



# GROWING STRONGER TOGETHER

## Youth & Family Activities Winter I—2024

Winter I January 7th—February 24th

Winter II February 25th—April 13th

Register early—classes fill quickly!

### Cooking Class—Snack Attack!

Mondays 4pm-5pm, starting January 8 Ages 7-14 can come join our new cooking class, that aims to empower and inspire young chefs by teaching fundamental cooking techniques, crafting delectable, kid-friendly recipes, instilling confidence in the kitchen, and fostering teamwork and leadership skills. FEE Members: \$15; Non-Members: \$25

### Young Ladies Volleyball

For young ladies in 5th, 6th & 7th grade. Session includes skill development, drills & games. March 5th—26th Tuesdays: 5:30-7pm FEE: Members \$25; Non-Members \$40

### 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, 2024 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 Members: \$25; Non-Member \$50

### 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 18– March 30, 2024. Coaches meeting April 4th at 6PM. Games begin April 12, 2022 Members: \$25; Non-Members: \$50

### 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.

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

### 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



### 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. 4:00—4:45pm

#### 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.

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

### 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

For more information regarding Youth Sports, Gymnastics, or Martial Arts? contact 419-223-6045 ext. 114 or e-mail [sports@limaymca.net](mailto:sports@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](mailto:rentals@limaymca.net)



Like Us On:



Register online at [www.limaymca.net](http://www.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 & 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!)



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

## **YOUTH AND FAMILY**

### **Scoop Programs**

#### **Shoot-N-Scoop:**

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. (5 Weeks)

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

FEE: Members \$12

Non-Members \$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.

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

Register online at [www.limaymca.net](http://www.limaymca.net)



## **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, crafts and board games. You must bring a packed lunch, swimsuit, and towel.

January 15 - Dr. Martin Luther King Day

February 19 - President's Day

March 29 & April 1 - Easter Break

### **15th Annual Father/Daughter Valentine Dance**

Saturday, February 3rd; 6:30-8:30pm

This family event is designed to have dads escort their daughters to a dance to 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 strong 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

Register before February 1

### **Youth Lock-In**

Drop off Friday, March 8th at 8 pm; Pick up Saturday, March 9th from 9am-10am. Children ages 9-14 can join us for a fun night of interactive activities, movies, swimming time, and tie dying. One meal is provided. Please bring swimsuits and towels, along with extra money for concessions. Feel free to bring pillows and blankets to relax as well. Must be registered by March 7th.

**FEE :**Members \$20; Non-Members \$30

\*Look for future dates to come

### **Youth Easter Party**

Friday, March 22nd , 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



### **Annual Mom to Mom Sale Saturday, April 13 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 [teendevelopment@limaymca.net](mailto:teendevelopment@limaymca.net) for more information, or call 419-223-6045 ext. 116.

### **HEALTHY KIDS DAY**

**Sat. April 20th**

**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!



### **Mother Son Superhero Party Saturday, May 11, 7pm-9pm**

Mothers escort their sons to a party full of activities, dancing, and Super Hero friends. Our purpose is to help provide a quality evening together for mothers and sons of all ages with the hope of building strong friendships between the generations. There will be a DJ, games & activities, snacks & punch, and very special Super Hero guests. Guests are encouraged to dress up as their favorite Super Hero for this event. Bring a non-perishable food item to be donated to a local food pantry. Each item you bring in will be exchanged for a raffle ticket to win one of our themed baskets.

FEE Members: FREE; Non-Members: \$6



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

