



# DEDICATED TO FAMILIES

## Youth & Family Activities Fall II 2024



**Fall II October 27 - December 14  
Winter I January 5th - February 22nd  
Register Early! Classes Fill Quickly!**



### Young Ladies Volleyball **Register Now – Nov. 4th**

For young ladies in 5th - 8th grades.

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 Now– Nov.1st**

Program begins November 2nd - Dec. 7th and runs 5 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.)**



### YMCA / Jr. Cavs Basketball League

The Cavaliers and the Lima YMCA have partnered up to bring an amazing new basketball season for you this winter. Benefits of this partnership:

- One Cavaliers ticket/voucher, a Junior Cavs branded reversible jersey and access to instructional videos on cavs.com for every participant
- Opportunities for family and friends to purchase discounted tickets
- The Cavaliers organization will host a Coaches Clinic for all Lima Family YMCA basketball coaches
- Direct affiliation with the NBA and Cleveland Cavaliers

Games will begin in January 11th and continue for 8 weeks. Come sign up now for winter basketball and be a Cleveland Cavalier!

1st & 2nd grade boys & girls;

3rd & 4th grade boys & girls;

5th & 6th grade boys; 7th & 8th grade boys

**Registration Now - December 6th**

Teams will be formed in early December with games starting January 11, 2025

Coaches meeting December 11th at 6:00pm

FEE: Members \$40; Non-Members \$65



Register online at [www.limaymca.net](http://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, hand-eye 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, practice tumbling and basic stunts used in cheerleading.

Thursdays 6:45pm - 7:30pm

### **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.: 6:45-8:15 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



**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

### **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.

### **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 an 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](mailto:aquatics@limaymca.net)

## **YOUTH EDUCATION**

### **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

### **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

Wednesdays from 4 - 5 pm or from 5 - 6.

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.



## **YOUTH AND FAMILY**

### **SPECIAL EVENTS**

#### **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

Oct. 31st, Nov. 1st & 4th (Lima City Schools No School)

Nov. 27 & 29 (Thanksgiving Break)

Register early to reserve your place!

#### **Youth Lock In**

Friday Oct 25th at 8pm– Saturday Oct 26 at 9am  
Ages 10-14 Join us for a Halloween themed youth lock in with game and activities such as pumpkin painting, swimming, movies, a costume contest and more!

One meal is provided and concessions are available.

Bring a Pillow and Blanket or sleeping bag.

**Register by: October 23rd**

Members: \$20, Non-members: \$30

Reminder: Please bring swimsuits and towels.

#### **Parents Night Out Youth Christmas Party**

Friday, December 6th, parents do some Christmas shopping and have a night out with your spouse while your children have fun at the Y. Children ages 6-12 are invited to play games, create unique crafts, participate in gym and pool activities and enjoy pizza at our Christmas Party which will be 5:30-8:00pm at the YMCA.

**Register by December 4th.**

Members \$5: Non-Members \$10

Reminder: Please bring swimsuits and towels.

#### **Breakfast with Santa**

You are cordially invited to enjoy a delicious breakfast with Santa and his Elves. Children will have the opportunity to Participate in holiday activities and visit with Santa about their Christmas wish list.

Children must attend with one parent or responsible adult.

Saturday, December 14th between 8:30-10:30am

**Please register by Thursday, December 12th.**

Members \$: Non-Members \$5 per person



#### **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. 206 [rentals@limaymca.net](mailto:rentals@limaymca.net)



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

