



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Fall II (10/29-12/16)

Sports & Youth Programs

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 II	(High School) Monday 6:00pm-7:00pm		\$45.00/\$75.00

Pickleball League

This league will be played in a round robin format. Participants will sign up individually, no partner required. Skill level of 3.5 or lower are welcome. If you do not know your skill level in DUPR, please select 3.0.

Ses	Days & Times	Ages	Mem/Program
Fall II	Thursday 6:00 - 8:00pm	16-99	\$30.00/\$60.00

Cheerleading

Ses	Days & Times	Ages	Mem/Program
Fall II	(K-2) Mondays 5:00pm-5:45pm		\$55.00/\$85.00
Fall II	(3-5) Mondays 5:45pm-6:00pm		\$55.00/\$85.00

Volleyball Clinic

Ses	Days & Times	Ages	Mem/Program
Fall II	(3rd-5th) Wednesdays 5:00pm-5:45pm		\$45.00/\$75.00

Intermediate Tumbling

This class will work on perfecting cartwheels, bridges and rolls, as we strengthen handstands and round offs. This class will also cover basic drills for walkovers and handspings.

Ses	Days & Times	Ages	Mem/Program
Fall II	Mondays 6:45pm-7:30pm	7-11	\$45.00/\$75.00

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 II	(6-8yrs.) Tuesdays 4:00pm-4:45pm	6-8	\$45.00/\$75.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Fall II	(K-2nd): Mondays 5:00pm - 5:45pm		\$70.00/\$100.00
Fall II	(3rd-5th): Tuesdays 5:00pm-6:00pm		\$70.00/\$100.00
Fall II	(6th-8th): Tuesdays 6:00pm-7:00pm		\$70.00/\$100.00

Gymnastics - 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 II	(3-5yrs.) Thursdays 5:00pm-5:45pm	3-5	\$45.00/\$75.00

Register Online at AKRONYMCA.ORG