



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Fall I (09/06-10/25)

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
Fall I	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 9:40 - 10:10 am -Therapy Pool -		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$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 -Rec Pool		\$60.00/\$115.00
Fall I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 9:40 - 10:10 am -Therapy Pool		\$60.00/\$115.00
Fall I	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 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 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 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
Fall I	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 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 10:20 - 10:50 am	3-5	\$60.00/\$115.00

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
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	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
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 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 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

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Fall I (09/06-10/25)

Aquatics

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 7:00 - 7:30 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 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00

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
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 6:20 - 6:50 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

Saturday programs run 8 weeks

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	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 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
Fall I	Monday 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	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 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
Fall I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$60.00/\$115.00

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August 23

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall I	Adult Beginner Lessons Thursday 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Adult Advanced Lessons Thursday 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Teen Beginner Lessons Saturday 11:00 - 11:30 am	13-17	\$60.00/\$115.00
Fall I	Teen Advanced Lessons Saturday 11:00 - 11:30 am	13-17	\$60.00/\$115.00

Saturday programs run 8 weeks

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(330) 745-9622

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Lake Anna YMCA

Fall I (09/06-10/25)

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

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

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Lake Anna YMCA

Fall II (11/02-12/20)

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
Fall II	Tues 6:20 - 6:50 pm -Therapy Pool -		\$60.00/\$115.00
Fall II	Thurs 6:20 - 6:50 pm -Therapy Pool -		\$52.00/\$100.00
Fall II	Sat 9:40 - 10:10 am -Therapy Pool		\$60.00/\$115.00
Fall II	Sat 10:20 - 10:50 am -Therapy Pool -		\$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
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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.

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Fall II	Monday 5:40 - 6:10 pm -	3-5	\$60.00/\$115.00
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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.

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Preschool Stage 3 Water Stamina

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Fall II (11/02-12/20)

Aquatics

Youth Stage 2 Water Movement

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

Saturday programs run 8 weeks

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 II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 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
Fall II	Monday 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	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 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 stroke work. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages	Mem/Program
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Ses	Days & Times	Ages	Mem/Program
Fall II	Mon 8:30 - 9:20am	16-99	\$20.00/\$75.00
Fall II	Wed 8:30 - 9:20am	16-99	\$20.00/\$75.00
Fall II	Fri 8:30 - 9:20am	16-99	\$20.00/\$75.00

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 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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