



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Spring (04/19-05/30)

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	Tues 6:20 - 6:50 pm -Therapy Pool		\$52.00/\$100.00
Spring	Sat 11:00 - 11:30 am -Therapy Pool		\$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	Tues 6:20 - 6:50 pm -Therapy Pool		\$52.00/\$100.00
Spring	Sat 6:20 - 6:50 pm -Therapy 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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Spring	Monday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 am	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	Monday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Spring	Monday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:00 - 5:30 pm	4-5	\$52.00/\$100.00
Spring	Saturday 9:00 - 9:30 am	4-5	\$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	Saturday 9:00 - 9:30 am	5-5	\$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	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Spring	Saturday 11:00 - 11:30 am	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	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Spring	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00

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

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 am	6-12	\$52.00/\$100.00

Pathways Completed All Stages

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

Ses	Days & Times	Ages	Mem/Program
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$52.00/\$100.00
Spring	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$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	Mon 8:30 - 9:20 am	16-99	\$15.00/\$65.00
Spring	Wed 8:30 - 9:20 am	16-99	\$15.00/\$65.00
Spring	Fri 8:30 - 9:20 am	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.

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

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00

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Group Classes

Small Group Personal Training

This class is designed to be the middle ground between personal training and group exercise classes. It will be for 4-6 people and will be more intense than classes but not quite the intensity of single person personal training.

Ses	Days & Times	Ages	Mem/Program
Spring	- Monday & Wednesday's 4:00-5:00pm	18-99	\$60.00/\$90.00

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Sports & Youth Programs

Intro to Dance

This class teaches the basics to different types of dance. Ballet, Jazz to hip-hop and more. Each class we will learn a new style of dance.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursdays (5-10yrs.) 4:30pm-5:15pm	5-10	\$45.00/\$70.00

Volleyball Clinic

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesdays (4th-6th) 4:30pm-5:30pm		\$55.00/\$80.00

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
Spring	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$45.00/\$70.00

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
Spring	Thursdays 5:15pm-6:00pm	7-12	\$45.00/\$70.00

Sporties For Shorties

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesdays 6:00 - 6:45pm	3-5	\$45.00/\$70.00

Running Club

Are you bored with your running routine? Join us for some specific sports drills and fun-filled running. Whether you are a novice or an expert runner, come prepared to sweat.

Ses	Days & Times	Ages	Mem/Program
Spring	Mondays 4:30pm-5:15pm	6-10	\$25.00/\$50.00

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
Spring	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$45.00/\$70.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesdays (6-9yrs.) 7:00 - 8:00pm	6-9	\$45.00/\$70.00

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