



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Fall I (09/06-10/24), Fall II (11/01-12/19)

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

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
Fall I	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$60.00/\$115.00
Fall II	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall II	Sat 10:20 - 10:50 am -Therapy Pool - C		\$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
Fall I	Tues 6:20 - 6:50 pm - Therapy Pool		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$60.00/\$115.00
Fall II	Tues 6:20 - 6:50 pm - Therapy Pool		\$60.00/\$115.00
Fall II	Sat 10:20 - 10:50 am -Therapy Pool		\$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
Fall I	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	3-5	\$60.00/\$115.00
Fall II	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall II	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am - Copy	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
Fall I	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	3-5	\$60.00/\$115.00
Fall II	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall II	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 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
Fall I	Saturday 9:00 - 9:30 am	4-5	\$60.00/\$115.00
Fall II	Saturday 9:00 - 9:30 am	4-5	\$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
Fall I	Saturday 9:00 - 9:30 am	5-5	\$60.00/\$115.00
Fall II	Saturday 9:00 - 9:30 am	5-5	\$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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00

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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
Fall I	Monday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 11:00 - 11:30 am - Copy	6-12	\$60.00/\$115.00
Fall II	Saturday 9:40 - 10:10 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
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30	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
Fall I	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am (Main Pool)	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	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 strokework. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages	Mem/Program
Fall I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$60.00/\$115.00
Fall 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
Fall I	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Teen Beginner Sat 9:00 - 9:30 am	13-17	\$60.00/\$115.00
Fall II	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$52.00/\$100.00
Fall II	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$52.00/\$100.00
Fall II	Teen Beginner Sat 9:00 - 9:30 am	13-17	\$60.00/\$115.00

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
Fall I	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fall I	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fall II	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00

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Aquatics

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursday 7:00 - 7:30 pm (Main Pool)	3-99	\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall II	Thursday 7:00 - 7:30 pm (Main Pool)	3-99	\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P	3-99	\$150.00/\$250.00
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Sports & Youth Programs

Cheer Clinic

Ses	Days & Times	Ages	Mem/Program
Fall I	Mondays (K-2nd): 5:15pm-6:00pm		\$50.00/\$80.00
Fall I	Mondays (3rd-5th): 6:00pm-6:45pm		\$50.00/\$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
Fall I	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

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
Fall I	Thursdays 5:15pm-6:00pm	7-12	\$50.00/\$80.00

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
Fall I	Mondays (K-2nd): 5:15pm-6:00pm		\$50.00/\$80.00
Fall I	Mondays (3rd-5th): 6:00pm-6:45pm		\$50.00/\$80.00
Fall I	Tuesdays (6th-8th): 5:15pm-7:15pm		\$50.00/\$80.00
Fall I	Tuesdays (High School): 5:15pm-7:15pm		\$50.00/\$80.00

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
Fall I	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

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Sports & Youth Programs

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
Fall II	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

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
Fall 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
Fall II	Mondays (Rookies: K-2nd): 5:15pm-6:0		\$65.00/\$95.00
Fall II	Mondays (Winners 3rd-5th): 6:00pm-6:		\$65.00/\$95.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Fall II	Mondays (K-2nd): 5:15pm-6:00pm		\$80.00/\$110.00
Fall II	Mondays (3rd-5th): 6:00pm-6:45pm		\$80.00/\$110.00
Fall II	Tuesdays (6th-8th): 5:15pm-7:15pm		\$80.00/\$110.00
Fall II	Tuesdays (High School): 5:15pm-7:15pm		\$80.00/\$110.00

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
Fall II	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

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