



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Spring (04/19-05/30)

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
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Spring	Thursdays (5-10yrs.) 4:30pm-5:15pm	5-10	\$45.00/\$70.00
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Volleyball Clinic

Ses	Days & Times	Ages	Mem/Program
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Spring	Wednesdays (4th-6th) 4:30pm-5:30pm		\$55.00/\$80.00
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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
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Spring	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$45.00/\$70.00
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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
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Spring	Thursdays 5:15pm-6:00pm	7-12	\$45.00/\$70.00
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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
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Spring	Tuesdays 6:00 - 6:45pm	3-5	\$45.00/\$70.00
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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
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Spring	Mondays 4:30pm-5:15pm	6-10	\$25.00/\$50.00
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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
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Spring	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$45.00/\$70.00
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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
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Spring	Tuesdays (6-9yrs.) 7:00 - 8:00pm	6-9	\$45.00/\$70.00
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Register Online at AKRONYMCA.ORG