



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Fall I (09/06-10/25)

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 I	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 9:40 - 10:10 am -Therapy Pool -		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$60.00/\$115.00

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 I	Tues 6:20 - 6:50 pm -Rec Pool		\$60.00/\$115.00
Fall I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 9:40 - 10:10 am -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$60.00/\$115.00

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 I	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	3-5	\$60.00/\$115.00

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 I	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	3-5	\$60.00/\$115.00

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 I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00

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 I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00

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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

Register Online at AKRONYMCA.ORG

(330) 745-9622

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Lake Anna YMCA

Fall I (09/06-10/25)

Aquatics

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 I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00

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 I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

Saturday programs run 8 weeks

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 I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00

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 I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00

Pathways Completed All Stages

Must have completed all previous swim lesson stages 1-6. Classes provide opportunities for leadership development and advanced strokework. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages	Mem/Program
Fall I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$60.00/\$115.00

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August 23

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall I	Adult Beginner Lessons Thursday 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Adult Advanced Lessons Thursday 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Teen Beginner Lessons Saturday 11:00 - 11:30 am	13-17	\$60.00/\$115.00
Fall I	Teen Advanced Lessons Saturday 11:00 - 11:30 am	13-17	\$60.00/\$115.00

Saturday programs run 8 weeks

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Fall I (09/06-10/25)

Aquatics

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 I	Mon 8:30 - 9:20am	16-99	\$20.00/\$75.00
Fall I	Wed 8:30 - 9:20am	16-99	\$20.00/\$75.00
Fall I	Fri 8:30 - 9:20am	16-99	\$20.00/\$75.00

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 I	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fall I	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00

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Fall II (11/02-12/20)

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	Tues 6:20 - 6:50 pm -Therapy Pool -		\$60.00/\$115.00
Fall II	Thurs 6:20 - 6:50 pm -Therapy Pool -		\$52.00/\$100.00
Fall II	Sat 9:40 - 10:10 am -Therapy Pool		\$60.00/\$115.00
Fall II	Sat 10:20 - 10:50 am -Therapy Pool -		\$60.00/\$115.00

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	Tues 6:20 - 6:50 pm -Rec Pool -		\$60.00/\$115.00
Fall II	Thurs 6:20 - 6:50 pm -Therapy Pool -		\$52.00/\$100.00
Fall II	Sat 9:40 - 10:10 am -Therapy Pool -		\$60.00/\$115.00
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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 5:40 - 6:10 pm -	3-5	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 am	3-5	\$60.00/\$115.00

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 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
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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
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Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00

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.

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Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00

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
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

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Lake Anna YMCA

Fall II (11/02-12/20)

Aquatics

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 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm -	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
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Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00

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 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 11:00 - 11:30 am -	6-12	\$60.00/\$115.00

Saturday programs run 8 weeks

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 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00

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 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00

Pathways Completed All Stages

Must have completed all previous swim lesson stages 1-6. Classes provide opportunities for leadership development and advanced strokework. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages	Mem/Program
Fall II	AQ Conditioning M 7:00 - 7:30 pm -	10-13	\$60.00/\$115.00

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August 23

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	\$52.00/\$100.00
Fall II	Adult Advanced Lessons Thursday 7:00	18-99	\$52.00/\$100.00
Fall II	Teen Beginner Lessons Saturday 11:00	13-17	\$60.00/\$115.00
Fall II	Teen Advanced Lessons Saturday 11:00	13-17	\$60.00/\$115.00

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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	\$20.00/\$75.00
Fall II	Wed 8:30 - 9:20am	16-99	\$20.00/\$75.00
Fall II	Fri 8:30 - 9:20am	16-99	\$20.00/\$75.00

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	\$25.00/\$90.00
Fall II	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fall II	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Fri 9:50 - 10:40 am -	16-99	\$25.00/\$90.00

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Fall I (09/06-10/25)

Sports & Youth Programs

Cheer Clinic

Ses	Days & Times	Ages	Mem/Program
Fall I	Mondays (K-2nd): 5:15pm-6:00pm		\$50.00/\$80.00
Fall I	Mondays (3rd-5th): 6:15pm-7:00pm		\$50.00/\$80.00

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 handsprings.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursdays 5:15pm-6:00pm	7-12	\$50.00/\$80.00

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	Mondays (K-2nd): 5:00pm-5:45pm		\$50.00/\$80.00
Fall I	Mondays (3rd-5th): 6:00pm-6:45pm		\$50.00/\$80.00
Fall I	Tuesdays (6th-8th): 5:00pm-7:00pm		\$50.00/\$80.00
Fall I	Tuesdays (High School): 5:00pm-7:00pm		\$50.00/\$80.00

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 I	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

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	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

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Sports & Youth Programs

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	- Wednesday 6:00 - 8:30pm - DUPR 2.7	18-99	\$30.00/\$60.00
Fall II	- Thursday 6:00 - 8:30pm - DUPR 3.7-	18-99	\$25.00/\$55.00

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	Thursdays 5:15pm-6:00pm	7-12	\$50.00/\$80.00

Cheerleading

Show us your spirit! This program will teach the basics of cheer. Incorporating elements of dance, basic movements and learning small routines.

Ses	Days & Times	Ages	Mem/Program
Fall II	Rookies (K-2nd) Monday 5:15pm - 6:00		\$65.00/\$95.00
Fall II	Winners (3rd-5th) Monday 6:00pm - 6:4		\$65.00/\$95.00

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	Tuesdays (3-5yrs.): 5:15pm-6:00pm	3-5	\$50.00/\$80.00

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	Mondays (K-2nd) 5:00pm - 5:45pm		\$80.00/\$110.00
Fall II	Mondays (3rd-5th) 6:00pm - 7:00pm		\$80.00/\$110.00
Fall II	Tuesdays (6th-8th) 5:00pm - 7:00pm		\$80.00/\$110.00
Fall II	Tuesdays (High School) 5:00pm - 7:00p		\$80.00/\$110.00

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	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG