



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Summer I (06/08-07/11), Summer II (07/12-08/06)

Aquatics

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
Summer I	Mon 8:30 - 9:20 am	16-99	\$15.00/\$55.00
Summer I	Wed 8:30 - 9:20 am	16-99	\$15.00/\$55.00
Summer I	Fri 8:30 - 9:20 am	16-99	\$15.00/\$55.00
Summer II	Mon 8:30 - 9:20 am	16-99	\$15.00/\$55.00
Summer II	Wed 8:30 - 9:20 am	16-99	\$15.00/\$55.00
Summer II	Fri 8:30 - 9:20 am	16-99	\$15.00/\$55.00

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
Summer I	Tues 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer I	Thursday 9:10 - 9:40 am -Rec Pool		\$45.00/\$85.00
Summer I	Sat 11:00 - 11:30 am -Therapy Pool		\$45.00/\$85.00
Summer II	Tues 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer II	Thursday 9:10 - 9:40 am -Rec Pool		\$45.00/\$85.00
Summer II	Sat 11:00 - 11:30 am -Therapy Pool		\$45.00/\$85.00

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
Summer I	Tues 6:20 - 6:50 pm -Rec Pool		\$45.00/\$85.00
Summer I	Thursday 9:10-9:40 am -Rec Pool		\$45.00/\$85.00
Summer I	Sat 11:00-11:30 am -Rec Pool		\$45.00/\$85.00
Summer II	Tues 6:20 - 6:50 pm -Rec Pool		\$45.00/\$85.00
Summer II	Thursday 9:10-9:40 am -Rec Pool		\$45.00/\$85.00
Summer II	Sat 11:00-11:30 am -Rec Pool		\$45.00/\$85.00

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
Summer I	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer I	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer I	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer I	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer I	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer I	Thursday 9:50-10:20 am	3-5	\$45.00/\$85.00
Summer I	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer I	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer I	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer I	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00
Summer II	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer II	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer II	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer II	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer II	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer II	Thursday 9:50-10:20 am	3-5	\$45.00/\$85.00
Summer II	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer II	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer II	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer II	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00

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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.

Ses	Days & Times	Ages	Mem/Program
Summer I	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer I	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer I	Tuesday 9:10-9:40 am	3-5	\$45.00/\$85.00
Summer I	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer I	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer I	Thursday 9:50-10:20	3-5	\$45.00/\$85.00
Summer I	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer I	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer I	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer I	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00
Summer II	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer II	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer II	Tuesday 9:10-9:40 am	3-5	\$45.00/\$85.00
Summer II	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer II	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer II	Thursday 9:50-10:20	3-5	\$45.00/\$85.00
Summer II	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer II	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer II	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer II	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00

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
Summer I	Tuesday 9:10-9:40am	4-5	\$45.00/\$85.00
Summer I	Saturday 9:00 - 9:30 am	4-5	\$45.00/\$85.00
Summer II	Thursday 5:00-5:30 pm	4-5	\$45.00/\$85.00
Summer II	Saturday 9:00 - 9:30 am	4-5	\$45.00/\$85.00

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
Summer I	Tuesday 9:10 - 9:40 am	5-5	\$45.00/\$85.00
Summer I	Saturday 9:00 - 9:30 am	5-5	\$45.00/\$85.00
Summer II	Saturday 9:00 - 9:30 am	5-5	\$45.00/\$85.00

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
Summer I	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer I	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer I	Tuesday 9:50-10:20	6-12	\$45.00/\$85.00
Summer I	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Thursday 9:10-9:40 am	6-12	\$45.00/\$85.00
Summer I	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer I	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00
Summer II	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer II	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer II	Tuesday 9:50-10:20	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer II	Thursday 9:10-9:40 am	6-12	\$45.00/\$85.00
Summer II	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer II	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer II	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00

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
Summer I	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer I	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer I	Tuesday 9:50-10:20 am	6-12	\$45.00/\$85.00
Summer I	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Thursday 9:10-9:40 am	6-12	\$45.00/\$85.00
Summer I	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer I	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00
Summer II	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer II	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer II	Tuesday 9:50-10:20 am	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer II	Thursday 9:10-9:40 am	6-12	\$45.00/\$85.00
Summer II	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer II	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer II	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00

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Aquatics

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
Summer I	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer I	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer I	Tuesday 9:50-10:20am	6-12	\$45.00/\$85.00
Summer I	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Thursday 9:10-9:40 am	6-12	\$45.00/\$85.00
Summer I	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer I	Saturday 11:40 - 12:10 pm	6-12	\$45.00/\$85.00
Summer II	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer II	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer II	Tuesday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer II	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer II	Thursday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer II	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer II	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer II	Saturday 11:40 - 12:10 pm	6-12	\$45.00/\$85.00

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
Summer I	Monday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer I	Tuesday 9:50-10:20 am	6-12	\$45.00/\$85.00
Summer I	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer I	Thursday 9:50-10:20	6-12	\$45.00/\$85.00
Summer I	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer I	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer I	Saturday 11:00-11:30 am	6-12	\$45.00/\$85.00
Summer II	Monday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer II	Tuesday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer II	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer II	Thursday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer II	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer II	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer II	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00

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
Summer I	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer I	Tuesday 9:10-9:40	6-12	\$45.00/\$85.00
Summer I	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer I	Thursday 9:50-10:20 am	6-12	\$45.00/\$85.00
Summer I	Thursday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer I	Saturday 10:20 - 10:50 am	6-12	\$45.00/\$85.00
Summer II	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer II	Tuesday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer II	Thursday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer II	Saturday 10:20 - 10:50 am	6-12	\$45.00/\$85.00

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
Summer I	Tuesday 9:10-9:40 am	6-12	\$45.00/\$85.00
Summer I	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer I	Thursday 9:50-10:20 am	6-12	\$45.00/\$85.00
Summer I	Thursday 7:00-7:30 pm	6-12	\$45.00/\$85.00
Summer I	Saturday 10:20 - 10:50 am	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer II	Thursday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer II	Saturday 10:20 - 10:50 am	6-12	\$45.00/\$85.00

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
Summer I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$45.00/\$85.00
Summer II	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$45.00/\$85.00

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Summer I (06/08-07/11), Summer II (07/12-08/06)

Aquatics

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer I	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer I	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer I	Teen Beginner Sat 9:00 - 9:30 am	13-17	\$45.00/\$85.00
Summer II	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer II	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer II	Teen Beginner Sat 9:00 - 9:30 am	13-17	\$45.00/\$85.00

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
Summer I	Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer I	Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer I	Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer I	Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer I	Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summer I	Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer I	Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer II	Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer II	Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer II	Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer II	Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer II	Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summer II	Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer II	Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Summer I	Tuesday 9:10 - 9:40 am (Main Pool)	3-99	\$150.00/\$250.00
Summer I	Tuesday 7:00 - 7:30 pm (Rec/Main Pool)	3-99	\$150.00/\$250.00
Summer I	Thursday 9:50 - 10:20 am (Main Pool)	3-99	\$150.00/\$250.00
Summer I	Saturday 9:00- 9:30 am (Main Pool)	3-99	\$150.00/\$250.00
Summer I	Saturday 11:00 - 11:30 am (Main Pool)	3-99	\$150.00/\$250.00
Summer I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Summer II	Tuesday 7:00 - 7:30 pm (Main Pool)	3-99	\$150.00/\$250.00
Summer II	Saturday 9:00- 9:30 am (Main Pool)	3-99	\$150.00/\$250.00
Summer II	Saturday 11:00 - 11:30 am (Main Pool)	3-99	\$150.00/\$250.00
Summer II	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00

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