



DEDICATED TO FAMILIES



Winter Youth & Family Activities

Winter I: January 8—February 25
Winter II: February 26—April 15
Register Early! Classes Fill Quickly!

PRESCHOOL & YOUTH GYMNASTICS

FEE: Members \$25; Non-Members \$50

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. 11—11:45 am;
Thurs. 4:15—5:00pm



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 II participants must have instructors ok to register)

Level I: Tues 4:15-5pm, Wed. 12—12:45pm
Level II: Thurs. 5-5:45 pm

Beginner Tumblers: age 7 and above

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

Tues. 5:30—6:15pm or Thurs. 6-6:45pm

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 hand-springs 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.

Tues. 6:15-7:00 pm; Thurs. 7-7:45pm

YOUTH MARTIAL ARTS

Youth Karate

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

Tuesday & Thursday: 6:00-6:45pm for ages 7-10

Tuesday & Thursday: 6:30-8:00pm for ages 11-17

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

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



YOUTH SPORTS



Private or Semi-Private Basketball

One hour session of Basketball skill development. Youth will work on a variety of skills decided upon by both the participant and the trainer. By appointment only. Contact Orion 419-223-6045 ext 114 or sports@limaymca.net

FEE: \$20 member/ \$25 non-member (private)
\$15 member/\$20 non-member (semi-private)

Youth Spring Soccer League

For boys and girls Age 4 to 6th grade. No tryouts! Just sign up! 4,5 and K will play 6vs6, 1st and 2nd Grade will play 7vs7 and 3rd and 4th Grade 10vs10.

Registration February 18 - March 21, 2022

Games Times: Tuesdays, Wednesdays, and/or Thursdays 5:15 and 6:15; Saturdays: 9:30, 10:00, or 10:30

Coaches meeting: March 28 at 6:00 pm

Practice starts April 4.

League games begin April 11

FEE: Members: \$28; Non-Member \$52

Flag Football (ages 6 to 8)

Come out and play in our youth flag football league. The program is designed to introduce and educate youngsters to the game of football.

Games will be held on Tuesdays and Thursdays.

Registration February 20— March 31, 2023.

Coaches meeting April 5th at 6PM.

Games begin April 18,2023

FEE: Members: \$28; Non-Members: \$52

Scoop Programs

Shoot-N-Scoop: Jan. 7—Feb. 10th and March 3rd— 25th

Children ages 3-6 bring an adult and learn the basic skills of basketball together. Afterwards, the family may cool off with a scoop of ice cream. The children will be introduced to skills such as dribbling, passing, and shooting in a fun no-pressure environment. Fridays: 5:15-6:00 p.m.

FEE: Members \$12

Non-Members \$28 (5 weeks).

Like Us On:



Register online at www.limaymca.net

Want to Know More?
For more information regarding **Youth Sports, Gymnastics, or Martial Arts?** Contact 419-223-6045 ext. 114

YOUTH AQUATICS (Age 6 & up):

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

45 minute classes—7 weeks

6-12 YRS (BEGINNER I)

Classes offered on Tues. & Sat.

6-12 YRS (BEGINNER II)

Classes offered on Tues. & Sat.

6-12 YRS (INTERMEDIATE I)

Classes offered on Tues.

6-12 YRS (INTERMEDIATE II)

Classes offered on Tues.



PRE-SCHOOL AQUATICS (Age 3-5):

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

30 minute classes—7 weeks

Parent / Child: (6-24 mos.)

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

Parent / Child: (12-36 mos.)

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

3-5 YRS (BEG. I)

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

3-5 YRS (BEG. II)

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

3-5 YRS (INTERMEDIATE / ADVANCED)

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

Want more information on
Youth Aquatics?
Contact our **Aquatics Director** at
(419) 223-6045 ext. 220 or via e-mail at

First Lego League Jr. Winter Workshop

Focused on building an interest in science and engineering in children ages 6-9, Junior FIRST® LEGO® League (Jr. FLL®) is a hands-on program designed to capture young children's inherent curiosity and direct it toward discovering the possibilities of improving the world around them. Students will work with Legos to create machines with moving parts. If you have questions contact the Teen Director at 419-223-6045 ext. 116. Tues. 5-6pm

FEE: Members: \$10; Non-Members: \$20



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 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. Registration will start in Feb. For more information, contact Taylor at 419-223-6045 ext. 116.

Register online at www.limaymca.net



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

YOUTH AND FAMILY

No School Days Program

For boys and girls grades K-4th. Fun activities such as soccer, basketball, swimming, Wii games, foosball, and board games. Must bring packed lunch, swim suit and towel.

Fee: Members \$15;
Non-Members \$20

9:00 a.m. to 4:00 p.m.

Monday, January 16th (Martin Luther King Day)

Monday, February 20th (Presidents Day)

Friday, April 7th & 10th (Easter Break)

Register early to reserve your place!

SPECIAL EVENTS

Annual Father/Daughter Valentine Dance

Saturday, February 4th; 7-9pm

This family event is designed to have dads escort their daughters to a dance and help teach them how a gentleman treats a lady. Our purpose is to help families provide a quality evening together for dads and daughters of all ages with the hope of building stronger friendships between the generations. This night features wholesome music, pictures, refreshments, and an unforgettable night of fun for fathers and their daughters.

Members: FREE; Non-Members: \$6 per person
Registration starts January 1, (please reserve a spot by February 1st)

** Value added to membership

Youth Easter Party

Friday, March 24th, 6-8pm.

Children ages 5-12 can join the Easter bunny in decorating eggs, crafts, and an Easter egg hunt, as well as pool and gym times. Snacks provided. Must pre-register. Please bring swim suits and towels.

FEE: Members: Free!; Non-Members: \$6



HEALTHY KIDS DAY

Saturday, April 29th 10am -1pm

Families, join us for this fun, interactive health fair! We will have booths in the gym and activities for kids of all ages. **FREE** to members and the community.

MOM 2 MOM
S A L E

ANNUAL YMCA MOM 2 MOM Sale

Saturday, April 15, 2023 - 8 am-12pm

Entrance Fee: \$1.00 (age 8 & up)

Rentals: Booth (3 tables) - \$25.00

For parents or grandparents wanting to sell gently used toys, clothes and children furniture. Register early to ensure a booth. Contact teendevlopment@limaymca.net for more information, or call 419-223-6045 ext. 116.

