



LIVE HEALTHIER BE HAPPIER

Youth & Family Activities Summer 2021



Water Safety Classes June 7th—11th
Summer I programs start June 14th
Register now for Classes, Camps or Leagues.

SUMMER SIZZLE MEMBERSHIP SPECIAL
NOW THROUGH JULY 30TH PAY FOR 3
MONTHS UPFRONT AND GET THE 4TH
MONTH FREE!!

SUMMER YOUTH MEMBERSHIPS ONLY
\$64.50 (plus tax) for 4 months!

YOUTH SPORTS

T-Ball/Coaches Pitch Baseball For boys and girls 4-8 years old
T-ball: 4-5 years old Coaches Pitch: 6-8 years old.



Registration: April 18- May 20.
Coaches meeting May 27 at 6:00 pm. Practice begins the week of May 31st. League games begin June 7 at Robb Park, all games begin at 6:00 Members: \$25; Non-Member \$50 includes a T-shirt, cap and medals.

Summer Basketball Training

Must be going into these grades in the 2021 school year. This instructional basketball training is a great way for young athletes to develop their skills. This program will stress fundamentals such as passing, dribbling, shooting, offense, defense, and sportsmanship.

1st and 2nd Grade Training T/W - 3-4 pm
3rd and 4th Grade Training T/W - 4-5pm
Registration Dates April 22 through June 1

Training starts: June 15 - July 7
FEE Members \$25; Non-Members \$50
Includes t-shirt and medal

For more information call Aaron Cross at 419-223-6045 ext. 114



YMCA Basketball Camp

Boys & Girls 10 & up - July 12th - 15th, 10 am to 12 pm

Location: Lima Family YMCA

Camp benefits: Skill sessions, individual competition, team competition, games, awards, and lots of fun.

FEE Member \$20; Non-Member \$40

YMCA Volleyball Camp

Head Coach: Chanel Cantere, Megan Fullenkemp

Girls 10 & up - July 19th - 22nd, 5pm - 7pm

Location: Lima Family YMCA

Camp benefits: Skill sessions, individual competition, team competition, games, awards, and lots of fun.

FEE Member \$20; Non-Member \$40

YMCA Football Camp

July 19th - 22nd 5-7 pm

Camp benefits: Skill sessions, individual competition, team competition, games, awards, and lots of fun.

FEE Member \$20; Non-Member \$40

Like Us On:



Register online at www.limaymca.net



PRESCHOOL & YOUTH GYMNASTICS

FEE: Members \$20; Non-Members \$40

Tiny Tot Gym: 18 months—3 years old

Adult participation is required with this class. The tots are encouraged to climb, crawl and jump.
Wed. 9:45-10:30am; Thurs. 4:30—5:15pm

JR/Kinder Gym: 3—6 years old

Within our circuit training we will work on basic skills such as rolling, swinging, jumping, balancing, body positions, eye-hand coordination and locomotor skills.

Level I: Tues 4:15-5:15, Thurs. 5:30-6:30 pm

Level II Mon 4:30-5:30, Thurs. 6:45-7:45 pm



Beginner Tumblers: age 6 and above

This class is for beginning tumblers that wish to develop tumbling skills such as handstands cartwheels, along with strength and flexibility.

Mon. 5:45-6:45 pm

Tues. 5:30—6:30 pm.

Intermediate/Advanced Tumblers: ages 6 & up

This class is for students that wish to develop higher tumbling skills with strength and flexibility. Class will include skills such as back walkovers, standing back handsprings and running tumbling. Must complete beginner tumblers and be able to do a cartwheel and backbend without assistance or be recommended by the gymnastic instructor.

Mon. 6:45-7:45 pm; Tues. 6:45-7:45pm

YOUTH MARTIAL ARTS

Youth Karate AGES 7 - 17

This class will teach the basics of punches, blocks, kicks and forms. Excellent for boosting self-confidence, discipline and self-control.

Tues.& Thurs.: 6:00-6:45 pm for ages 7-10

Tues. & Thurs.: 6:30-8 pm for ages 11-Adult

FEE: Members \$30; Non-Members \$60

Want to Know More?

For more information regarding Youth Sports, Gymnastics, or Martial Arts? contact Aaron Cross at 419-223-6045 ext. 114 or via e-mail at sports@limaymca.net

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH AQUATICS (Age 6 & up):

FEE: Members \$28; Non-Members \$56

1/Water Acclimation 6-12 YRS (BEGINNER I)

Classes offered on Tuesdays, Thursdays, & Saturdays

2/Water Movement 6-12 YRS (BEGINNER II)

Classes offered on Tuesdays, Thursdays, & Saturdays

3/Water Stamina 6-12 YRS (INTERMEDIATE I)

Classes offered on Tuesdays & Saturdays

4/Stroke Introduction 6-12 YRS (INTERMEDIATE II)

Classes offered on Tuesdays, & Saturdays

5/Stroke Development 6-12 YRS (ADVANCED I)

Classes offered on Thursdays & Saturdays

6/Stroke Mechanics 6-12 YRS (ADVANCED II)

Classes offered on Thursdays & Saturdays



PRE-SCHOOL AQUATICS (Age 3-5)

FEE: Members \$28; Non-Members \$56

Parent / Child Water Discovery(6-24 mos.)

Classes are offered on Thurs. evenings and Sat. mornings.

Parent / Child Water Exploration (12-36 mos.)

Classes are offered on Thurs. evenings and Sat. mornings.

1/Water Acclimation: 3-5 YRS (BEG. I)

Classes are offered on Mon., Tues., Thurs., and Sat.

2/Water Movement: 3-5 YRS (BEG. II)

Classes are offered on Mon., Tues., Thurs., and Sat.

3-4/Stroke Introduction 3-5 YRS (INTERMEDIATE / ADVANCED)

Classes are offered on Mon., Tues., Thurs. and Sat.

Go online @limaymca.net or call for specific class times.

Private Swimming Lessons:

We want every child in our community to learn how to swim.

We'll support, encourage, and challenge your child from beginner all the way to the Barracudas Swim Team.

One ½ hour private lesson:

Members \$20; Non-Members \$25

Package of 5 lessons (1/2 hour each):

Members \$90; Non-Members \$110

USA Swimming

We are excited to announce that we are also USA swimteam. USA Swimming is the national governing body for competitive swimming in the United States. This program will give swimmers of any level age 7—19 additional opportunities to swim at some of the best facilities in the state of Ohio.

USA Swim Team Begins April —July

Practice Times:

Now—June 6th

Mon. & Wed. 5:00-6:30pm

Tues. & Thurs. 6:30-8:00pm

June 1st-July 23rd

Mon. & Wed. 1:00-2:30pm

Tues. & Thurs. 4:30-6:00pm

FEE: \$125, and must be a Y member -Indoor Pool, no worries for inclement weather. Evening practices 4 days a week

SAFETY AROUND WATER/INTRO TO SWIM CLASSES ONLY \$5 FOR 5 DAYS OF CLASSES!

June 7—11th. Register early—classes fill quickly!!

The YMCA Safety around water program is a fun way for kids age 3 and up to learn basic water skills & safety to get ready for summer swimming!

Preschool classes—Ages 3-5

Class 01: 12-12:30 pm

Class 03: 4-4:30 pm

Class 02: 12:30—1 pm

Class 04: 4:30—5pm

School Age—6 & up

Class 01: 10—10:45 am

Class 03: 1—1:45 pm

Class 02: 11—11:45 am

Class 04: 5—5:45 pm

Class 05: 6-6:45 pm

Want more information on Youth Aquatics?
Contact April Dorman at
(419) 223-6045 ext. 220 or via e mail at
aquatics@limaymca.net

Barracudas YMCA/USA Swim Team

The Lima YMCA Barracudas Swim Team serves swimmers ages 5 through high school. Swimmers must be able to swim 25 yards freestyle prior to joining the team. The program offers instruction, training and competition. The team produces multiple Zone and National qualifiers. We have a flexible practice schedule and a variety of training groups suited to a swimmer's ability. The team is committed to swimming excellence in an enjoyable environment placing emphasis on our core values of honesty, caring, respect, and responsibility. A swim team parent informational meeting will be held at the Y on September 1st at 7 pm. A try it out session will be held September 15th at 7 pm.

The swim season will run September 20th to March.

YOUTH AND FAMILY

Family Fun Fridays—FLICK & FLOAT!!

Friday, 6:30 - 8:00 pm, on one Friday each month. Enjoy a night of pool activities with a special theme and movie! Participants will be divided into age-appropriate groups, and supervised by staff. Ages 7 & under must have a parent in the water. Ages 8 & up must have a parent in the building.

Members FREE! Non-Memb \$6.00

June 4th — (Family Friendly)

July 9th

August 13th

DAY CAMP "Summer Better Than Others"

Lima YMCA Day Camp provides an exciting setting for your children, ages 6—12, to learn and have fun. Quality staff will guide kids through a summer of discovery as they explore the world around them. Campers work together in many activities which lead to the development of teamwork skills, leadership skills and lifelong friendships. YMCA Summer Day Camp runs for 11 weeks in the Summer.



GROUP EXERCISE

Group exercise classes are great for adults, seniors, and kids!

- Kids age 10 & up are allowed in classes as participants.
- Kids age 10 - 12 must have a parent taking the class with them.
- Kids 13 & up are able to take group exercise alone with an attached waiver signed by a parent.

Questions about our day camp or youth programs?
Contact our Youth and Teen Director
at 419-223-6045 ext. 116 or
teendevelopment@limaymca.net

Register online at www.limaymca.net

Birthday Parties/ Room Rentals

Celebrate your next special occasion at the Lima YMCA! We have rooms available for parties or special events on the weekends. Birthday parties include 3 hour use of room and 45 minutes in the pool or gymnasium. Contact 419-223-6045 ext. 202 or rentals@limaymca.net



Lima Family YMCA • 345 S. Elizabeth • Lima, OH 45801 • Phone: (419) 223-6045
Fax: (419) 223-0771 • Web site: www.limaymca.net

