



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter II (02/28-04/17)

Sports & Youth Programs

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Monday 6:45-7:30 pm	Samantha	6-8	\$35.00/\$60.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Tues 5:00-5:45 pm Ages 6-9	Chris	6-9	\$35.00/\$60.00
Winter II	Lake Anna YMCA	Tues 6:00-6:45 pm Ages 10-13	Chris	10-13	\$35.00/\$60.00

First Tee

A seven week introduction to golf, for children ages 7-10, using games that are flexible to the children's age and ability.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Thursday 5:30 - 6:15 pm (Ages 7-10)	Mike	7-10	\$0.00/\$0.00
Winter II	Lake Anna YMCA	Thursday 6:30 - 7:15 pm (Ages 11-14)	Mike	11-14	\$0.00/\$0.00

Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Monday 5:45-6:30 pm	Sam	3-5	\$35.00/\$60.00

Youth Volleyball Clinic

Developmental class that allows all skill levels to learn the game of volleyball. This clinic works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Thurs 4:30 - 5:15 pm (Ages 13-18)	Sydney	13-18	\$35.00/\$60.00

Register Online at AKRONYMCA.ORG