



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter I (01/05-02/15), Winter II (02/23-04/12)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Kathy Bean	18-99	\$30.00/\$60.00
Winter I	Lake Anna YMCA	- Thursday 6:00 - 8:00pm	Keith Starcher	18-99	\$30.00/\$60.00

Volleyball Clinic

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	Fridays (4th-8th) 5:00pm-6:00pm			\$65.00/\$95.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Thursdays 5:15pm-6:00pm	Miss Victoria	7-11	\$50.00/\$80.00

Men's 40 & Over Basketball League

Stay active and enroll in our men's basketball league. Leagues are open to all skill levels and provide an opportunity to play in a competitive and professionally managed environment. Players sign up as individuals and teams will be assigned.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Lake Anna YMCA	Wednesday 6:00 - 9:00pm		39-99	\$125.00/\$125.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm	Miss Victoria	6-8	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG



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Sports & Youth Programs

Basketball League

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter II	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00p	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (K-2nd) 5:00pm - 5:45pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Mondays (3rd-5th) 6:00pm - 7:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (6th-8th) 5:00pm - 6:00pm	Coach Chris		\$80.00/\$110.00
Winter I	Lake Anna YMCA	Tuesdays (High School) 6:00pm - 7:00p	Coach Chris		\$80.00/\$110.00

Cheerleading

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:00	Miss Victoria		\$65.00/\$95.00
Winter II	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:4	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Rookies (K-2nd) Monday 5:15pm - 6:00	Miss Victoria		\$65.00/\$95.00
Winter I	Lake Anna YMCA	Winners (3rd-5th) Monday 6:00pm - 6:4	Miss Victoria		\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00
Winter I	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm	Miss Victoria	3-5	\$50.00/\$80.00

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