



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

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

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Synchro Swimming Thur. 6:30 - 7:45 p	6-18	\$118.00/\$186.00
Winter II	Synchro Swimming Thur. 6:30 - 7:45 p	6-18	\$118.00/\$186.00

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	Ages	Mem/Program
Winter I	Tuesday 6:20 - 6:50 pm (Therapy Pool		\$52.00/\$100.00
Winter I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$52.00/\$100.00
Winter I	Sat 11:00 - 11:30 am -Therapy/Rec		\$52.00/\$100.00
Winter II	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Winter II	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Winter II	Sat 11:00 - 11:30 am -Therapy/Rec		\$60.00/\$115.00

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
Winter I	Tues 6:20 - 6:50 pm -Rec Pool		\$52.00/\$100.00
Winter I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$52.00/\$100.00
Winter I	Sat 11:00 - 11:30 am -Therapy/Rec		\$52.00/\$100.00
Winter II	Tues 6:20 - 6:50 pm -Rec Pool		\$60.00/\$115.00
Winter II	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Winter II	Sat 11:00 - 11:30 am -Therapy/Rec		\$60.00/\$115.00

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

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

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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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Winter II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00

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

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

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

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

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

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00
Winter II	Monday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Winter II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

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

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
Winter I	Monday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 10:20 - 10:50 am	6-12	\$52.00/\$100.00
Winter II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00

Pathways Completed All Stages

Must have completed all previous swim lesson stages 1-6. Classes provide opportunities for leadership development and advanced strokework. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages	Mem/Program
Winter I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$52.00/\$100.00
Winter II	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Adult Beginner Lessons Thursday 7:00	18-99	\$52.00/\$100.00
Winter I	Adult Advanced Lessons Thursday 7:0	18-99	\$52.00/\$100.00
Winter I	Teen Beginner Lessons Saturday 11:0	13-17	\$52.00/\$100.00
Winter I	Teen Advanced Lessons Saturday 11:	13-17	\$52.00/\$100.00
Winter II	Adult Beginner Lessons Thursday 7:00	18-99	\$60.00/\$115.00
Winter II	Adult Advanced Lessons Thursday 7:0	18-99	\$60.00/\$115.00
Winter II	Teen Beginner Lessons Saturday 11:0	13-17	\$60.00/\$115.00
Winter II	Teen Advanced Lessons Saturday 11:	13-17	\$60.00/\$115.00

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
Winter I	Mon 8:30 - 9:20am	16-99	\$15.00/\$65.00
Winter I	Wed 8:30 - 9:20am	16-99	\$15.00/\$65.00
Winter I	Fri 8:30 - 9:20am	16-99	\$15.00/\$65.00
Winter II	Mon 8:30 - 9:20am	16-99	\$20.00/\$75.00
Winter II	Wed 8:30 - 9:20am	16-99	\$20.00/\$75.00
Winter II	Fri 8:30 - 9:20am	16-99	\$20.00/\$75.00

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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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Mon 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 10:50 - 11:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter II	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Winter II	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Winter II	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Winter II	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Winter II	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Winter II	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Winter II	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 6:20 - 6:50 pm (Main Pool)	3-99	\$150.00/\$250.00
Winter I	Thursday 7:00 - 7:30 pm (Rec Pool)	3-99	\$150.00/\$250.00
Winter I	Saturday 11:40 - 12:10 pm (Rec Pool)	3-99	\$150.00/\$250.00
Winter II	Thursday 6:20 - 6:50 pm (Main Pool)	3-99	\$150.00/\$250.00
Winter II	Thursday 7:00 - 7:30 pm (Rec Pool)	3-99	\$150.00/\$250.00
Winter II	Saturday 11:40 - 12:10 pm (Rec Pool)	3-99	\$150.00/\$250.00

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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

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