



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lake Anna YMCA

Summer 1 (06/08-07/12), Summer 2 (07/20-08/23)

## Aquatics

### Synchronized Swimming

Swimmers focus on synchronized skill basics like eggbeater technique, beginner figures and patterns. As swimmers become more comfortable and confident, they focus on improved team dynamics and choreography. Participants will flex their mental muscles while

Ses	Days & Times	Ages	Mem/Program
Summer 1	Synchro Swim Conditioning Clinic Sat. 1	6-18	\$45.00/\$85.00
Summer 2	Synchro Swim Conditioning Clinic Sat. 1	6-18	\$45.00/\$85.00

### 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 1	Tues 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer 1	Thurs 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer 1	Sat 9:40 - 10:10 am -Therapy Pool		\$45.00/\$85.00
Summer 1	Sat 10:20 - 10:50 am -Therapy Pool		\$45.00/\$85.00
Summer 2	Tues 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer 2	Thurs 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer 2	Sat 9:40 - 10:10 am -Therapy Pool		\$45.00/\$85.00
Summer 2	Sat 10:20 - 10:50 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 1	Tues 6:20 - 6:50 pm -Rec Pool		\$45.00/\$85.00
Summer 1	Thurs 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer 1	Sat 9:40 - 10:10 am -Therapy Pool		\$45.00/\$85.00
Summer 1	Sat 10:20 - 10:50 am -Therapy Pool		\$45.00/\$85.00
Summer 2	Tues 6:20 - 6:50 pm -Rec Pool		\$45.00/\$85.00
Summer 2	Thurs 6:20 - 6:50 pm -Therapy Pool		\$45.00/\$85.00
Summer 2	Sat 10:20 - 10:50 am -Therapy Pool		\$45.00/\$85.00
Summer 2	Sat 9:40 - 10:10 am -Therapy 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 1	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 1	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 1	Thursday 9:50 - 10:20 am	3-5	\$45.00/\$85.00
Summer 2	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 2	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 1	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 1	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 2	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 2	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 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	3-5	\$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 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	3-5	\$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 1	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 1	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer 1	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer 2	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
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## Aquatics

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Summer 1	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer 1	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer 2	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer 2	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00

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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.

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Summer 1	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer 2	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:40 - 10:10 am	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 1	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 1	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 2	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	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 1	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	6-12	\$45.00/\$85.00

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Summer 1 (06/08-07/12), Summer 2 (07/20-08/23)

## Aquatics

### 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 1	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 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 1	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$45.00/\$85.00
Summer 2	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$45.00/\$85.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer 1	Adult Beginner Lessons Thursday 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer 1	Adult Advanced Lessons Thursday 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer 1	Teen Beginner Lessons Saturday 11:00 - 11:30 am	13-17	\$45.00/\$85.00
Summer 1	Teen Advanced Lessons Saturday 11:00 - 11:30 am	13-17	\$45.00/\$85.00
Summer 2	Adult Beginner Lessons Thursday 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer 2	Adult Advanced Lessons Thursday 7:00 - 7:30 pm	18-99	\$45.00/\$85.00
Summer 2	Teen Beginner Lessons Saturday 11:00 - 11:30 am	13-17	\$45.00/\$85.00
Summer 2	Teen Advanced Lessons Saturday 11:00 - 11:30 am	13-17	\$45.00/\$85.00

### 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
Summer 1	Mon 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 1	Wed 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 1	Fri 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	Mon 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	Wed 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	Fri 8:30 - 9:20am	16-99	\$15.00/\$55.00

### 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 1	Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 1	Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 1	Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 1	Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 1	Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summer 1	Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 1	Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 2	Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 2	Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 2	Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 2	Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 2	Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summer 2	Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
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