



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Spring - 2018 (Apr 23 - Jun 4)

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	\$20.00/\$40.00
Saturday 10:45 - 11:15 am	Max 3	\$20.00/\$40.00

* Parent/child participation class; Spring will be a 6-week session

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	\$20.00/\$40.00
Saturday 10:00 - 10:30 am	Max 3	\$20.00/\$40.00

* Parent/child participation class; Spring will be a 6-week session

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	\$30.00/\$60.00
Monday 7:10 - 7:55 pm	3-5	\$30.00/\$60.00
Tuesday 5:10 - 5:55 pm	3-5	\$30.00/\$60.00
Thursday 6:20 - 7:05 pm	3-5	\$30.00/\$60.00
Saturday 10:40 - 11:25 am	3-5	\$30.00/\$60.00
Saturday 11:30 - 12:15 pm	3-5	\$30.00/\$60.00

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	\$30.00/\$60.00
Tuesday 6:00 - 6:45 pm	3-5	\$30.00/\$60.00
Tuesday 6:45 - 7:30 pm	3-5	\$30.00/\$60.00
Thursday 5:30 - 6:15 pm	3-5	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	3-5	\$30.00/\$60.00
Saturday 10:40 - 11:25 am	3-5	\$30.00/\$60.00

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	\$30.00/\$60.00
Tuesday 5:10 - 5:55 pm	3-5	\$30.00/\$60.00
Thursday 5:30 - 6:15 pm	3-5	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	3-5	\$30.00/\$60.00
Saturday 11:30 - 12:15 pm	3-5	\$30.00/\$60.00

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	3-5	\$30.00/\$60.00

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	\$30.00/\$60.00
Tuesday 5:10 - 5:55 pm	6-12	\$30.00/\$60.00
Saturday 11:30 - 12:15 pm	6-12	\$30.00/\$60.00

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	\$30.00/\$60.00
Tuesday 6:00 - 6:45 pm	6-12	\$30.00/\$60.00
Thursday 5:30 - 6:15 pm	6-12	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	6-12	\$30.00/\$60.00
Saturday 11:30 - 12:15 pm	6-12	\$30.00/\$60.00

Register Online at AKRONYMCA.ORG

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	\$30.00/\$60.00
Tuesday 6:45 - 7:30 pm	5-12	\$30.00/\$60.00
Thursday 6:20 - 7:05 pm	6-12	\$30.00/\$60.00
Saturday 10:40 - 11:25 am	6-12	\$30.00/\$60.00

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	\$30.00/\$60.00
Tuesday 6:45 - 7:30 pm	6-12	\$30.00/\$60.00
Thursday 6:20 - 7:05 pm	6-12	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	6-12	\$30.00/\$60.00

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	\$30.00/\$60.00
Tuesday 6:00 - 6:45 pm	5-12	\$30.00/\$60.00
Thursday 5:30 - 6:15 pm	5-12	\$30.00/\$60.00
Saturday 9:00 - 9:45 am	5-12	\$30.00/\$60.00

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	\$30.00/\$60.00
Thursday 6:20 - 7:05 pm	5-12	\$30.00/\$60.00
Saturday 10:40 - 11:25 am	5-12	\$30.00/\$60.00

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	\$30.00/\$60.00
Endurance Swimming Sat 9:00 - 9:45 am	5-18	\$30.00/\$60.00

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	6-12	\$30.00/\$60.00

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	\$30.00/\$60.00

Swim Clinic

Stroke clinics are an excellent introduction to the sport of competitive swimming and are a great lead up for any swimmer wishing to participate on a swim team. They are also a great way for current swim team members to brush up on their skills. Participants will be presented with the four competitive strokes, starts and turns, and introduced to various drills and workouts for each.

Days & Times	Ages	Mem/Program
Monday 6:00 - 7:00 pm - Beginner	6-12	\$45.00/\$75.00
Thursday 6:00 - 7:30 pm - Advanced	6-18	\$55.00/\$85.00

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 8:15 - 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 9:15 - 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/\$35.00

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/\$35.00

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/\$35.00

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/\$35.00
Wednesday 9:15 - 10:00 am	16-99	\$0.00/\$35.00
Thursday 5:15 - 6:00 pm	16-99	\$0.00/\$35.00

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/\$35.00

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	\$9.00/\$43.00
Tuesday 5:45 - 6:30 am	16-99	\$9.00/\$43.00
Tuesday 9:00 - 9:45am	16-99	\$9.00/\$43.00
Wednesday 5:15 - 6:00 pm	16-99	\$9.00/\$43.00
Wednesday 6:15 - 7:00 pm	16-99	\$9.00/\$43.00
Thursday 5:45 - 6:30 am	16-99	\$9.00/\$43.00
Friday 9:00 -9:45am	16-99	\$9.00/\$43.00

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	\$9.00/\$43.00

Pickleball

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

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.

Days & Times	Ages	Mem/Program
Mixed Doubles May 30, 2018	18-99	\$0.00/\$0.00

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	\$9.00/\$43.00

Register Online at AKRONYMCA.ORG

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/\$35.00
Monday 11:00 - 11:45 am	50-99	\$0.00/\$35.00
Tuesday 10:00 - 10:45 am	50-99	\$0.00/\$35.00
Tuesday 11:00 - 11:45 am	50-99	\$0.00/\$35.00
Wednesday 10:00 - 10:45 am	50-99	\$0.00/\$35.00
Wednesday 11:00 - 11:45 am	50-99	\$0.00/\$35.00
Thursday 10:00 - 10:45 am	50-99	\$0.00/\$35.00
Thursday 11:00 - 11:45 am	50-99	\$0.00/\$35.00

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	50-99	\$0.00/\$35.00
Friday 11:00 - 11:45 am	50-99	\$0.00/\$35.00

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/\$35.00
Friday 9:15 - 10:00 am	16-99	\$0.00/\$35.00

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	16-99	\$0.00/\$35.00
Monday 9:15 - 10:00 am	16-99	\$0.00/\$35.00
Tuesday 5:15 - 6:00 pm	16-99	\$0.00/\$35.00
Wednesday 8:15 - 9:00 am	16-99	\$0.00/\$35.00
Friday 8:15 - 9:00 am	16-99	\$0.00/\$35.00
Saturday 8:15 - 9:00 am	16-99	\$0.00/\$35.00

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/\$35.00

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	16-99	\$0.00/\$35.00
Saturday 9:15 - 10:00 am	16-99	\$0.00/\$35.00

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	\$9.00/\$43.00

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	16-99	\$9.00/\$43.00

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/\$35.00
Tuesday 9:15 - 10:00 am	16-99	\$0.00/\$35.00
Thursday 9:15 - 10:00 am	16-99	\$0.00/\$35.00
Friday 9:15 - 10:00 am	16-99	\$0.00/\$35.00



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Group Classes

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/\$35.00

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/\$35.00

Register Online at AKRONYMCA.ORG

(330) 745-9622

500 W. Hopcan Ave., Barberton, OH 44203



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Sports & Youth Programs

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 5:00-5:45 pm (Ages 6-9)	6-9	\$30.00/\$52.00
Saturday 10:15-11:00 am (Ages 3-5)	3-5	\$30.00/\$52.00

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
Saturday 11:00 - 11:45 am	6-8	\$30.00/\$52.00

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

Sporties For Shorties

The Sporties for Shorties class will introduce your child to a variety of sports while improving their motor skills and coordination.

Days & Times	Ages	Mem/Program
Tuesday 5:30-6:15 pm	3-5	\$30.00/\$52.00

** Parent/child participation class; Spring will be a 6-week session*

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 10:00-10:45 am	3-5	\$30.00/\$52.00

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
Monday 6:00 - 7:00 pm (Grades 5-8)	10-13	\$35.00/\$60.00
Monday 7:15 - 8:15 pm (Grades 9-12)	14-18	\$35.00/\$60.00

Register Online at AKRONYMCA.ORG