



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Summer - 2018 (Jun 11 - Aug 18)

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 5 Week I	Max 3	\$15.00/\$35.00
Saturday 10:45 - 11:15 am 5 Week I	Max 3	\$15.00/\$35.00
Tuesday 5:25 - 5:55 pm 5 Week II	Max 3	\$15.00/\$35.00
Saturday 10:45 - 11:15 am 5 Week II	Max 3	\$15.00/\$35.00

* Parent/child participation class

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 5 Week I	Max 3	\$15.00/\$35.00
Saturday 10:00 - 10:30 am 5 Week I	Max 3	\$15.00/\$35.00
Monday 5:45 - 6:15 pm 5 Week II	Max 3	\$15.00/\$35.00
Saturday 10:00 - 10:30 am 5 Week II	Max 3	\$15.00/\$35.00

* Parent/child participation class

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 5 Week I	3-5	\$25.00/\$50.00
Tuesday 5:10 - 5:55 pm 5 Week I	3-5	\$25.00/\$50.00
Thursday 6:20 - 7:05 pm 5 Week I	3-5	\$25.00/\$50.00
Saturday 10:40 - 11:25 am 5 Week I	3-5	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week I	3-5	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week I	3-5	\$50.00/\$100.00
Tue, Thu 11:10 - 11:55 am 5 Week I	3-5	\$50.00/\$100.00
Monday 5:30 - 6:15 pm 5 Week II	3-5	\$25.00/\$50.00
Tuesday 5:10 - 5:55 pm 5 Week II	3-5	\$25.00/\$50.00
Thursday 6:20 - 7:05 pm 5 Week II	3-5	\$25.00/\$50.00
Saturday 10:40 - 11:25 am 5 Week II	3-5	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week II	3-5	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week II	3-5	\$50.00/\$100.00
Tue, Thu 11:10 - 11:55 am 5 Week II	3-5	\$50.00/\$100.00

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 5 Week I	3-5	\$25.00/\$50.00
Tuesday 6:45 - 7:30 pm 5 Week I	3-5	\$25.00/\$50.00
Thursday 5:30 - 6:15 pm 5 Week I	3-5	\$25.00/\$50.00
Saturday 9:50 - 10:35 am 5 Week I	3-5	\$25.00/\$50.00
Saturday 10:40 - 11:25 am 5 Week I	3-5	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week I	3-5	\$50.00/\$100.00
Tue, Thu 11:10 - 11:55 am 5 Week I	3-5	\$50.00/\$100.00
Monday 6:20 - 7:05 pm 5 Week II	3-5	\$25.00/\$50.00
Tuesday 6:45 - 7:30 pm 5 Week II	3-5	\$25.00/\$50.00
Thursday 5:30 - 6:15 pm 5 Week II	3-5	\$25.00/\$50.00
Saturday 9:50 - 10:35 am 5 Week II	3-5	\$25.00/\$50.00
Saturday 10:40 - 11:25 am 5 Week II	3-5	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week II	3-5	\$50.00/\$100.00
Tue, Thu 11:10 - 11:55 am 5 Week II	3-5	\$50.00/\$100.00

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 5 Week I	3-5	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week I	3-5	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week I	3-5	\$50.00/\$100.00
Monday 5:30 - 6:15 pm 5 Week II	3-5	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week II	3-5	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week II	3-5	\$50.00/\$100.00

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
Saturday 9:00 - 9:45 am 5 Week I	3-5	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week I	3-5	\$50.00/\$100.00
Saturday 9:00 - 9:45 am 5 Week II	3-5	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week II	3-5	\$50.00/\$100.00

Register Online at AKRONYMCA.ORG



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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.

Days & Times	Ages	Mem/Program
Tuesday 5:10 - 5:55 pm 5 Week I	6-12	\$25.00/\$50.00
Saturday 9:00 - 9:45 am 5 Week I	6-12	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week I	6-12	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week I	6-12	\$50.00/\$100.00
Tuesday 5:10 - 5:55 pm 5 Week II	6-12	\$25.00/\$50.00
Saturday 9:00 - 9:45 am 5 Week II	6-12	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week II	6-12	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week II	6-12	\$50.00/\$100.00

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 5 Week I	6-12	\$25.00/\$50.00
Tuesday 6:00 - 6:45 pm 5 Week I	6-12	\$25.00/\$50.00
Saturday 9:50 - 10:35 am 5 Week I	6-12	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am 5 Week I	6-12	\$50.00/\$100.00
Monday 6:20 - 7:05 pm 5 Week II	6-12	\$25.00/\$50.00
Tuesday 6:00 - 6:45 pm 5 Week II	6-12	\$25.00/\$50.00
Saturday 9:50 - 10:35 am 5 Week II	6-12	\$25.00/\$50.00
Tue, Thu 9:30 - 10:15 am Week II	6-12	\$50.00/\$100.00

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.

Days & Times	Ages	Mem/Program
Monday 6:20 - 7:05 pm 5 Week I	6-12	\$25.00/\$50.00
Tuesday 6:00 - 6:45 pm 5 Week I	5-12	\$25.00/\$50.00
Thursday 6:20 - 7:05 pm 5 Week I	6-12	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week I	6-12	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week I	6-12	\$50.00/\$100.00
Monday 6:20 - 7:05 pm 5 Week II	6-12	\$25.00/\$50.00
Tuesday 6:00 - 6:45 pm 5 Week II	5-12	\$25.00/\$50.00
Thursday 6:20 - 7:05 pm 5 Week II	6-12	\$25.00/\$50.00
Saturday 11:30 - 12:15 pm 5 Week II	6-12	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week II	6-12	\$50.00/\$100.00

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 5 Week I	6-12	\$25.00/\$50.00
Tuesday 6:45 - 7:30 pm 5 Week I	6-12	\$25.00/\$50.00
Thursday 6:20 - 7:05 pm 5 Week I	6-12	\$25.00/\$50.00
Saturday 9:50 - 10:35 am 5 Week I	6-12	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week I	6-12	\$50.00/\$100.00
Monday 7:10 - 7:55 pm 5 Week II	6-12	\$25.00/\$50.00
Tuesday 6:45 - 7:30 pm 5 Week II	6-12	\$25.00/\$50.00
Thursday 6:20 - 7:05 pm 5 Week II	6-12	\$25.00/\$50.00
Saturday 9:50 - 10:35 am 5 Week II	6-12	\$25.00/\$50.00
Tue, Thu 10:20 - 11:05 am 5 Week II	6-12	\$50.00/\$100.00

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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 Week I	5-12	\$25.00/\$50.00
Tuesday 6:00 - 6:45 pm 5 Week I	5-12	\$25.00/\$50.00
Thursday 5:30 - 6:15 pm 5 Week I	5-12	\$25.00/\$50.00
Saturday 9:00 - 9:45 am 5 Week I	5-12	\$25.00/\$50.00
Tue, Thu 11:10 - 11:55 am 5 Week I	5-12	\$50.00/\$100.00
Monday 7:10 - 7:55 pm 5 Week II	5-12	\$25.00/\$50.00
Tuesday 6:00 - 6:45 pm 5 Week II	5-12	\$25.00/\$50.00
Saturday 9:00 - 9:45 am 5 Week II	5-12	\$25.00/\$50.00
Thursday 5:30 - 6:15 pm 5 Week II	5-12	\$25.00/\$50.00
Tue, Thu 11:10 - 11:55 am 5 Week II	5-12	\$50.00/\$100.00

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 Week I	5-14	\$25.00/\$50.00
Saturday 10:40 - 11:25 am 5 Week I	5-12	\$25.00/\$50.00
Tue, Thu 11:10 - 11:55 am 5 Week I	5-14	\$50.00/\$100.00
Monday 7:10 - 7:55 pm 5 Week II	5-14	\$25.00/\$50.00
Saturday 10:40 - 11:25 am 5 Week II	5-12	\$25.00/\$50.00
Tue, Thu 11:10 - 11:55 am 5 Week II	5-14	\$50.00/\$100.00

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
Endurance Swimming Sat 9:00 - 9:45 am 5 We	5-18	\$25.00/\$50.00
Endurance Swimming Sat 9:00 - 9:45 am 5 We	5-18	\$25.00/\$50.00

Drew Howell Adaptive Swim Program

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

Days & Times	Ages	Mem/Program
Thursday 4:45 - 5:30 pm 5 Week I	6-12	\$25.00/\$50.00
Thursday 4:45 - 5:30 pm 5 Week II	6-12	\$25.00/\$50.00

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 5 Week	12-18	\$25.00/\$50.00
Teen Lessons Tuesday 6:45 - 7:30 pm 5 Week	12-18	\$25.00/\$50.00

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/\$135.00
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	\$15.00/\$50.00
Tue, Thu 8:30 - 9:30 am	16-99	\$10.00/\$43.00
Tue, Thu 7:30 - 8:30 pm	16-99	\$10.00/\$43.00

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	\$22.00/\$86.00
Wednesday 4:30 - 5:30 pm	16-99	\$13.00/\$52.00

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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 8:15 - 9:00 am	16-99	\$22.00/\$86.00
Mon, Wed, Fri 9:30 - 10:15 am	16-99	\$22.00/\$86.00
Mon, Wed, Fri 10:20 - 11:05 am	16-99	\$22.00/\$86.00
Mon, Wed, Fri 11:10 - 11:55 am	16-99	\$22.00/\$86.00
Tue, Thu 9:15 - 10:00 am	16-99	\$14.00/\$57.00

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(330) 745-9622

500 W. Hopocan Ave., Barberton, OH 44203



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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
Tuesday 8:00 - 8:45 am (5 week I)	16-99	\$0.00/\$30.00
Friday 10:15 - 11:00 am (5 week I)	16-99	\$0.00/\$30.00
Tuesday 8:00 - 8:45 am (5 week II)	16-99	\$0.00/\$30.00
Friday 10:15 - 11:00 am (5 week II)	16-99	\$0.00/\$30.00

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 (5 Week I)	16-99	\$0.00/\$30.00
Thursday 6:15 - 7:00 pm (5 Week II)	16-99	\$0.00/\$30.00

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 (5 Week I)	16-99	\$0.00/\$30.00
Thursday 7:15 - 8:00 pm (5 Week II)	16-99	\$0.00/\$30.00

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 (5 Week I)	16-99	\$0.00/\$30.00
Wednesday 9:15 - 10:00 am (5 Week I)	16-99	\$0.00/\$30.00
Monday 8:00 - 8:45 am (5 Week II)	16-99	\$0.00/\$30.00
Wednesday 9:15 - 10:00 am (5 Week II)	16-99	\$0.00/\$30.00

Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back and hip exercises.

Days & Times	Ages	Mem/Program
Tuesday 7:15 - 8:00 pm (5 Week I)	16-99	\$0.00/\$30.00
Tuesday 7:15 - 8:00 pm (5 Week II)	16-99	\$0.00/\$30.00

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 (5 Week I)	16-99	\$0.00/\$30.00
Tuesday 6:15 - 7:00 pm (5 Week II)	16-99	\$0.00/\$30.00

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
Tuesday 9:00 - 9:45am (5 Week I)	16-99	\$8.00/\$36.00
Wednesday 5:15 - 6:00 pm (5 Week I)	16-99	\$8.00/\$36.00
Wednesday 6:15 - 7:00 pm (5 Week I)	16-99	\$8.00/\$36.00
Friday 9:00 - 9:45am (5 Week I)	16-99	\$8.00/\$36.00
Tuesday 9:00 - 9:45am (5 Week II)	16-99	\$8.00/\$36.00
Wednesday 5:15 - 6:00 pm (5 Week II)	16-99	\$8.00/\$36.00
Wednesday 6:15 - 7:00 pm (5 Week II)	16-99	\$8.00/\$36.00
Friday 9:00 - 9:45am (5 Week II)	16-99	\$8.00/\$36.00

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 (5 Week I)	16-99	\$8.00/\$36.00
Tuesday 7:15 - 8:00 pm (5 Week II)	16-99	\$8.00/\$36.00

Pickleball

Days & Times	Ages	Mem/Program
Tue, Thu, Fri 9:00 - 11:00 am	16-99	\$0.00/\$2.00

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Group Classes

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 (5 Week I)	50-99	\$0.00/\$30.00
Monday 11:00 - 11:45 am (5 Week I)	50-99	\$0.00/\$30.00
Tuesday 10:00 - 10:45 am (5 Week I)	50-99	\$0.00/\$30.00
Tuesday 11:00 - 11:45 am (5 Week I)	50-99	\$0.00/\$30.00
Wednesday 9:05 - 9:50 am (5 Week I)	50-99	\$0.00/\$30.00
Wednesday 10:00 - 10:45 am (5 Week I)	50-99	\$0.00/\$30.00
Wednesday 11:00 - 11:45 am (5 Week I)	50-99	\$0.00/\$30.00
Thursday 10:00 - 10:45 am (5 Week I)	50-99	\$0.00/\$30.00
Thursday 11:00 - 11:45 am (5 Week I)	50-99	\$0.00/\$30.00
Monday 10:00 - 10:45 am (5 Week II)	50-99	\$0.00/\$30.00
Monday 11:00 - 11:45 am (5 Week II)	50-99	\$0.00/\$30.00
Tuesday 10:00 - 10:45 am (5 Week II)	50-99	\$0.00/\$30.00
Tuesday 11:00 - 11:45 am (5 Week II)	50-99	\$0.00/\$30.00
Wednesday 9:05 - 9:50 am (5 Week II)	50-99	\$0.00/\$30.00
Wednesday 10:00 - 10:45 am (5 Week II)	50-99	\$0.00/\$30.00
Wednesday 11:00 - 11:45 am (5 Week II)	50-99	\$0.00/\$30.00
Thursday 10:00 - 10:45 am (5 Week II)	50-99	\$0.00/\$30.00
Thursday 11:00 - 11:45 am (5 Week II)	50-99	\$0.00/\$30.00

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 - 12:45 pm (5 Week I)	50-99	\$0.00/\$30.00
Friday 11:00 - 11:45 am (5 Week I)	50-99	\$0.00/\$30.00
Wednesday 12:00 - 12:45 pm (5 Week II)	50-99	\$0.00/\$30.00
Friday 11:00 - 11:45 am (5 Week II)	50-99	\$0.00/\$30.00

Tabata

Combines aerobic and anerobic 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 (5 Week I)	16-99	\$0.00/\$30.00
Tuesday 6:15 - 7:00 pm (5 Week II)	16-99	\$0.00/\$30.00

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 (5 Week I)	16-99	\$0.00/\$30.00
Monday 9:15 - 10:00 am (5 Week I)	16-99	\$0.00/\$30.00
Tuesday 5:15 - 6:00 pm (5 Week I)	16-99	\$0.00/\$30.00
Wednesday 8:15 - 9:00 am (5 Week I)	16-99	\$0.00/\$30.00
Friday 8:15 - 9:00 am (5 Week I)	16-99	\$0.00/\$30.00
Saturday 8:15 - 9:00 am (5 Week I)	16-99	\$0.00/\$30.00
Monday 8:15 - 9:00 am (5 Week II)	16-99	\$0.00/\$30.00
Monday 9:15 - 10:00 am (5 Week II)	16-99	\$0.00/\$30.00
Tuesday 10:15 - 11:00 am (5 Week II)	16-99	\$0.00/\$30.00
Tuesday 5:15 - 6:00 pm (5 Week II)	16-99	\$0.00/\$30.00
Wednesday 8:15 - 9:00 am (5 Week II)	16-99	\$0.00/\$30.00
Friday 8:15 - 9:00 am (5 Week II)	16-99	\$0.00/\$30.00
Saturday 8:15 - 9:00 am (5 Week II)	16-99	\$0.00/\$30.00

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 (5 week I)	16-99	\$0.00/\$30.00
Monday 10:15 - 11:00 am (5 week II)	16-99	\$0.00/\$30.00

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
Wednesday 5:45 - 6:30 am (5 Week I)	16-99	\$0.00/\$30.00
Saturday 9:15 - 10:00 am (5 Week I)	16-99	\$0.00/\$30.00
Wednesday 5:45 - 6:30 am (5 Week II)	16-99	\$0.00/\$30.00
Saturday 9:15 - 10:00 am (5 Week II)	16-99	\$0.00/\$30.00

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 (5 week I)	16-99	\$8.00/\$36.00
Wednesday 7:15 - 8:15 pm (5 week II)	16-99	\$8.00/\$36.00

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Group Classes

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 (5 Week I)	16-99	\$0.00/\$30.00
Tuesday 9:15 - 10:00 am (5 Week I)	16-99	\$0.00/\$30.00
Thursday 9:15 - 10:00 am (5 Week I)	16-99	\$0.00/\$30.00
Friday 9:15 - 10:00 am (5 week I)	16-99	\$0.00/\$30.00
Monday 6:15 - 7:00 pm (5 Week II)	16-99	\$0.00/\$30.00
Tuesday 9:15 - 10:00 am (5 Week II)	16-99	\$0.00/\$30.00
Thursday 9:15 - 10:00 am (5 Week II)	16-99	\$0.00/\$30.00
Friday 9:15 - 10:00 am (5 week II)	16-99	\$0.00/\$30.00

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 (5 week I)	50-99	\$0.00/\$30.00
Monday 9:00 - 9:45 am (5 week II)	50-99	\$0.00/\$30.00

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 (5 Week I)	16-99	\$0.00/\$30.00
Wednesday 6:15 - 7:00 pm (5 Week II)	16-99	\$0.00/\$30.00

Register Online at AKRONYMCA.ORG

Ballet

Ballet is an introduction to simple and basic techniques with carefully graded, rhythmic exercises designed to develop poise, flexibility and grace within young children.

Days & Times	Ages	Mem/Program
Wed 5:00-5:45p Ages 6-9 (5wk I)	6-9	\$25.00/\$48.00
Sat 10:15-11:00a Ages 3-5 (5wk I)	3-5	\$25.00/\$48.00
Wed 5:00-5:45p Ages 6-9 (5wk II)	6-9	\$25.00/\$48.00
Sat 10:15-11:00a Ages 3-5 (5wk II)	3-5	\$25.00/\$48.00

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
Sat 11:00-11:45a Ages 6-8 (5wk I)	6-8	\$25.00/\$48.00
Sat 11:00-11:45a Ages 6-8 (5wk II)	6-8	\$25.00/\$48.00

Baseball League

Our Baseball League provides a positive environment where everyone will participate and learn the skills of baseball. Teams will practice one night a week with games on Saturday mornings or afternoons. The Winners' league is a coach-pitch league. Practic

Days & Times	Ages	Mem/Program
T-Ball Tues 6-7p (5wk I)	5-7	\$25.00/\$48.00
Coach Pitch Tues 7:15-8:15p (5wk I)	7-10	\$25.00/\$48.00
T-Ball Tues 6-7p (5wk II)	5-7	\$25.00/\$48.00
Coach Pitch Tues 7:15-8:15p (5wk II)	7-10	\$25.00/\$48.00

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.

Days & Times	Ages	Mem/Program
Mon 6:30-7:15p Ages 6-9 (5wk I)	6-9	\$25.00/\$48.00
Tues 6:30-7:15p Ages 10-13 (5wk I)	10-13	\$25.00/\$48.00
Mon 6:30-7:15p Ages 6-9 (5wk II)	6-9	\$25.00/\$48.00
Tues 6:30-7:15p Ages 10-13 (5wk II)	10-13	\$25.00/\$48.00

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
June 2, 2018 4:00 - 9:00 pm	3-14	\$20.00/\$25.00
June 2, 2018 4:00 - 9:00 pm DAY OF	3-14	\$25.00/\$30.00

Jazz

Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolation, stretch, turning, and leaping are taught in this class.

Days & Times	Ages	Mem/Program
Tues 3-3:45p Ages 5-10 (5wk I)	5-10	\$25.00/\$48.00
Tues 3-3:45p Ages 5-10 (5wk II)	5-10	\$25.00/\$48.00

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
Sat 10:00-10:45a Ages 3-5 (5wk I)	3-5	\$25.00/\$48.00
Sat 10:00-10:45a Ages 3-5 (5wk II)	3-5	\$25.00/\$48.00

Youth Volleyball Clinic

Developmental class that allows all skill levels to learn the game of volleyball. This clinic works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Days & Times	Ages	Mem/Program
Wed 6-7p Grades 5-8 (5wk I)	10-13	\$25.00/\$48.00
Wed 7:15-8:15p Grades 9-12 (5wk I)	14-18	\$25.00/\$48.00
Wed 6-7p Grades 5-8 (5wk II)	10-13	\$25.00/\$48.00
Wed 7:15-8:15p Grades 9-12 (5wk II)	14-18	\$25.00/\$48.00