



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Riverfront Family YMCA

Winter II (02/22-04/11)

## Aquatics

### 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 II	Sunday 12:15 - 12:45pm	3-5	\$60.00/\$115.00
Winter II	Sunday 12:20 - 12:50pm	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
Winter II	Sunday 12:50 - 1:20pm	3-5	\$60.00/\$115.00
Winter II	Sunday 12:55 - 1:25pm	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
Winter II	Sunday 1:25 - 1:55pm	3-5	\$60.00/\$115.00
Winter II	Sunday 1:30 - 2:00pm	3-5	\$60.00/\$115.00

### Preschool Swim Lessons

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 II	Wednesday 10:35 - 11:05am (Stages 1, 3-5)	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
Winter II	Sunday 12:15 - 12:45pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 4:30 - 5:00pm	6-12	\$60.00/\$115.00

### 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 II	Sunday 12:55 - 1:25pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 5:05 - 5:35pm	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
Winter II	Sunday 1:30 - 2:00pm	6-12	\$60.00/\$115.00

### 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 II	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter II	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter II	Friday 7:45 - 8:30am	16-99	\$20.00/\$75.00

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## Group Classes

### Pickleball Tournament

Bring a friend and join the Lake Anna YMCA for our 2nd Bi-Annual Pickleball Tournament, sponsored by SummaCare! Games will be mixed doubles and will be double elimination.

Ses	Days & Times	Ages	Mem/Program
Winter II	Men's Doubles March 14 8:00a - 11:00	18-99	\$40.00/\$40.00
Winter II	Women's Doubles March 14 11:00a - 2:	18-99	\$40.00/\$40.00
Winter II	Mixed Doubles March 14 2:00 - 5:00pm	18-99	\$40.00/\$40.00

### Aqua Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 10:45 - 11:30am	16-99	\$20.00/\$75.00

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## Sports & Youth Programs

### 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
Winter II	Wednesday 5:30pm - 6:15pm	3-4	\$55.00/\$90.00
Winter II	Thursday 10:30am - 11:15am	3-4	\$55.00/\$90.00
Winter II	Saturday 9:00am - 9:45am	3-4	\$55.00/\$90.00
Winter II	Saturday 11:30am - 12:15pm	3-4	\$55.00/\$90.00

### Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 4:15pm-5:00pm	1-3	\$55.00/\$90.00
Winter II	Tuesday 10:30am-11:15am	1-3	\$55.00/\$90.00
Winter II	Saturday 10:45am-11:30am	1-3	\$55.00/\$90.00

### Little Dribblers

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 4:00 - 4:45pm	3-5	\$50.00/\$80.00
Winter II	Friday 5:00 - 5:45pm	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
Winter II	Rookies K - 1st Grade	5-7	\$80.00/\$110.00
Winter II	Winners 2nd - 3rd Grade	7-9	\$80.00/\$110.00
Winter II	Champions 4th - 6th Grade	9-12	\$80.00/\$110.00

### Sporties For Shorties

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 5:00 - 5:45pm	3-5	\$50.00/\$80.00
Winter II	Wednesday 4:00 - 4:45pm	3-5	\$50.00/\$80.00

### Gymnastics - Beginners

The first level of progressive gymnastics classes offered. The first class for all children 5 years old and above who have never taken gymnastics. Beginners is an introduction of basic gymnastics skills, flexibility, and strength on all 4 events (Vault, Bars, Beam, Floor). Skills Taught: running & jumping form (vault), hanging shapes, bar holds & movements (bars), balancing holds, movements, & jumps (beam), jumping shapes, rolls, handstands, cartwheels (floor), strength, flexibility, listening, etc.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 5:00pm-6:00pm	5-17	\$75.00/\$105.00
Winter II	Monday 6:00pm-7:00pm	5-17	\$75.00/\$105.00
Winter II	Wednesday 4:30pm-5:30pm	5-17	\$75.00/\$105.00
Winter II	Wednesday 6:30pm-7:30pm	5-17	\$75.00/\$105.00
Winter II	Saturday 9:45am-10:45am	5-17	\$75.00/\$105.00
Winter II	Saturday 12:15pm-1:15pm	5-17	\$75.00/\$105.00

### Gymnastics - Intermediate

The second progressive gymnastics class offered. Intermediate is the next step after testing out the Beginners class, unless the gymnast has prior experience from another gym (contact Gymnastics Coordinator to schedule an evaluation for placement). The Intermediate class is an advancement of the basic skills taught in Beginners. The events and skills learned will be progressed in addition to the introduction of new skills on all 4 events. Skills Taught: running & jumping form, vaulting technique and power (vault), hanging shape strength, bar holds, movements & circling skills (bars), advanced balancing holds, jumping shapes, advanced beam movements, handstand intro (beam), jumping shapes, turns, rolls, kick-overs, handstands, cartwheels, round-off intro (floor), strength, flexibility, listening, coachability, etc.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 7:00pm - 8:00pm	5-17	\$75.00/\$105.00
Winter II	Wednesday 4:30pm - 5:30pm	5-17	\$75.00/\$105.00
Winter II	Wednesday 5:30pm - 6:30pm	5-17	\$75.00/\$105.00
Winter II	Saturday 9:45am - 10:45am	5-17	\$75.00/\$105.00

### Gymnastics - Advanced

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 6:30pm-8:00pm	6-17	\$80.00/\$110.00
Winter II	Saturday 11:00am-12:30pm	6-17	\$80.00/\$110.00

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### Gymnastics - Elite

The fourth, and last progressive gymnastics class offered. Elite is the next step after testing out of the Advanced class. The Elite class is a progressed version after the Advanced class where previously learned skills are scaled to be more challenging as the gymnasts learn to refine & polish their skills as well as their independence in performing them. The gymnasts will also learn some additional new skills to introduce and prepare them for the next step, which is Pre-Team.

Skills Taught: gymnastics vaults, drilling, perfecting technique & form (vault), glide swings, pullovers, bigger bar casting, circling, squat-on (bars), jumps & connections, turns & leaps, handstands, dismounts (beam), jump connections, leaps, rolls, handstands, kick-overs, round-offs, backhandspring, increased & maintained strength, flexibility, coachability, concentration, focus, responsibility, etc.

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 6:30pm-8:00pm	6-17	\$80.00/\$110.00

### Karate - Youth

Karate class is designed for children to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 6:00 - 7:00pm	6-12	\$65.00/\$85.00

### Rock Wall 101

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 5:00pm - 5:45pm	Winter II 4-99	\$0.00/\$35.00
Winter II	Wednesday 6:00pm - 6:45pm	Winter II 4-99	\$0.00/\$35.00
Winter II	Wednesday 7:00pm - 7:45pm	Winter II 4-99	\$0.00/\$35.00
Winter II	Saturday 9:00am - 9:45am	Winter II 4-99	\$0.00/\$30.00
Winter II	Saturday 10:00am - 10:45am	Winter II 4-99	\$0.00/\$30.00
Winter II	Saturday 11:00am - 11:45am	Winter II 4-99	\$0.00/\$30.00

### Soccer - Little Kickers (ages 3-5)

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 5:00 - 5:45pm	3-5	\$50.00/\$80.00
Winter II	Friday 4:00 - 4:45pm	3-5	\$50.00/\$80.00

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