



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Spring (04/20-06/02)

Aquatics

Synchronized Swimming

Swimmers focus on synchronized skill basics like eggbeater technique, beginner figures and patterns. As swimmers become more comfortable and confident, they focus on improved team dynamics and choreography. Participants will flex their mental muscles while

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Synchro Swimming Clinic Thurs. 6:30 -	Liv	6-18	\$100.00/\$160.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am (Therapy Pool)			\$52.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am (Therapy Pool)			\$52.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		3-5	\$52.00/\$100.00

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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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am		3-5	\$52.00/\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$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.

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Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00

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.

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Spring	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
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Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am		6-12	\$52.00/\$100.00

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Spring	Lake Anna YMCA	Thursday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am		6-12	\$52.00/\$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.

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Spring	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
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Spring	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am		6-12	\$52.00/\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Monday 7:00 - 7:30pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 11:00 - 11:30 am		6-12	\$52.00/\$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.

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Spring	Lake Anna YMCA	Monday 7:00 - 7:30pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		6-12	\$52.00/\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Spring	Lake Anna YMCA	Saturday 9:00 - 9:30 am		6-12	\$52.00/\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	AQ Conditioning M 7:00 - 7:30 pm		10-13	\$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Learn to Swim to Lifeguard Monday 7:		15-99	\$52.00/\$100.00
Spring	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00		18-99	\$52.00/\$100.00
Spring	Lake Anna YMCA	Adult Advanced Lessons Thursday 6:2		18-99	\$52.00/\$100.00
Spring	Lake Anna YMCA	Teen Beginner Lessons Saturday 10:2		13-17	\$52.00/\$100.00
Spring	Lake Anna YMCA	Teen Advanced Lessons Saturday 10:		13-17	\$52.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Mon 8:30 - 9:20am	Merry	16-99	\$15.00/\$65.00
Spring	Lake Anna YMCA	Wed 8:30 - 9:20am	Merry	16-99	\$15.00/\$65.00
Spring	Lake Anna YMCA	Fri 8:30 - 9:20am	Merry	16-99	\$15.00/\$65.00

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Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool.

Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Spring	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$20.00/\$75.00

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Group Classes

Empower

This is a women's weight lifting program lead by a personal trainer designed to build strength and confidence. Class meets in a group setting in our multipurpose room.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Spring	Lake Anna YMCA	Empower	Richelle	16-99	\$60.00/\$90.00



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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
Spring	Lake Anna YMCA	- Thursday 6:00 - 8:00pm		18-99	\$30.00/\$60.00

Volleyball Clinic

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

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
Spring	Lake Anna YMCA	Tuesdays (3-5yrs.): 5:15pm-6:00pm		3-5	\$50.00/\$80.00

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
Spring	Lake Anna YMCA	Tuesdays (6-8yrs.): 6:15pm-7:00pm		6-8	\$50.00/\$80.00

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