



GROWING STRONGER TOGETHER

Youth & Family Activities Winter II—2025

Winter II: February 23rd—April 12th

Spring Session: April 13th—May 31st

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

Youth Spring Soccer League

For boys and girls Age 4 to 4th 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– April 2nd. 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 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 Robotics High School Program at UNOH

FRC runs Now through April 13 and ends with a competition in Cleveland. FREE for young men and women in High School. "The Varsity Sport for the Mind," FRC combines the excitement of sport with science and technology. Under strict rules, limited resources, and time limits, teams of High School students are challenged to 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.



PRESCHOOL & YOUTH GYMNASTICS AND CHEERLEADING (6 weeks 3/5—4/10)

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. 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. Wed. 12-12:45; Thurs. 6:45—7:30

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 4:30—5:15pm

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 6:00-6:45pm

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 5:15- 6 pm.

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



Like Us On:



Register online at 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 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



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.

April 18 & 21st - Easter Break

Youth Easter Party

Friday, April 11th , 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



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

Junior Splash: Safety Around Water - Register After March 25th.

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 2-6.

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

Register After March 25th.

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 for schools still in session. YMCA of the USA National Aquatics Program. Classes will run June 2-6th.

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



YOUTH AND FAMILY

Scoop Programs

Shoot-N-Scoop:

Children ages 3-6 bring an adult and learn the basic skills of basketball in winter and Soccer in spring session. 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



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