\$100.00
Spring	Tuesday 5:35-6:05PM	3-5 \$52.00/\$100.00
Spring	Tuesday 6:10-6:40PM	3-5 \$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5 \$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5 \$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	3-5 \$52.00/\$100.00
Spring	Saturday 9:00-9:30PM	3-5 \$52.00/\$100.00
Spring	Saturday 9:35-10:05 AM	3-5 \$52.00/\$100.00
Spring	Saturday 10:10-10:40 AM	3-5 \$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	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.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 5:35-6:05PM	3-5 \$52.00/\$100.00
Spring	Tuesday 6:10-6:40PM	3-5 \$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5 \$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5 \$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	3-5 \$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	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.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 6:45-7:15PM	3-5 \$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5 \$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	3-5 \$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Saturday 9-9:30AM	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	6-12	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 4:55-5:25PM	6-12	\$52.00/\$100.00
Spring	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	6-12	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	6-12	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 4:55-5:40PM	6-12	\$52.00/\$100.00
Spring	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:00-9:45AM	6-12	\$52.00/\$100.00
Spring	Saturday 9:55-10:40AM	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Thursday 4:55-5:40PM	6-12	\$52.00/\$100.00
Spring	Saturday 10:50-11:35AM	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 5:45-6:30pm	6-12	\$52.00/\$100.00
Spring	Saturday 10:50-11:35AM	6-12	\$52.00/\$100.00

Drew Howell Adaptive Swim Program

This parent/child swim session is designed for parents to swim with their child in a warm water setting. Parents will have the opportunity to work with their child under the guidance of an instructor.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 7:10-7:40PM Youth w/ Caregi4-14	5-12	\$52.00/\$100.00

Home School Lessons

These classes are tailored specifically for families with home-schooled children. Several skill levels are offered. This class is for school-aged children only.

Ses	Days & Times	Ages	Mem/Program
Spring	Fri 10:15-11:30AM Youth Stages 1-6	5-12	\$52.00/\$100.00
Spring	Friday 11:00-12:15PM Youth Stages 1-5-12	5-12	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon, Wed, Fri 5:15-6:15pm Competitive	6-18	\$100.00/\$150.00
Spring	Mon-Thu 6:30-7:45pm Tsunami Preseas	6-18	\$200.00/\$300.00
Spring	Mon-Fri 3:30-5:00pm High School Prese	6-18	\$200.00/\$300.00

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Aquatics

AI CHI

Ai Chi - similar to Tai Chi but performed in the warm water therapy pool. Learn to move through a flowing progression of slow, broad movement using your arms, legs, torso, and deep breathing. Improve range of motion and mobility and experience deep relaxation to ease the mind.

Ses	Days & Times	Ages Mem/Program
Spring	Tuesday 7:10-7:55PM	18-99 \$21.00/\$65.00

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.

Ses	Days & Times	Ages Mem/Program
Spring	Mon 9:30 - 10:20AM	16-99 \$17.00/\$65.00
Spring	Wednesdays 9:30-10:20AM	16-99 \$17.00/\$65.00
Spring	Thurs 7:40-8:30am	Older Adult
Spring	Exercise Class	16-99 \$17.00/\$65.00
Spring	Friday 8:30-9:15AM	Hi-Lo HIIT
Spring	Class	16-99 \$17.00/\$65.00

Deep Water Aqua Aerobics

A very-low impact aerobic exercise class held in the deep end of the lap pool. Participants are invited to bring a flotation belt or borrow one of ours. This class finishes up in the shallow end of the pool with stretching and flexibility exercises.

Ses	Days & Times	Ages Mem/Program
Spring	Tues 9:30 - 10:20AM	16-99 \$17.00/\$65.00
Spring	Thursday 9:30 - 10:20AM	16-99 \$17.00/\$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.

Ses	Days & Times	Ages Mem/Program
Spring	Monday 7:45-8:30AM	18-99 \$20.00/\$75.00
Spring	Monday 8:40-9:25AM	18-99 \$20.00/\$75.00
Spring	Monday 9:35-10:20AM	18-99 \$20.00/\$75.00
Spring	Monday 10:30-11:15AM	18-99 \$20.00/\$75.00
Spring	Monday 11:25-12:10PM	18-99 \$20.00/\$75.00
Spring	Monday 7:00-7:45PM	18-99 \$20.00/\$75.00
Spring	Wednesday 7:45-8:30AM	18-99 \$20.00/\$75.00
Spring	Wednesday 8:40-9:25AM	18-99 \$20.00/\$75.00
Spring	Wednesday 9:35-10:20AM	18-99 \$20.00/\$75.00
Spring	Wednesday 10:30-11:15AM	18-99 \$20.00/\$75.00
Spring	Wednesday 11:25-12:10PM	18-99 \$20.00/\$75.00
Spring	Wednesday 7:00-7:45PM	18-99 \$20.00/\$75.00
Spring	Friday 7:45-8:30AM	18-99 \$20.00/\$75.00
Spring	Friday 8:40-9:25AM	18-99 \$20.00/\$75.00
Spring	Friday 9:35-10:20AM	18-99 \$20.00/\$75.00
Spring	Friday 10:30-11:15AM	18-99 \$20.00/\$75.00
Spring	Friday 11:25-12:10PM	18-99 \$20.00/\$75.00
Spring	Friday 12:10PM	18-99 \$20.00/\$75.00

Warm Water Open Swim

Independent exercise time 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.

Ses	Days & Times	Ages Mem/Program
Spring	Monday 12:15-1:00PM	18-99 \$13.00/\$50.00
Spring	Monday 6:00pm-6:45pm	18-99 \$13.00/\$50.00
Spring	Wednesday 12:15-1:00PM	18-99 \$13.00/\$50.00
Spring	Friday 12:15-1:00PM	18-99 \$13.00/\$50.00
Spring	Saturday 12:00-12:45pm	18-99 \$13.00/\$50.00

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