



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lake Anna YMCA

Winter I (01/02-02/18)

## 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
Winter I	Tuesday 6:20 - 6:50 pm		\$50.00/\$95.00
Winter I	Thursday 7:00 - 7:30 pm		\$50.00/\$95.00
Winter I	Saturday 11:00 - 11:30 am		\$50.00/\$95.00

*\*Parent/child participation class*

### 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
Winter I	Tuesday 6:20 - 6:50 pm		\$50.00/\$95.00
Winter I	Thursday 7:00 - 7:30 pm		\$50.00/\$95.00
Winter I	Saturday 11:00 - 11:30 am		\$50.00/\$95.00

*\*Parent/child participation class*

### 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
Winter I	Monday 5:40 - 6:10 pm	3-5	\$50.00/\$95.00
Winter I	Monday 6:20 - 6:50 pm	3-5	\$50.00/\$95.00
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$50.00/\$95.00
Winter I	Tuesday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Winter I	Thursday 5:40 - 6:10 pm	3-5	\$50.00/\$95.00
Winter I	Saturday 9:00 - 9:30 am	3-5	\$50.00/\$95.00
Winter I	Saturday 10:20 - 10:50 am	3-5	\$50.00/\$95.00

### 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
Winter I	Monday 6:20 - 6:50 pm	3-5	\$50.00/\$95.00
Winter I	Monday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$50.00/\$95.00
Winter I	Tuesday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Winter I	Thursday 5:40 - 6:10 pm	3-5	\$50.00/\$95.00
Winter I	Saturday 9:40 - 10:10 am	3-5	\$50.00/\$95.00
Winter I	Saturday 10:20 - 10:50 am	3-5	\$50.00/\$95.00

### 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
Winter I	Monday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Winter I	Thursday 5:00 - 5:30 pm	3-5	\$50.00/\$95.00

### 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
Winter I	Monday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Winter I	Thursday 5:00 - 5:30 pm	3-5	\$50.00/\$95.00

### 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
Winter I	Monday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Winter I	Monday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Winter I	Thursday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Winter I	Saturday 9:00 - 9:30 am	6-12	\$50.00/\$95.00

### 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
Winter I	Monday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Winter I	Monday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Winter I	Thursday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Winter I	Saturday 9:40 - 10:10 am	6-12	\$50.00/\$95.00

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### Youth Stage 3 Water Stamina

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Winter I	Monday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Winter I	Monday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Thursday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Winter I	Saturday 10:20 - 10:50 am	6-12	\$50.00/\$95.00

### 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.

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Winter I	Monday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Winter I	Thursday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Winter I	Thursday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$50.00/\$95.00

### 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
Winter I	Monday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$50.00/\$95.00

### 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
Winter I	Monday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Winter I	Tuesday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$50.00/\$95.00

### Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Ses	Days & Times	Ages	Mem/Program
Winter I	AQ Conditioning Th 5:00-5:30pm	10-13	\$50.00/\$95.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Adult Lessons Thursday 7:00 - 7:30 pm	18-99	\$50.00/\$95.00
Winter I	Teen Lessons Saturday 9:00 - 9:30 am	13-17	\$50.00/\$95.00

### 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
Winter I	Mon 8:30 - 9:20am	16-99	\$15.00/\$60.00
Winter I	Wed 8:30 - 9:20am	16-99	\$15.00/\$60.00
Winter I	Fri 8:30 - 9:20am	16-99	\$15.00/\$60.00

### 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. Please maintain social distancing while in the pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Mon 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Mon 10:50 - 11:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 10:50 - 11:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 10:50 - 11:40 am	16-99	\$20.00/\$75.00

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