



GROWING STRONGER TOGETHER



**Youth & Family Activities
Fall 2023—2024**
Fall II: October 29—December 16
Winter I begins January 8th
Register early—classes fill quickly!

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. 4:30—5:15pm

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.



Wednesday 12—12:45, 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 5:30-6:30 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 6:15-7:00pm

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

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: \$12; Non-Members: \$22

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 \$35

If you have questions about Lego League contact the Teen Director at 419-223- 6045 ext 116.

Young Ladies Volleyball

For young ladies in 5th, 6th & 7th grade.
Session includes skill development, drills & games.

November 7th—28th

Tuesdays: 5:30-7pm

FEE: Members \$25; Non-Members \$40

Youth Basketball Skill Development



For kids in K—2nd Grade

Register Now

Program begins November 4th - Nov. 24 and runs 4 Saturdays from 10:00 am—11:30. Program is designed to prepare youth for basketball league starting in December.

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 Cavs game ticket voucher
- Direct affiliation with the NBA and Cleveland Cavaliers

Games will begin in January and finish in March. 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 October 20th - November 30th

Teams will be formed and practice in early December with games starting in January

Coaches meeting December 6th at 6:00pm

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

Like Us On:



Register online at www.limaymca.net



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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

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

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

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.

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!)

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

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: Nov. 3-Dec. 8th

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.

Fridays: 5:15-6:00 p.m.

FEE: Members \$12

Non-Members \$24

(5 weeks—no class 11/23).

Family Flick & Float

Friday, 6:30 - 7:30 pm, 2nd Friday of the Month

Enjoy a night of Pool time with a special theme movie!

Ages 10 & under must have a parent in the water. Ages 11 & up must have a parent in the building.

November 10 - Fall Fun Movie

December 8- Christmas Theme

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

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, foosball, crafts and board games. You must bring a packed lunch, swimsuit, and towel. (Both are City Schools Break off days) Nov. 22nd & 24th (All Schools Thanksgiving break)

Parents Night Out Youth Christmas Party

Friday, December 8th, 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

held 5-8:30pm at the YMCA.

Register by December 6th.

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 9th between 8:30-10:30am

Please register by Thursday, December 7th.

Members \$4; 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. 202 or rentals@limaymca.net



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