



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Summer (06/11-08/05)

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
Summer	Tuesday 6:20 - 6:50 pm		\$30.00/\$57.00
Summer	Saturday 9:40 - 10:10 am		\$36.00/\$70.00
Summer	Tuesday 10:50 - 11:20 am		\$30.00/\$57.00

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	Tuesday 6:20 - 6:50 pm		\$30.00/\$57.00
Summer	Saturday 11:00 - 11:30 am		\$36.00/\$70.00
Summer	Tuesday 10:50 - 11:20 am		\$30.00/\$57.00

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	Monday 5:00 - 5:30 pm	3-5	\$36.00/\$70.00
Summer	Monday 6:20 - 6:50 pm	3-5	\$36.00/\$70.00
Summer	Tuesday 5:40 - 6:10 pm	3-5	\$30.00/\$57.00
Summer	Tuesday 7:00 - 7:30 pm	3-5	\$30.00/\$57.00
Summer	Thursday 5:00 - 5:30 pm	3-5	\$36.00/\$70.00
Summer	Thursday 6:20 - 6:50 pm	3-5	\$36.00/\$70.00
Summer	Saturday 9:00 - 9:30 am	3-5	\$36.00/\$70.00
Summer	Saturday 10:20 - 10:50 am	3-5	\$36.00/\$70.00
Summer	Tuesday 9:30 - 10:00 am	3-5	\$30.00/\$57.00
Summer	Tuesday 11:30 - 12:00 pm	3-5	\$30.00/\$57.00
Summer	Thursday 10:10 - 10:40 am	3-5	\$36.00/\$70.00
Summer	Thursday 11:30 - 12:00 pm	3-5	\$36.00/\$70.00

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
Summer	Monday 5:00 - 5:30 pm	3-5	\$36.00/\$70.00
Summer	Monday 6:20 - 6:50 pm	3-5	\$36.00/\$70.00
Summer	Tuesday 5:40 - 6:10 pm	3-5	\$30.00/\$57.00
Summer	Tuesday 7:00 - 7:30 pm	3-5	\$30.00/\$57.00
Summer	Thursday 5:40 - 6:10 pm	3-5	\$36.00/\$70.00
Summer	Thursday 6:20 - 6:50 pm	3-5	\$36.00/\$70.00
Summer	Saturday 9:00 - 9:30 am	3-5	\$36.00/\$70.00
Summer	Saturday 10:20 - 10:50 am	3-5	\$36.00/\$70.00
Summer	Tuesday 9:30 - 10:00 am	3-5	\$30.00/\$57.00
Summer	Tuesday 10:50 - 11:20 am	3-5	\$30.00/\$57.00
Summer	Thursday 10:10 - 10:40 am	3-5	\$36.00/\$70.00
Summer	Thursday 11:30 - 12:00 pm	3-5	\$36.00/\$70.00

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	Monday 5:00 - 5:30 pm	3-5	\$36.00/\$70.00
Summer	Thursday 7:00 - 7:30 pm	3-5	\$36.00/\$70.00
Summer	Saturday 10:20 - 10:50 am	3-5	\$36.00/\$70.00
Summer	Tuesday 9:30 - 10:00 am	3-5	\$30.00/\$57.00
Summer	Thursday 11:30 - 12:00 pm	3-5	\$36.00/\$70.00

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	Saturday 9:00 - 9:30 pm	3-5	\$36.00/\$70.00
Summer	Thursday 11:30 - 12:00 pm	3-5	\$36.00/\$70.00

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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	Monday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Monday 7:00 - 7:30 pm	6-12	\$36.00/\$70.00
Summer	Tuesday 5:00 - 5:30 pm	6-12	\$30.00/\$57.00
Summer	Tuesday 6:20 - 6:50 pm	6-12	\$30.00/\$57.00
Summer	Thursday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Thursday 7:00 - 7:30 pm	6-12	\$36.00/\$70.00
Summer	Saturday 9:40 - 10:10 am	6-12	\$36.00/\$70.00
Summer	Tuesday 10:10 - 10:40 am	6-12	\$30.00/\$57.00
Summer	Tuesday 10:50 - 11:20 am	6-12	\$30.00/\$57.00
Summer	Thursday 9:30 - 10:00 am	6-12	\$36.00/\$70.00
Summer	Thursday 10:50 - 11:20 am	6-12	\$36.00/\$70.00

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
Summer	Monday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Monday 7:00 - 7:00 pm	6-12	\$36.00/\$70.00
Summer	Tuesday 5:00 - 5:30 pm	6-12	\$30.00/\$57.00
Summer	Tuesday 6:20 - 6:50 pm	6-12	\$30.00/\$57.00
Summer	Thursday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Saturday 9:40 - 10:10 am	6-12	\$36.00/\$70.00
Summer	Saturday 11:00 - 11:30 am	6-12	\$36.00/\$70.00
Summer	Tuesday 10:10 - 10:40 am	6-12	\$30.00/\$57.00
Summer	Tuesday 11:30 - 12:00 pm	6-12	\$30.00/\$57.00
Summer	Thursday 9:30 - 10:00 am	6-12	\$36.00/\$70.00
Summer	Thursday 10:50 - 11:20 am	6-12	\$36.00/\$70.00

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.

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Summer	Monday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Monday 7:00 - 7:30 pm	6-12	\$36.00/\$70.00
Summer	Tuesday 5:00 - 5:30 pm	6-12	\$30.00/\$57.00
Summer	Tuesday 7:00 - 7:30 pm	6-12	\$30.00/\$57.00
Summer	Thursday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Thursday 6:20 - 6:50 pm	6-12	\$36.00/\$70.00
Summer	Saturday 9:40 - 10:10 am	6-12	\$36.00/\$70.00
Summer	Tuesday 10:10 - 10:40 am	6-12	\$30.00/\$57.00
Summer	Tuesday 11:30 - 12:00 pm	6-12	\$30.00/\$57.00
Summer	Thursday 9:30 - 10:00 am	6-12	\$36.00/\$70.00
Summer	Thursday 10:50 - 11:20 am	6-12	\$36.00/\$70.00

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	Monday 5:40 - 6:10 pm	6-12	\$36.00/\$70.00
Summer	Monday 6:20 - 6:50 pm	6-12	\$36.00/\$70.00
Summer	Tuesday 5:40 - 6:10 pm	6-12	\$30.00/\$57.00
Summer	Thursday 5:00 - 5:30 pm	6-12	\$36.00/\$70.00
Summer	Saturday 10:20 - 10:50 am	6-12	\$36.00/\$70.00
Summer	Tuesday 10:10 - 10:40 am	6-12	\$30.00/\$57.00
Summer	Tuesday 11:30 - 12:00 pm	6-12	\$30.00/\$57.00
Summer	Thursday 9:30 - 10:00 am	6-12	\$36.00/\$70.00
Summer	Thursday 10:50 - 11:20 am	6-12	\$36.00/\$70.00

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	Monday 7:00 - 7:30 pm	6-12	\$36.00/\$70.00
Summer	Tuesday 5:40 - 6:10 pm	6-12	\$30.00/\$57.00
Summer	Thursday 5:00 - 5:30 pm	6-12	\$36.00/\$70.00
Summer	Saturday 11:00 - 11:30 am	6-12	\$36.00/\$70.00
Summer	Tuesday 9:30 - 10:00 am	6-12	\$30.00/\$57.00
Summer	Thursday 10:10 - 10:40 am	6-12	\$36.00/\$70.00

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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	Monday 5:00 - 5:30 pm	6-12	\$36.00/\$70.00
Summer	Tuesday 5:00 - 5:30 pm	6-12	\$30.00/\$57.00
Summer	Thursday 5:00 - 5:30 pm	6-12	\$36.00/\$70.00
Summer	Saturday 11:00 - 11:30 am	6-12	\$36.00/\$70.00
Summer	Tuesday 10:50 - 11:20 am	6-12	\$30.00/\$57.00
Summer	Thursday 11:30 - 12:00 pm	6-12	\$36.00/\$70.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Beginner Adult Lessons Thursday 6:20 -	18-99	\$36.00/\$70.00
Summer	Advanced Adult Lessons Thursday 7:00	18-99	\$36.00/\$70.00
Summer	Teen Lessons Saturday 9:00 - 9:30 am	13-17	\$36.00/\$70.00
Summer	Beginner Adult Lessons Thursday 10:10	18-99	\$36.00/\$70.00

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	Mon 8:30 - 9:20am	16-99	\$13.00/\$52.00
Summer	Wed 8:30 - 9:20am	16-99	\$13.00/\$52.00
Summer	Fri 8:30 - 9:20am	16-99	\$13.00/\$52.00

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	Mon 8:50 - 9:40 am	16-99	\$18.00/\$65.00
Summer	Mon 9:50 - 10:40 am	16-99	\$18.00/\$65.00
Summer	Mon 10:50 - 11:40 am	16-99	\$18.00/\$65.00
Summer	Wed 8:50 - 9:40 am	16-99	\$18.00/\$65.00
Summer	Wed 9:50 - 10:40 am	16-99	\$18.00/\$65.00
Summer	Wed 10:50 - 11:40 am	16-99	\$18.00/\$65.00
Summer	Fri 8:50 - 9:40 am	16-99	\$18.00/\$65.00
Summer	Fri 9:50 - 10:40 am	16-99	\$18.00/\$65.00
Summer	Fri 10:50 - 11:40 am	16-99	\$18.00/\$65.00

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