Lake Anna YMCA

Fall I (09/06-10/24)

Sports & Youth Programs

Cheer Clinic

| Ses | Days & Times | Ages | Mem/Program |
|--------|-----------------------------------|------|-----------------|
| Fall I | Monday (K-2nd) 5:15pm - 6:00pm | | \$40.00/\$70.00 |
| Fall I | Tuesday (3rd-5th) 5:15pm - 6:00pm | | \$40.00/\$70.00 |
| Fall I | Tuesday (6th-8th) 6:00pm - 6:45pm | | \$40.00/\$70.00 |

Volleyball Clinic

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------|------|-----------------|
| Fall I | Wednesday 4:30pm - 5:15pm | 7-14 | \$40.00/\$70.00 |

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 | Thursday 6:15pm - 7:00pm | | \$40.00/\$70.00 |

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 | Monday (K-2nd) 5:00pm - 6:00pm | | \$40.00/\$70.00 |
| Fall I | Tuesday (3rd-5th) 5:00pm - 6:00pm | | \$40.00/\$70.00 |
| Fall I | Tuesday (6th-8th) 6:00pm - 7:00pm | | \$40.00/\$70.00 |

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 | Thursday 5:15pm - 6:00pm | | \$40.00/\$70.00 |

^{*}New East Room Policy: Parents may be present in room during the last 5-10 minutes