



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Fall II (10/29-12/16)

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
Fall II	Tuesday 6:20 - 6:50 pm		\$50.00/\$95.00
Fall II	Saturday 10:20 - 10:50 am		\$50.00/\$95.00
Fall II	Tuesday 9:00 - 9:30 am		\$50.00/\$95.00
Fall II	Thursday 9:00 - 9:30 am		\$43.00/\$82.00

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
Fall II	Tuesday 6:20 - 6:50 pm		\$50.00/\$95.00
Fall II	Saturday 11:00 - 11:30 am		\$50.00/\$95.00
Fall II	Tuesday 9:40 - 10:10 am		\$50.00/\$95.00
Fall II	Thursday 10:20 - 10:50 am		\$43.00/\$82.00

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
Fall II	Monday 5:00 - 5:30 pm	3-5	\$50.00/\$95.00
Fall II	Monday 6:20 - 6:50 pm	3-5	\$50.00/\$95.00
Fall II	Tuesday 5:40 - 6:10 pm	3-5	\$50.00/\$95.00
Fall II	Tuesday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Fall II	Thursday 5:00 - 5:30 pm	3-5	\$43.00/\$82.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$43.00/\$82.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$50.00/\$95.00
Fall II	Saturday 10:20 - 10:50 am	3-5	\$50.00/\$95.00
Fall II	Tuesday 9:00 - 9:30 am	3-5	\$50.00/\$95.00
Fall II	Tuesday 10:20 - 10:50 am	3-5	\$50.00/\$95.00
Fall II	Thursday 9:00 - 9:30 am	3-5	\$43.00/\$82.00
Fall II	Thursday 9:40 - 10:10 am	3-5	\$43.00/\$82.00

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
Fall II	Monday 5:00 - 5:30 pm	3-5	\$50.00/\$95.00
Fall II	Monday 6:20 - 6:50 pm	3-5	\$50.00/\$95.00
Fall II	Tuesday 5:40 - 6:10 pm	3-5	\$50.00/\$95.00
Fall II	Tuesday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Fall II	Thursday 5:00 - 5:30 pm	3-5	\$43.00/\$82.00
Fall II	Thursday 7:00 - 7:30 pm	3-5	\$43.00/\$82.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$50.00/\$95.00
Fall II	Saturday 10:20 - 10:50 am	3-5	\$50.00/\$95.00
Fall II	Tuesday 9:40 - 10:10 am	3-5	\$50.00/\$95.00
Fall II	Tuesday 10:20 - 10:50 am	3-5	\$50.00/\$95.00
Fall II	Thursday 9:40 - 10:10 am	3-5	\$43.00/\$82.00

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
Fall II	Tuesday 5:40 - 6:10 pm	3-5	\$50.00/\$95.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$50.00/\$95.00
Fall II	Thursday 10:20 - 10:50 am	3-5	\$43.00/\$82.00

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
Fall II	Tuesday 7:00 - 7:30 pm	3-5	\$50.00/\$95.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$50.00/\$95.00
Fall II	Thursday 10:20 - 10:50 am	3-5	\$43.00/\$82.00

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Fall II (10/29-12/16)

Aquatics

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
Fall II	Monday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Fall II	Monday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$43.00/\$82.00
Fall II	Saturday 9:40 - 10:10 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
Fall II	Monday 5:40 - 6:10pm	6-12	\$50.00/\$95.00
Fall II	Monday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$43.00/\$82.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$50.00/\$95.00
Fall II	Saturday 11:00 - 11:30 am	6-12	\$50.00/\$95.00

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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Fall II	Monday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$43.00/\$82.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$50.00/\$95.00
Fall II	Saturday 11:00 - 11:30 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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 6:20 - 6:50 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$50.00/\$95.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$43.00/\$82.00
Fall II	Saturday 9:40 - 10:10	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
Fall II	Monday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$43.00/\$82.00
Fall II	Saturday 10:20 - 10:50 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
Fall II	Monday 7:00 - 7:30 pm	6-12	\$50.00/\$95.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$50.00/\$95.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$43.00/\$82.00
Fall II	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
Fall II	AQ Conditioning Th 5:00 - 5:30 pm	10-13	\$43.00/\$82.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall II	Adult Beginner Lessons Thursday 7:00 -	18-99	\$43.00/\$82.00
Fall II	Adult Advanced Lessons Thursday 7:00	18-99	\$43.00/\$82.00
Fall II	Teen Beginner Lessons Saturday 9:00 -	13-17	\$50.00/\$95.00
Fall II	Teen Advanced Lessons Saturday 10:20	13-17	\$50.00/\$95.00

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Aquatics

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 11:00 - 11:30	3-99	\$125.00/\$200.00
Fall II	Thursday 11:00 - 11:30	3-99	\$125.00/\$200.00
Fall II	Saturday 11:40 - 12:30	3-99	\$125.00/\$200.00

*Private Lessons start the week of November 5, 2023

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
Fall II	Mon 8:30 - 9:20am	16-99	\$15.00/\$60.00
Fall II	Wed 8:30 - 9:20am	16-99	\$15.00/\$60.00
Fall II	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.

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

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