



GROWING STRONGER TOGETHER



**Youth & Family Activities
Winter I—2025**
Winter I January 5th—February 22nd
Winter II February 23rd—April 12th
Register early—classes fill quickly!

Young Ladies Volleyball

For young ladies 10 and up.
Session includes skill development, drills & games.
March 4th—25th Tuesdays: 5:30-7pm
FEE: Members \$25; Non-Members \$40

YMCA Jr. Cavs Basketball League

Teams forming week of December 9th—Register NOW

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 starts end of February
Games Times: Tuesdays, Wednesdays, and/or Thursdays 5:15 and 6:15; Saturdays: 9:30, 10:00, or 10:30
Coaches meeting: end of March Practice starts in April
League games begin mid April. Fee includes a shirt and socks.
Members: \$35; Non-Member \$60

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 17– March Coaches meeting in early April
Games begin mid April
Members: \$35; Non-Members: \$60

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 2:00-2:45. FEE: \$30 YMCA members, \$60 non-members for 7 weeks.

First Robotics Competition

FRC runs January—March and ends with the competition in Cleveland. FREE for young men and women ages 13 –18. "The Varsity Sport for the Mind," FRC combines the excitement of sport with the rigors of science and technology. Under strict rules, limited resources, and time limits, teams of High School students are challenged to raise funds, design a team "brand," hone teamwork skills, and build and program robots to perform prescribed tasks against a field of competitors. It's as close to "real-world engineering" as a student can get. Volunteer professional mentors lend their time and talents to guide each team. Our Robotics team meets Mon—Thurs in UNOH Robotics building 4-6 pm. Participants should attend at least 2 times per week to work on building and design. New members are welcome! If you have questions contact Terri at 419-223-6045 ext 208.

Like Us On:



Register online at www.limaymca.net

PRESCHOOL & YOUTH GYMNASTICS AND CHEERLEADING

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

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. 3:45—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.

Thurs. 4:30—5:15pm

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 5:15-6:00 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 6:00-6:45pm

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 6:45—7:30pm

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. 208 or rentals@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 and Thursdays

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

Classes offered on Thursdays

PRE-SCHOOL AQUATICS (Age 3-5)

FEE: Members \$28; Non-Members \$56

Parent / Child Water Discovery (6-36 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

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



Register online at 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 20- Dr. Martin Luther King Day

February 17 - President's Day

April 18 & 21st - Easter Break

16th Annual Father/Daughter Valentine Dance

Saturday, February 1st 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: \$10 per person

Register before February 1

Youth Easter Party

Friday, March 28th, 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: \$10



Annual Mom to Mom Sale Saturday, April 12 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 for more information, or call 419-223-6045 ext. 116.



HEALTHY KIDS DAY Sat. April 26th 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 10, 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: \$10



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

