



GROWING STRONGER TOGETHER

Youth & Family Activities Fall 2023

Fall I: September 10—October 28
Fall II: October 29—December 16

Youth Soccer

For boys and girls Age 4 to 4th grade. No tryouts! Just sign up! Registration Now — September 2nd Coaches meeting September 12th

Game Times: 4,5 & K: Wed 5:15 or 6:15 &/or Saturday 9:30or 10:30

1st & 2nd Grade Wed. 5:15 or 6:15 &/or Sat 9:30or 10:30

3rd & 4th Grade:Tues & Thurs 5:15 and 6:15

League games begin week of Sept. 24th

FEE: Members: \$25; Non-Member \$50 (before 9/2) - late fee for those registering after 9/2

Fee includes shirt, socks and award



Young Ladies Volleyball

For young ladies in 5th, 6th & 7th grade.

Session includes skill development, drills & games.

November 7th—28th

Tuesdays: 5:30-7pm

FEE: Members \$25; Non-Members \$40

Youth Basketball Skill Development

For kids in K—2nd Grade

Register October 1st

Program begins November 4th - Nov. 24 and runs 4 Saturdays from 10:00 am—11:30. Program is designed to prepare youth for basketball league starting in December.

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

(1st to 2nd grade competitive basketball league practice starts in December.)

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

Want to Know More?

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

FEE: Mem-

bers \$30;

Non-

Like Us On:



Register online at www.limaymca.net



PRESCHOOL & YOUTH GYMNASTICS AND CHEERLEADING

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. 11:00—11:45am; 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.

Wednesday 12—12:45, Thurs. 4:45—5:30pm

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.

Thursday 5:30-6:30 pm

Intermediate/Advanced Tumblers: ages 7 & 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 cartwheel and backbend without assistance or be recommended by the gymnastics instructor.

Thursday 6:15-7:00pm

NEW!! Cheerleading Class!

This class is open for all skill levels looking to learn about cheer and improve tumbling skills. Participants will work on jumps, strength and flexibility, practice tumbling and basic stunts used in cheerleading.

Thursdays 7:15—8:00pm

YOUTH EDUCATION

First Lego League Jr. (ages 6-9)

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 interest in improving the world around them. Students will work with Legos to create machines with moving parts. Class meets for one hour Wed. at 5 pm.

Fee: Members: \$12; Non-Members: \$22

First Lego League (ages 9-14)

Introduces 5-8th grade students to real-world engineering challenges by building LEGO-based robots to complete tasks on a thematic playing surface.

Group meets for an hour and a half Thursdays at 5 pm.

FEE: Members \$20; Non-Members \$35

If you have questions about Lego League contact the Teen Director at 419-223- 6045 ext 116.



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 & Saturdays

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

Classes offered on Tuesdays, & Saturdays

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

Classes offered on Tuesdays

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

Classes offered on Tuesdays

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

Classes offered on Tuesdays

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

Classes offered on Tuesdays

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 Tues., Thurs., and Sat.

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

Classes are offered on Thurs., and Sat.

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

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

Private Swimming Lessons:

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

We offer private, semi-private, and group swim lessons depending on what works best for your child. 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 \$30

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

Members \$90; Non-Members \$110

(We offer lessons for adults too!)

Barracudas YMCA Swim Team SEASON:

NOW through MARCH 2023

September 6th, 7 pm parent information meeting for those interested in joining.

September 11th, 6:30pm swim team try-it session for new swimmers.

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. **FEE \$275 Per Swimmer; High School Fee \$150.** Payment plans available. Multiple child discount: additional children, the price will be reduced \$50 per additional child. Only one discount per swimmer.

USA Swim Team

Youth wanting more competition can also join our USA swim team. Contact Coach April Dorman for more information. swimteam@limaymca.net

Home School Gym & Swim

Home school youth, join us for some fun physical education! The class will meet Thursday 1pm with gym skills & sports followed by a open swim at 2:00-2:45. FEE: \$30 YMCA members, \$60 non-members for 7 weeks.

YOUTH AND FAMILY

Scoop Programs

Shoot-N-Scoop: Nov. 3-Dec. 8th

Children ages 3-6 bring an adult and learn the basic skills of basketball together. Afterwards, the kids may cool off with a scoop of ice cream! The children will be introduced to skills such as dribbling, passing, and shooting in a low-key, no-pressure environment.

Fridays: 5:15-6:00 p.m.

FEE: Members \$12

Non-Members \$24

(5 weeks—no class 11/24).



Family Flick & Float

Friday, 6:30 - 7:30 pm, 2nd Friday of the Month

Enjoy a night of Pool time with a special theme movie!

Ages 10 & under must have a parent in the water. Ages 11 & up must have a parent in the building.

October 13th Fun Halloween Movie

November 10 - Fall Fun Movie

December 9 - Christmas Theme

Fee: Members FREE, Non-Members, \$10

SPECIAL EVENTS

NO SCHOOL DAYS

FEE: Members \$15; Non-members \$20

9am—4 pm.

Youth ages 6-12 join us for no school days! We will participate in fun activities such as soccer, basketball, swimming, Wii games, movies, foosball, crafts and board games. You must bring a packed lunch, swimsuit, and towel. (Both are City Schools Break off days) Nov. 22nd & 24th (All Schools Thanksgiving break)

Youth Halloween Party

Freaky Friday-Fun Night, October 13. Youth will have fun participating in a Halloween costume contest, craft activities, gym games and swimming in the pool! Snacks and drinks will also be provided. Trained YMCA staff will supervise youth, so parental supervision is not required.

Friday October 13, 5:30-8:00pm

Youth ages 6-12

Please register by Wednesday, October 11.

Reminder: Please bring swimsuits and towels.

FEE: Members Free! Non-Members \$6

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



For more information about youth aquatics contact our **Aquatics Director** at (419) 223-6045 ext. 220 or via e-mail at aquatics@limaymca.net

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**

