



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Spring (04/20-06/02)

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.

Ses	Days & Times	Ages	Mem/Program
Spring	- Thursday 6:00 - 8:00pm	18-99	\$30.00/\$60.00

Volleyball Clinic

Ses	Days & Times	Ages	Mem/Program
Spring	Fridays (4th-8th) 5:00pm-6:00pm		\$65.00/\$95.00

Youth Wild Card

Grab your parent or come on your own and take a walk on the wild side and mix up your workout! This youth Wild card class offers a new exercise each week! Exercises may include Cardio Drumming, Cycling, Toning, Jump Rope and much more.

Ses	Days & Times	Ages	Mem/Program
Spring	Wednesdays 5:00-5:45pm	10-16	\$0.00/\$0.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursdays 5:15pm-6:00pm	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.

Ses	Days & Times	Ages	Mem/Program
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesdays (6-8yrs.): 6:15pm-7:00pm	6-8	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG