



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

Ses	Days & Times	Ages	Mem/Program
Spring	Synchro Swimming Clinic Thurs. 6:30 - 7	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:20 - 6:50 pm (Therapy Pool)		\$52.00/\$100.00
Spring	Thursday 6:20 - 6:50 pm (Therapy Pool)		\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 am (Therapy Po)		\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:20 - 6:50 pm (Rec Pool)		\$52.00/\$100.00
Spring	Thursday 6:20 - 6:50 pm (Therapy Pool)		\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 am (Therapy Po)		\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Spring	Monday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30	3-5	\$52.00/\$100.00
Spring	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 am	3-5	\$52.00/\$100.00
Spring	Saturday 11:40 - 12:10 pm	3-5	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Spring	Monday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Spring	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Spring	Saturday 10:20 - 10:50 am	3-5	\$52.00/\$100.00
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Thursday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Spring	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00

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Youth Stage 2 Water Movement

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Spring	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Thursday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
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Spring	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00

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

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	Monday 7:00 - 7:30pm	6-12	\$52.00/\$100.00
Spring	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Spring	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Spring	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:00 - 7:30pm	6-12	\$52.00/\$100.00
Spring	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Spring	Tuesday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Learn to Swim to Lifeguard Monday 7:4	15-99	\$52.00/\$100.00
Spring	Adult Beginner Lessons Thursday 7:00 -	18-99	\$52.00/\$100.00
Spring	Adult Advanced Lessons Thursday 6:20	18-99	\$52.00/\$100.00
Spring	Teen Beginner Lessons Saturday 10:20	13-17	\$52.00/\$100.00
Spring	Teen Advanced Lessons Saturday 10:20	13-17	\$52.00/\$100.00

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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.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon 8:30 - 9:20am	16-99	\$15.00/\$65.00
Spring	Wed 8:30 - 9:20am	16-99	\$15.00/\$65.00
Spring	Fri 8:30 - 9:20am	16-99	\$15.00/\$65.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Spring	Mon 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Spring	Wed 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Spring	Wed 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Spring	Wed 10:50 - 11:40 am	16-99	\$20.00/\$75.00
Spring	Fri 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Spring	Fri 9:50 - 10:40 am	16-99	\$20.00/\$75.00

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