



DEDICATED TO FAMILIES

Youth & Family Activities Fall 2024



Fall I September 8 - October 26
Fall II October 27 - December 14
Register Early! Classes Fill Quickly!

Youth Soccer

For boys and girls Age 4 to 4th grade. No tryouts! Just sign up!
Register Now - September 5th
Game Times: 4,5 & K: Wed 5:15 or 6:15 & /or Saturday 9:30 or 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 Sept. 18st
FEE: Members: \$25; Non-Member \$50 (before 9/4)
After Sept. 5th, \$30 Members, \$60 Non-Members
Fee includes shirt, socks and award



Young Ladies Volleyball

For young ladies in 5th, 6th & 7th grade. Session includes skill development, drills & games.
November 5 - 26
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 2nd - Nov. 30 and runs 4 Saturdays from 10:00 am - 11:30. This program focuses on footwork, ball handling, passing and shooting! Designed to prepare kids for our youth basketball league.
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

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. 11:00am - 11:45am; Thurs. 3:45pm - 4:30pm

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.
Thursday. 4:30pm - 5:15 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.
Thursday 5:15pm - 6pm

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 6pm - 6:45pm

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, tumbling and basic stunts used in cheer.
Thursdays 6:45pm - 7:30pm



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

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 \$30

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 \$30; Non-Members \$60

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.

Barracudas YMCA Swim Team SEASON:

NOW through MARCH 2023

September 5th, 7 pm parent information meeting for those interested in joining.

September 9th, 6:30pm swim team try-it session for new swimmers.

The Lima YMCA Barracudas Swim Team serves swimmers ages 6 through high school. Swimmers must be able to swim 25 yards freestyle prior to joining the team. Payment plans available.

Multiple child discount: additional children, the price will be reduced. Only one discount per swimmer.

USA Swim Team

Youth wanting more competition can also join our USA swim team. Contact Coach Kody Graham 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 1:00-2:45. FEE: \$35 YMCA members, \$50 non-members for 7 weeks.

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

9-11 5K Run/Walk

Run to Remember. Help us support the Lima Fire Department Museum! All participants will receive a medal. Help us support our local heroes! All Ages Welcome and encouraged to participate.

FEE: members: \$20
non - members: \$25



SPECIAL EVENTS

Youth Halloween Party

Freaky Friday-Fun Night, October 11th 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 11th, 5:30-8:00pm

Youth ages 6-12

Please register by Wednesday, October 9th.

Reminder: Please bring swimsuits and towels.

FEE: Members Free! Non-Members \$6

No School Days Program

9:00am to 4:00pm

For Students grades K-4th. Fun activities such as soccer, basketball, swimming, Wii games, Crafts and board games. Must bring packed lunch, swim suit and towel. Members \$15; Non-Members \$20

Sept. 27, (Lima City Schools No School)

Oct. 31st (Lima City Schools No School)

November 1st, 4th, 27 & 29 (Thanksgiving Break)

Register early to reserve your place!

Snack Attack!

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

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 with 45 minutes in the pool or gymnasium.

Contact 419-223-6045 ext. 206 or rentals@limaymca.net



Register online at www.limaymca.net



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