



GROWING STRONGER TOGETHER



**Youth & Family Activities
Spring —2024**
Spring April 14th — June 1st
Summer Programs begin June 3rd
Register early—classes fill quickly!

Youth Summer Fun Membership

Enjoy all the fun the Y has to offer this summer (3 month membership)only \$64.50!!

Cooking Class—Snack Attack!

Wednesdays, 4pm-5pm, starting April 17th, 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

Home School Gym & Swim

Home school youth, join us for some fun physical education! The class will meet Thursdays at 1pm with gym skills & sports followed by an open swim at 2:00-2:45.

FEE: Members \$35; Non-Members \$55



T-Ball/Baseball Program For boys and girls.

T-ball: 4-5 years old.

Coaches Pitch: 6-8 years old.

Registration: April-May.

Practices start in May. League games begin in June at Robb Park

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

YOUTH EDUCATION

First Lego FLL STEM Jr. (ages 6-9)

Focused on building an interest in science and engineering in children ages 6-9, Junior FIRST® LEGO® (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: \$10; Non-Members: \$20

Hang Time

Youth ages 8 & up can play Wii, Board games, read, or just hang out with their friends in our supervised youth lobby.

Hang time is available for members Mon-Thurs: 4-8pm*

Family with youth of any age are welcome to use hangtime together anytime is open.

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. 4:00—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 5:30-6:15pm

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

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 YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH AQUATICS (Age 6 & up):

FEE: Members \$30; Non-Members \$60 (7 weeks)

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

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

Classes offered on Tuesdays

PRE-SCHOOL AQUATICS (Age 3-5)

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

Parent / Child Water Discovery (6-36mos.)

Classes are offered on Thursday and Saturday

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

Classes are offered on Tuesday, Thursday, and Saturday.

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

Classes are offered on Tuesday, Thursday, and Saturday.

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

Classes are offered on Tuesday, Thursday, and Saturday.

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):

FEE: Members \$90; Non-Members \$110

(We offer lessons for adults too!)



SPECIAL EVENTS

Junior Splash: Safety Around Water

The YMCA Learn-to-Swim Safe Program is a fun way for kids ages 3-5 to learn basic water skills and how to be safe around the water. These classes are not designed to teach children to become accomplished swimmers, but are introductory courses. Lessons will be 30 minutes each day for five days. Classes will run June 3-7.

Class 1: 12-12:30pm Class 2: 12:30-1pm
Class 3: 4-4:30pm Class 4: 4:30-5pm

FEE: Members & Non-Members \$5 for all 5 classes.



Splash: A Learn to Swim Safe Week.

The YMCA Learn-to-Swim Safe Program is a fun way for kids ages 6 and up to learn basic water skills and how to be safe around the water. These classes are not designed to teach children to become accomplished swimmers, but are introductory courses. Lessons will be 45 minutes each day for five days. Evening classes available for schools still in session. YMCA of the USA National Aquatics Program. Classes will run June 3-7.

FEE: Members & Non-Members \$5 for all 5 classes.

Class 1: 10-10:45am Class 2: 11-11:45am Class 3: 1-1:45pm
Class 4: 5-5:45pm Class 5: 6-6:45pm



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

DAY CAMP

“Summer Better Than Others”



Lima YMCA Day Camp provides an exciting setting for children, ages 6-12 to learn and have fun. Quality staff will guide kids through a summer of discovery. Campers work together in many activities which lead to the development of teamwork skills, leadership skills

and lifelong friendships. Each day has different and exciting activities based on the unique theme of the week. Remember to bring a swim suit, each day has an opportunity to swim. Hours : 9am– 4pm
YMCA Summer Day Camp runs for 11 weeks.

FEEs: Members: \$110 per week / \$25 deposit per week

Non- Members: \$125 per week / \$25 deposit per week

(Second child discounts are available)

Morning Fun Club : 7:30-9am

FEE: Members: \$15 Non- Members: \$25

Afternoon Fun Club: 4-6 pm

FEE: Members: Free, Non- Members: \$25

For more information, contact Bri at 419-223-6045 ext. 116.

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

YOUTH AND FAMILY

Scoop Programs

Hit -N-Scoop:

Children ages 3-6 bring an adult and learn the basic skills of T-ball/baseball together. Afterwards, the kids may cool off with a scoop of ice cream! The children will be introduced to skills such as pitching, batting, catching and running bases 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

2nd Friday of the Month 6:30-8:00pm

Enjoy a night of Pool time with a special theme movie! Ages 8 & under must have a parent in the water. Ages 9 & up must have a parent in the building.

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



Register online at www.limaymca.net



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