



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter I - 2018 (Jan 2 - Feb 19)

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.

Days & Times	Ages	Mem/Program
Tuesday 5:25 - 5:55 pm	Max 3	\$25.00/\$50.00
Wednesday 9:00 - 9:30 am	Max 3	\$25.00/\$50.00
Saturday 10:45 - 11:15 am	Max 3	\$25.00/\$50.00

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.

Days & Times	Ages	Mem/Program
Monday 5:45 - 6:15 pm	Max 3	\$25.00/\$50.00
Wednesday 9:30 - 10:00 am	Max 3	\$25.00/\$50.00
Saturday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00

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.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
Monday 7:10 - 7:55 pm	3-5	\$35.00/\$70.00
Tuesday 5:10 - 5:55 pm	3-5	\$35.00/\$70.00
Thursday 6:20 - 7:05 pm	3-5	\$35.00/\$70.00
Saturday 10:40 - 11:25 am	3-5	\$35.00/\$70.00
Saturday 11:30 - 12:15 pm	3-5	\$35.00/\$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.

Days & Times	Ages	Mem/Program
Monday 6:20 - 7:05 pm	3-5	\$35.00/\$70.00
Tuesday 6:00 - 6:45 pm	3-5	\$35.00/\$70.00
Tuesday 6:45 - 7:30 pm	3-5	\$35.00/\$70.00
Thursday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00
Saturday 10:40 - 11:25 am	3-5	\$35.00/\$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.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
Tuesday 5:10 - 5:55 pm	3-5	\$35.00/\$70.00
Thursday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00
Saturday 11:30 - 12:15 pm	3-5	\$35.00/\$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.

Days & Times	Ages	Mem/Program
Monday 6:20 - 7:05 pm	3-5	\$35.00/\$70.00
Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

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.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
Tuesday 5:10 - 5:55 pm	6-12	\$35.00/\$70.00
Thursday 6:20 - 7:05 pm	6-12	\$35.00/\$70.00
Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
Saturday 11:30 - 12:15 pm	6-12	\$35.00/\$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.

Days & Times	Ages	Mem/Program
Monday 6:20 - 7:05 pm	6-12	\$35.00/\$70.00
Tuesday 6:00 - 6:45 pm	6-12	\$35.00/\$70.00
Thursday 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00
Saturday 11:30 - 12:15 pm	6-12	\$35.00/\$70.00

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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.

Days & Times	Ages	Mem/Program
Monday 6:20 - 7:05 pm	6-12	\$35.00/\$70.00
Tuesday 6:45 - 7:30 pm	6-12	\$35.00/\$70.00
Thursday 6:20 - 7:05 pm	6-12	\$35.00/\$70.00
Saturday 10:40 - 11:25 am	6-12	\$35.00/\$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.

Days & Times	Ages	Mem/Program
Monday 7:10 - 7:55 pm	6-12	\$35.00/\$70.00
Tuesday 6:45 - 7:30 pm	6-12	\$35.00/\$70.00
Thursday 6:20 - 7:05 pm	6-12	\$35.00/\$70.00
Saturday 9:50 - 10:35 am	6-12	\$35.00/\$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.

Days & Times	Ages	Mem/Program
Monday 7:10 - 7:55 pm	5-12	\$35.00/\$70.00
Tuesday 6:00 - 6:45 pm	5-12	\$35.00/\$70.00
Saturday 9:00 - 9:45 am	5-12	\$35.00/\$70.00

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.

Days & Times	Ages	Mem/Program
Monday 7:10 - 7:55 pm	5-12	\$35.00/\$70.00
Tuesday 6:00 - 6:45 pm	5-12	\$35.00/\$70.00
Saturday 10:40 - 11:25 am	5-12	\$35.00/\$70.00

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.

Days & Times	Ages	Mem/Program
Intro to Synchronized Swimming Mon 6:20 - 7	5-18	\$35.00/\$70.00
Endurance Swimming Sat 9:00 - 9:45 am	5-18	\$35.00/\$70.00

Drew Howell Adaptive Swim Program

Classes are designed based on individual abilities to promote success in swim lessons.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Days & Times	Ages	Mem/Program
Teen Lessons Tuesday 6:45 - 7:30 pm	12-18	\$35.00/\$70.00
Adult Lessons Tuesday 6:45 - 7:30 pm	18-99	\$35.00/\$70.00

Private Swim Lessons

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

Days & Times	Ages	Mem/Program
Private Swim Lessons (TBD)	3-99	\$110.00/\$130.00
Semi - Private 2 Swimmers (TBD)	3-99	\$135.00/\$155.00

Aqua Aerobics

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 the shallow or deep water of the lap pool.

Days & Times	Ages	Mem/Program
Mon, Wed, Fri 8:30 - 9:30 am	16-99	\$10.00/\$35.00
Tue, Thu 8:30 - 9:30 am	16-99	\$7.00/\$30.00
Tue, Thu 7:30 - 8:30 pm	16-99	\$7.00/\$30.00

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Aquatics

Aqua Stretch & Tone

Our Aqua Stretch & Tone class provides a guided lesson in Yoga held in a warm water pool. This is a low impact class that focuses on stretching and relaxation.

Days & Times	Ages	Mem/Program
Tue, Thu 8:00 - 9:00 am	16-99	\$15.00/\$60.00
Wednesday 4:30 - 5:30 pm	16-99	\$10.00/\$40.00

Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Days & Times	Ages	Mem/Program
Mon, Wed, Fri 8:00 - 9:00 am	16-99	\$15.00/\$60.00
Mon, Wed, Fri 9:30 - 10:15 am	16-99	\$15.00/\$60.00
Mon, Wed, Fri 10:20 - 11:05 am	16-99	\$15.00/\$60.00
Mon, Wed, Fri 11:10 - 11:55 am	16-99	\$15.00/\$60.00
Tue, Thu 9:00 - 10:00 am	16-99	\$10.00/\$40.00

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Group Classes

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.

Days & Times	Ages	Mem/Program
Friday 10:15 - 11:00 am	16-99	\$0.00/\$40.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength and core training.

Days & Times	Ages	Mem/Program
Thursday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Days & Times	Ages	Mem/Program
Thursday 7:15 - 8:00 pm	16-99	\$0.00/\$40.00

Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Days & Times	Ages	Mem/Program
Monday 8:00 - 8:45 am	16-99	\$0.00/\$40.00
Wednesday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
Thursday 5:15 - 6:00 pm	16-99	\$0.00/\$40.00

Country Heat

This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. The simple steps and catchy country songs make it a fun-filled, calorie-scorching good time!

Days & Times	Ages	Mem/Program
Tuesday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Days & Times	Ages	Mem/Program
Monday 5:15 - 6:00 pm	16-99	\$10.00/\$50.00
Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Tuesday 9:00 - 9:45am	16-99	\$10.00/\$50.00
Wednesday 5:15 - 6:00 pm	16-99	\$10.00/\$50.00
Wednesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
Thursday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Friday 9:00 -9:45am	16-99	\$10.00/\$50.00

Kettlebell AMPD

This very dynamic training weight training class will get you the muscular strength and range of motion you have been looking for. Kettlebells are a traditional tool used in gyms all around the world. Participants must purchase their own kettlebell before class.

Days & Times	Ages	Mem/Program
Tuesday 7:15 - 8:00 pm	16-99	\$10.00/\$50.00

LOSE4U

Achieve your weightloss goals with out LOSE4U challenge. Workout 2 times per week for 12 weeks in a small group with a certified Personal Trainer. Teams consist of 3 people, you can sign up with 2 other friends or register individually. We will place you on a team based on the time slot you choose.

Days & Times	Ages	Mem/Program
Mon & Weds 6:00 - 7:00 am	16-99	\$125.00/\$160.00

Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Days & Times	Ages	Mem/Program
Tuesday 7:15 - 8:15 pm	16-99	\$10.00/\$50.00

PiYo

PiYo is a unique class designed to build strength & gain flexibility. It is about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

Days & Times	Ages	Mem/Program
Thursday 7:15 - 8:00 pm	16-99	\$10.00/\$50.00

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Group Classes

Step Aerobics

Using a bench and risers, you will step up and down and learn fun patterns to upbeat music.

Days & Times	Ages	Mem/Program
Thursday 10:15 - 11:00 am	16-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities, Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
Monday 11:00 - 11:45 am	50-99	\$0.00/\$40.00
Tuesday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
Tuesday 11:00 - 11:45 am	50-99	\$0.00/\$40.00
Wednesday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
Wednesday 11:00 - 11:45 am	50-99	\$0.00/\$40.00
Thursday 10:00 - 10:45 am	50-99	\$0.00/\$40.00
Thursday 11:00 - 11:45 am	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Wednesday 12:00 - 1:00 pm	50-99	\$0.00/\$40.00
Friday 11:00 - 12:00 pm	50-99	\$0.00/\$40.00

Tabata

Combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Days & Times	Ages	Mem/Program
Tuesday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00
Saturday 8:15 - 9:00 am	16-99	\$0.00/\$40.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Days & Times	Ages	Mem/Program
Monday 8:15 - 9:00 am (BLT)	16-99	\$0.00/\$40.00
Monday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
Tuesday 10:15 - 11:00 am	16-99	\$0.00/\$40.00
Tuesday 5:15 - 6:00 pm	16-99	\$0.00/\$40.00
Wednesday 8:15 - 9:00 am (BLT)	16-99	\$0.00/\$40.00
Friday 8:15 - 9:00 am (BLT)	16-99	\$0.00/\$40.00
Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
Friday 9:15 - 10:00 am (BLT)	16-99	\$0.00/\$40.00
Saturday 8:15 - 9:00 am (BLT)	16-99	\$0.00/\$40.00

Turbokick

Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn.

Days & Times	Ages	Mem/Program
Thursday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

WERQ

WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

Days & Times	Ages	Mem/Program
Monday 10:15 - 11:00 am	16-99	\$0.00/\$40.00

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Days & Times	Ages	Mem/Program
Saturday 9:15 - 10:00 am	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Days & Times	Ages	Mem/Program
Monday 7:15 - 8:15 pm	16-99	\$10.00/\$50.00

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Group Classes

Hatha (Yoga)

Hatha is a system of yoga that uses deep breathing, connects the mind and body and increases relaxation.

Days & Times	Ages	Mem/Program
Wednesday 7:15 - 8:15 pm	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00
Tuesday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
Thursday 9:15 - 10:00 am	16-99	\$0.00/\$40.00
Friday 9:15 - 10:00 am	16-99	\$0.00/\$40.00

Zumba Gold

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba® Gold classes provide modified, low-impact moves for active older adults.

Days & Times	Ages	Mem/Program
Monday 9:00 - 9:45 am	50-99	\$0.00/\$40.00

Zumba Toning

Zumba® Toning is an exciting Latin inspired dance and tone program taking our dance fitness class to the next level. Zumba® Toning is an innovative muscle-training program with the addition of a toning stick.

Days & Times	Ages	Mem/Program
Wednesday 6:15 - 7:00 pm	16-99	\$0.00/\$40.00

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Adult Open Dodgeball

OPEN GYM 18+ Adult Open Dodgeball. Adult participants will have the opportunity to play pick-up dodgeball games each week.

Days & Times	Ages	Mem/Program
Friday 6:00-7:00 PM Adult 18+	18-99	\$0.00/\$20.00

Ballet

Over the seven week session in Beginner Ballet the children will have been introduced to ballet steps and terminology and the basics of dance. Please have hair pulled back, leotard, tights and ballet shoes for the girls; for the boys long pants, t-shirt, and ballet shoes.

Days & Times	Ages	Mem/Program
Wednesday 10:30-11:15 AM (Ages 3-5)	3-5	\$25.00/\$50.00
Wednesday 4:30-5:15 PM (Ages 5-8)	5-8	\$25.00/\$50.00

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.

Days & Times	Ages	Mem/Program
Tuesday 6:15 - 7:00 pm	6-8	\$35.00/\$60.00

Basketball League

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

Days & Times	Ages	Mem/Program
Rookies (K-1) Mon 5:45 - 7:00 pm	5-7	\$50.00/\$65.00
Winners (2-3) Tue 6:00 - 7:00 pm	7-9	\$50.00/\$65.00
Champions (4-6) Tue 7:00 - 8:00 pm	9-12	\$50.00/\$65.00

CheerNastics

Begin learning the basics of tumbling with CheerNastics. Tumblers age 6 and up will work on rolls, cartwheels, handstands, and bridges. This is a great class for beginner cheerleaders and those interested in learning how to tumble!

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 PM	5-8	\$25.00/\$50.00

Date Nights

Date Night allows children to participate in fun physical activities, enjoy a healthy meal and spend time with friends while you enjoy a night out. Children must be potty trained.

Days & Times	Ages	Mem/Program
December 9, 2017 4:00 - 9:00 pm	3-14	\$20.00/\$25.00
December 9, 2017 4:00 - 9:00 pm DAY OF	3-14	\$25.00/\$30.00

Lil Rah Rahs

Show us your team spirit! Lil Rah Rahs is a great way for your child(ren) to get started with basic cheer. This program will teach the fundamentals of tumbling while incorporating aspects of cheerleading, basic movements, and small routines.

Days & Times	Ages	Mem/Program
Tuesday 11:15 AM - 12:00 PM	3-5	\$25.00/\$50.00

Little Dribblers Basketball

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.

Days & Times	Ages	Mem/Program
Thursday 11:15 AM - 12:00 PM	3-5	\$35.00/\$60.00

* Parent/child participation class

Men's 40 & Over Basketball League

Stay active and enroll in one of our coed, men's or women's basketball leagues. Leagues are open to all skill levels and provide an opportunity to play in a competitive and professionally managed environment. Please check with your branch for availability

Days & Times	Ages	Mem/Program
Wednesday 5:45 - 9:00 PM	39-99	\$100.00/\$100.00

Preschool Arts & Crafts

Children ages 3-5 will work on a craft project each week as they learn cutting, painting and other artistic talents. (They will read a book each week and then complete a project associated with that book.)

Days & Times	Ages	Mem/Program
Preschool Arts & Crafts	3-5	\$20.00/\$40.00



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Sports & Youth Programs

Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Days & Times	Ages	Mem/Program
Saturday 10:30 - 11:15 am	3-5	\$35.00/\$60.00

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(330) 745-9622

500 W. Hopocan Ave., Barberton, OH 44203