



**HEALTHY FUTURES  
BEGIN HERE**

**Lima Family YMCA 2024 Program Guide**

345 S. Elizabeth Street • Lima, Ohio 45801  
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[www.limaymca.net](http://www.limaymca.net)



## Session Registration Dates

### Winter 1 - January 7 - February 24

Members: December 4, Online December 1  
NON-Members: December 11, Online Dec.8

### Winter 2 - February 25 - April 13

Members: February 12, Online February 9  
NON-Members: February 19, Online February 16

### Spring - April 14 - June 1

Members: April 1, Online March 29  
NON-Members: April 8, Online April 5

### Summer 1 - June 9

### Summer 2 - July 28 (Session dates vary)

Both Sessions:  
Members: May 20, Online May 17  
NON-Members: May 27, Online May 24

### Fall 1 - September 8 - October 26

Members: August 19, Online August 16  
NON-Members: August 26, Online August 23

### Fall 2 - October 27 - December 14

Members: October 14, Online October 11  
NON-Members: October 21, Online October 18

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## JOIN US!

**Membership at the Y is a special thing. Be a part of a leading nonprofit organization for youth development, healthy living and social responsibility.**

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

### Membership for all

We believe everyone deserves a Y membership, so the Lima YMCA offers financial assistance to individuals and families who might otherwise not be able to afford memberships or program fees. Ask a staff member about income based financial assistance. It's easy to apply and the Y does everything it can to make the Y a place for all.

### Volunteer, Donate, Advocate

As a nonprofit, the Y is able to strengthen our community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents — every day and in hundreds of ways — because they know they can improve the lives of others while enhancing their own through the Y.

Well-being of many of our neighbors is all too frequently limited by income or social isolation. The Y offers opportunities for every child, teen or adult to achieve his or her potential regardless of economic status. With your help, the Y can continue to expand programming and out-reach where it is needed most. Please consider volunteering your time, making a contribution, or sharing your story of the Y's impact.

# ABOUT US

## Main Facility Hours

Monday–Thursday: 5am–10pm, Friday: 5am–9pm  
Saturday: 6am–6pm, Sunday: 12pm–5pm  
Pool hours differ, see pool schedule for exact times.

## Holiday Closings

The Lima Family YMCA will be closed on:

- ➔ New Years Day: Open 8am–Noon
- ➔ Easter Sunday
- ➔ Memorial Day
- ➔ 4th of July
- ➔ Labor Day
- ➔ Thanksgiving Day
- ➔ Christmas Eve: closing at 4pm
- ➔ Christmas Day
- ➔ New Years Eve: closing at 4pm

## Bring a Friend Week:

April 7–13, May 26–June 1, July 21–27, September 1–7,  
October 20–26 & December 8–14

YMCA members 18 years and older are invited to bring a friend to enjoy the YMCA—no passes needed all week. Let your guests join you in fitness programs, play racquetball or just enjoy some time in our whirlpool. Your workouts are always more fun when you work out with a friend! One guest per adult member. Photo ID required for guests. Guests are limited to three Free visits per year.

\*Value added to membership

## REFER A FRIEND AND GET A FREE MONTH OF MEMBERSHIP!

**Working out with a friend is a great way to stay motivated and maintain your workout routine. According to the National Institutes of Health, 66% of individuals who workout with a partner maintained their weight loss.**

How It Works:

Y-member refers a new member to the Lima Y. The new Y-member fills out a member referral card. After 1 month of membership drafts, the Y-member will receive 1 month of membership credit, equal to the cost of your friend's membership. Refer more than 1 friend – there's no limit to the amount of credits a member can receive!

# LIMA YMCA AMENITIES

## Joining the Y provides you with all of these great amenities!

- FREE babysitting while you are working out at Y, up to 2.5 hours (age 6 weeks to 7 years).
- FREE group exercise classes – Classes to fit all abilities, from high-intensity cardio and strength training to chair exercise classes (over 20 different formats!)
- ➔ Free Wifi
- ➔ Basketball Courts (3)
- ➔ Fitness Center
- ➔ Exercise Studio
- ➔ Elliptical Trainers
- ➔ Water Fitness Classes
- ➔ Hot Tub
- ➔ Men's & Women's Steam Room
- ➔ Free Weights
- ➔ Indoor Cycling Room
- ➔ Indoor Track
- ➔ Massage Therapy
- ➔ Personal Training
- ➔ Hang Time room for 8–12 year olds
- ➔ Pilates Reformer Studio
- ➔ Men's & Women's Saunas
- ➔ 8-lane Indoor Pool
- ➔ Child Care on no-school days
- ➔ Gymnastics Room
- ➔ Conference Rooms
- ➔ Locker Rooms
- ➔ Therapy Pool
- ➔ Racquetball Courts
- ➔ Holiday Youth Parties

# SPECIAL EVENTS

## No School Days Program

9:00am to 4:00pm

For boys and girls grades K-4th. Fun activities such as soccer, basketball, swimming, Wii games, and board games. Must bring packed lunch, swim suit and towel.

**FEE** Members \$15; Non-Members \$20

January 15 - Dr. Martin Luther King Day, February 19 - President's Day, March 29 & April 1 - Easter Break, November 27 & 29 - Thanksgiving Break. Register early to reserve your place!

## Cooking Class - Snack Attack!

Mondays 4pm-5pm, starting January 8

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

## 15th Annual Father/Daughter Valentine Dance

**OPEN TO THE COMMUNITY** Saturday, February 2nd; 6:30-8:30pm

This family event is designed to have dads escort their daughters to a dance to help 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 stronger friendships between the generations. This night features wholesome music, pictures, refreshments, and an unforgettable night of fun for fathers and their daughters.

**FEE** Members: FREE; Non-Members: \$6 per person

## Youth Lock-In

Drop off Friday, March 8 at 8pm; Pick up Saturday, March 9 from 9am-10am. Children ages 9-14 can join us for a fun night of interactive activities, movies, swimming time, and tie dying. One meal is provided. Please bring swimsuits and towels, along with extra money for concessions. Feel free to bring pillows and blankets to relax as well. Must be registered by March 7.

**FEE** Members \$20; Non-Members \$30

\*Look for future dates to come

## Easter Party

Friday, March 22, 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 be registered by March 22. Reminder: Please bring swim suits and towels.

**FEE** Members: FREE; Non-Members: \$6

## YMCA Healthy Kids Day

Saturday, April 20, 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.

**FEE** Free to members and the community

## Mother Son Superhero Party

Saturday, May 11, 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 stronger 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: \$6



## Spring YMCA

### MOM 2 MOM Sale

Saturday, April 13th, 8am-Noon

Entrance Fee: \$1.00 (age 8 & up)

Rentals: Booth (3 tables) - \$25.00

For more information, contact

419-223-6045 ext. 119.

## Parent/Child Gym Time

We are now reserving gym time throughout the week exclusively for parents to practice basketball skills with their children 15 & younger. See the gym schedule for specific days and times.

## Junior Splash: Safety Around Water

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 3-7.

Class 1: 12-12:30pm

Class 3: 4-4:30pm

Class 2: 12:30-1pm

Class 4: 4:30-5pm

**FEE** Members & Non-Members \$5 for all 5 classes.

## Splash: A Learn to Swim Safe Week

The 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 3-7.

Class 1: 10-10:45am

Class 4: 5-5:45pm

Class 2: 11-11:45am

Class 5: 6-6:45pm

Class 3: 1-1:45pm

**FEE** Members & Non-Members \$5 for all 5 classes.



# SPECIAL EVENTS

## Kewpee/YMCA RACE SERIES

### Herb Jay 5K

**DATE** TBA in May



### 41<sup>st</sup> Annual Kewpee/YMCA Triathlon/Duathlon

**DATE** Sunday, Aug. 11, 8am. Pre-race meeting 7:30am

**TRIATHLON** 500 YD Swim - 15 M Bike - 5K Run

**DUATHLON** 2 Mile Run - 15 M Bike - 5K Run

**COURSE** Ottawa Metro Park, East of Lima on S.R. 81.

Swim takes place in Lima Lake Reservoir. The swim is a loop. 15 M Bike is a rolling, fast course on country roads in a large rectangle. Runs are on the river walk. Transition area is a paved parking lot within the park. Restrooms are nearby.

**INDIVIDUAL FEE** Before April 15: Triathlon/Duathlon: \$70

Between April 16-July 20: \$80 Triathlon/Duathlon, Race Day: \$90

**TEAM FEE** Before April 15: Triathlon/Duathlon: \$80

Between April 16-July 20: \$90 Triathlon/Duathlon, Race Day: \$100

## Summer COLOR RUN - Watch For Details!

## YOUTH AND FAMILY

### Family Fun Fridays - FLICK & FLOAT!!

Friday, 6:30 - 8:00 pm, 2nd Friday of the Month Enjoy a night of Pool activities with a special theme and movie! Ages 7 & under must have a parent in the water. Ages 8 & up must have a parent in the building.

#### Upcoming Dates

January 12 - New Year Fun Movie

February 9 - Heart Healthy Fun

March 8 - Easter Movie

April 12 - Shark Movie

May 10 - Get Ready 4 Summer Movie

June 14 - Family Swim

July 12 - Summer Fun

August 9 - Family Movie

September 13 - Back to School

October 11 - Fun Halloween Movie

November 8 - Holiday Movie

December 13 - Holiday Movie

**FEE** Members FREE; Non-Members \$7

### \*\*NEW Game Night

Every other Thursday night is game night! Join us at 6:30 p.m. for Euchre, UNO, Checker, Chess, and Lots of Board Games. Come for fun, fellowship and strategy. Ages 13 and above. Meet new friends, create memories with families and enjoy friendly competition all while having fun on a Thursday evening. Babysitting & Concessions available.

**FEE** Members FREE: Non-Members \$5

### Youth Halloween Party

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

Youth ages 6-12

**Please register by Wednesday, October 9.**

Reminder: Please bring swimsuits and towels.

**FEE** Members FREE: Non-Members \$6

### Parents Night Out Youth Christmas Party

Friday, December 6, parents can do some Christmas shopping or 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 Friday, Dec. 6, 5-8:30pm at the YMCA.

**Must Register by December 4.**

**FEE** Members \$5: Non-Members \$12

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 14 between 8:30-10:30am

**Must register by Thursday, December 12.**

**FEE** Members \$4: Non-Members \$5 per person



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## CHILD WATCH

### YMCA Kids Zone

The Lima Family YMCA Kids Zone is a babysitting service available for children ages 6 weeks to 7 years of age while their parents are using the facility. Parents must remain on-site while their children are in our care. Our purpose is to provide our youngest members with an interactive and developmentally appropriate learning environment while you enjoy an invigorating workout or period of relaxation. Your child will be cared for by loving, experienced staff in a nurturing environment. Children are limited to 2½ hours per stay in Kid Zone. Babysitting is free to members while they are working out. Fees apply to Non-Member program participants.

Monday -Thursday: 8 am-1 pm\* and 4-8 pm\*

Friday: 8 am-1 pm\*

Saturday: 9 am-1 pm\*

**Sunday: Closed**

**FEE** Non-Member: One Child - \$2/hour,  
Two Children - \$1.50/hour per child  
Three or more - \$1/hour per child

**\*\*FREE** For members in the building working out.

\* Kids Zone will close at 12 noon or 7:00 pm Monday-Thursday and at noon on Friday and Saturday if no children are checked in. Call ahead if you are coming after those times and they will wait: 419-223-6045 ext. 110.

\*\* Value added to membership



Youth ages 8 & up can play Wii, foosball, board games, read, or just hang out with their friends in our supervised youth lobby.

\*Value added to membership

### Hang Time Rules:

- ➔ YMCA Members only
- ➔ Youth 8 & up
- ➔ Youth must show membership card or proof of membership for entry; 2½ hour time limit per day.
- ➔ After 6 pm youth under 13 must have a Family Stamp (available at the front desk) indicating that their parent is in the building.
- ➔ Participants in Hang Time must obey the member code of conduct as listed in the Y program guide.

Mon - Thurs. 4 - 8 pm \*\*

Hang Time will close at 7 pm if no one is utilizing the room.

\*\*Family with youth of any age are welcome to use hangtime together anytime hangtime is open. (Parental supervision required).

## ROBOTICS | YOUTH & TEEN

### First Lego League Jr.

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 direct it toward discovering the possibilities of improving the world around them. Just like FIRST® LEGO® League (FLL®), this program features a real world challenge, to be solved by research, critical thinking and imagination. Guided by adult coaches and the Jr. FLL Core Values, students work with LEGO® elements and moving parts to build ideas and concepts and present them for review. Classes will be held Tuesdays 5-6pm. If you have questions contact the Teen Director at 419-223-6045 ext 116. Offered Winter 1, Spring, Fall 1 & 2

**FEE** Members \$10; Non-Members \$20

### First Lego League

Introduces 5th-8th grade students to real-world engineering challenges by building LEGO-based robots to complete tasks on a thematic playing surface. FLL® teams, guided by their imaginations and adult coaches, discover exciting career possibilities and learn to make positive contributions to society. Classes will be held Mondays 5-6:30pm. If you have questions contact the Teen Director at 419-223-6045 ext 116. Offered Spring & Fall 1 & 2

**FEE** Members \$20; Non-Members \$30



### First Robotics Competition

"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. Team meetings will begin in September, but team members are always welcome! If you have questions contact the Teen Director at 419-223-6045 ext 116.

**FEE** FREE for teens

# TEEN PROGRAMS

## Teen Leaders Club **GRADES 6-12**

Teen Leaders Club is a national YMCA program that empowers young men and women to become community leaders by engaging in service to others. It is also a great chance to build friendships and get to know other students from the Lima area. Past events include volunteering with the American Red Cross, Shawnee Manor Nursing home, Humane Society and attend the Bad to the Bone Leadership conference. Teen Leaders Club is open to all students in grades 9-12. For more information contact the Teen Director at 419-223-6045 ext 116.

**FEE** Members: Free; Non-Members: Free

\*Value added to membership

## Activate

Activate is our youth fitness fundamentals class to get youth ages 13-15 introduced safely into our cardio fitness center. Activate will consist of three sessions with a trained fitness coach to get them prepared to safely and effectively be in our YMCA Wellness Center. We focus on teaching good nutrition, muscle groups, and have hands on safety training with fitness circuit and cardio equipment. Completion of this course allows teens to use the cardiovascular machines and selected strength machines in our Wellness Center.

After youth complete this program they will be able to exercise in the Wellness Center without an adult. Contact us at 419-223-6045 ext 208 to reserve your spot.

**WHEN** Register for FREE training (by appointment only)



## Youth In Government **GRADES 9-12**

The YMCA Youth in Government Program is a hands-on learning experience that will build students into socially responsible and civic-minded leaders of tomorrow. Students can participate in the legislative, judicial and executive branches of the state government. All students who participate will attend the Youth Congress Conference held in Columbus at the Ohio Statehouse in April. Currently this program meets at Lima Senior and Spencerville High School. For more information contact the Teen Director at 419-223-6045 ext 116.

### Components of the program include:

**Assembly and Senate:** Choose a topic and write a bill to debate at the Model Youth In Government Session.

**Supreme Court:** Prepare and appeal or respond to a real case before the high court. Participants have the opportunity to act as a lawyer and judge during the Model Youth In Government Session.

**Press Corps:** Write an article of interest pertaining to the Youth In Government experience and publish as many as 3 articles in the Newspaper during the Model Youth In Government Session.

**Intern Delegates:** Unique opportunity for students new to the program to learn program procedures as first year participants in the Assembly and Senate.

\*Value added to membership



# YOUTH & FAMILY

## Preschool & Youth Gymnastics

**FEE** Members \$25; Non-Members \$50  
7 Week Sessions-Year Round

## Tiny Tot Gym **18 MONTHS - 3 YEARS**

Adult participation is required with this class. The tots are encouraged to climb, crawl and jump.

Wednesday 11-11:45am or  
Thursday 4-4:45pm

## JR / Kinder Gym **AGES 3 - 6 YEARS**

Within our circuit training we will work on basic skills such as rolling, swinging, jumping, balancing, body positions, eye hand coordination and locomotor skills. Level 2 participants must have instructors permission.

Thursday, 4:45-5:30pm

## Beginner Tumblers **AGES 7 & ABOVE**

This class is for beginning tumblers that wish to develop tumbling skills such as handstands and cartwheels, along with strength and flexibility.

Thursday 6-6:45pm

## Intermediate / Advanced Tumblers **AGES 7 & ABOVE**

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 complete beginner tumblers and be able to do a cart-wheel and back-bend without assistance; or be recommended by gymnastic instructor.

Thursday 7-7:45pm

## \*\*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.

Thursday 7:15-8pm

(Class times subject to change)

## Scoop Programs

Children ages 3-5 bring an adult and learn the basic skills of soccer or basketball together. Afterwards, the family 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: 5:15-6:00pm

Offered Winter, Spring and Fall sessions

**FEE** Members \$12 Non-Members \$28 (5 weeks).

## DAY CAMP...Summer Better Than Others

**Date** June 3-August 16

The YMCA strives for Youth Development, Healthy Living and Social Responsibility. The YMCA Summer Day Camp Program is one of the largest Summer Camp networks in the nation. Each week children will have an opportunity to connect with peers, learn something new and have fun. This camp is designed for children ages 6 to 12. In order to acknowledge this age range, Camp Staff is trained to provide a variety of age appropriate activities. Counselors will split participants up into groups based on age. The YMCA offers a variety of creative experiences to encourage mental, physical and emotional growth.

**ABOUT DAY CAMP** YMCA Day Camp begins June 1 and runs Monday- Friday from 9 am until 4 pm until August 14. Registration packets will be available at the desk after January 31st. YMCA Day Camp is a full day of activities for children ages 6-12.

**LUNCH** Campers are provided with lunch Monday—Thursday by the Lima City Schools Summer Lunch Program. Campers and staff will walk to Liberty Elementary school Monday—Thursday. In the event of bad weather the Y will provide food. Campers will need to pack a lunch on Fridays.

**SWIMMING** Campers will be provided with the chance to swim every day of Day Camp. They should bring a swim suit and towel. Life vests and water noodles are available for all campers.

**CAMP** There will be plenty of games, songs and crafts based on each week's theme. Campers will also spend part of their day outside in the sunshine either playing games or as part of the day's activities.

**REGISTRATION** YMCA Summer Day Camp runs for 11 weeks in the Summer. Whether you choose one week or all summer, YMCA Day Camp fits your schedule and provides fun and enriching activities for your child. Registration is on a week by week basis and requires a \$25 non-refundable deposit per week. Participants should register early to ensure their spot in camp. You must register by the Friday before each summer camp week begins. Space is limited so register early!

**FEE** Members - \$110 per week/\$25 deposit per week  
Non Members - \$125 per week/\$25 deposit per week  
Second child discounts are available.

## BEFORE CAMP FUN...

**Need some extra fun for your kids?**

**MORNING FUN CLUB** 7:30-9am (M-F)

**FEE** Members: \$15 per week; Non-Members: \$25 per week

**AFTERNOON FUN CLUB** 4-6pm (M-F)

**FEE** Members: FREE; Non-Members: \$25 per week (Youth Summer 3-Month Membership \$64<sup>50</sup>)



# YOUTH SPORTS



## Youth Spring/Fall Soccer League

For boys and girls Age 4 to 4th grade. No tryouts! Just sign up!  
Registration March & August

Games Times:

Tuesdays and Thursdays 5:15 and 6:15

Saturdays: 9:30, 10:30, 11:30

Games played in April/May & September/October

**FEE** Members: \$28; Non-Member \$52



## Spring Flag Football (ages 6 to 8)

Come out and play in our new youth flag football league. The program is designed to introduce and educate youngsters to the game of football. Games will be held on Monday, Wednesday & Saturday. Registration February/March. Games start in April.

**FEE** Members: \$28; Non-Members: \$52



## T-Ball/Baseball Program

For boys and girls. T-ball: 4-5 years old. Coaches Pitch: 6-8 years old. Registration: April-May. Practices start in May.

League games begin in June at Robb Park

**FEE** Members: \$28; Non-Member \$52



## Summer Basketball Training

Must be going into these grades in the 2024 school year. This instructional basketball training is a great way for young athletes to develop their skills. This program will stress fundamentals such as passing, dribbling, shooting, offense, defense, and sportsmanship.

### DIVISIONS

1st and 2nd Grade Training T/W - 3-4pm

3rd and 4th Grade Training T/W - 4-5pm

Registration: May

Training Starts: June

**FEE** Members \$28; Non-Members \$52

Includes t-shirt

For more information call 419-223-6045 ext. 114



## \*\*NEW Pickleball Lessons

Are you wanting to get better at the game of pickleball? People aged 8 to adults can now have lessons with an expert in the sport. Come out and sign up no matter what skill level you are. Lessons are for fun and to gain more skill in the sport of pickleball. Lessons will be on Wednesday's 4 pm to 6 pm starting in January. For more information, contact 419-223-6045 ext. 114.

**FEE** FREE for Members; Non-Member \$7

## Young Ladies Volleyball

Girls 10 & up - March 19-April 9, November 5-26

Join us for 4 weeks of volleyball skills, drills, and games.

**FEE** Member \$25; Non-Member \$40

## YMCA Volleyball Camp

Girls 10 & up - July 8-11

Location: Lima Family YMCA

Camp benefits: Skill sessions, individual competition, team competition, games, awards, and lots of fun.

**FEE** Member \$25; Non-Member \$45

## YMCA Basketball Camp

Boys & Girls 10 & up - July 23-26

9am-3pm

Location: Lima Family YMCA

Camp benefits: Skill sessions, individual competition, team competition, games, awards, and lots of fun.

**FEE** Member \$25; Non-Member \$50

## Youth Basketball Skill Development

K-2nd grade skill development sessions will take place starting November 2-November 30. This is a 4 week session that will focus on footwork, ball handling, passing and shooting! Designed to prepare kids for our Basketball League!

Saturdays: 10-11:30am

**FEE** Member \$20; Non-Member \$40

## 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:

- ➔ Cavaliers tickets/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 game tickets



Games will begin in January and finish in March. Come sign up now for winter basketball and be a Cleveland Cavalier!

### Leagues:

1st & 2nd grade boys & girls

3rd & 4th grade boys & girls

7th & 8th grade boys

Teams will be formed in December with games starting January

Registration: October-December

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

Fee includes reversible Jersey!

## 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.

Tuesday & Thursday: 6:00-6:45 pm for ages 7-10 yrs

Tuesday & Thursday: 6:45-8:00 pm for ages 11-17 yrs

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

# YOUTH AQUATICS

## Preschool Aquatics: ages 6m-5

1 DAY PER WEEK

Members \$30; Non-Members \$60

\*Classes offered all sessions

Class times subject to change by session.

### A / Water Discovery **PARENT/CHILD 6 MONTHS-2 YEARS**

This introductory class will educate parents on water safety for the whole family, proper handling of their children in the water and skills that can be utilized around any body of water. The instructor will introduce skills like blowing bubbles and submerging, and will help develop motor skills that will lead to a lifelong enjoyment in the water. Children that are not toilet trained must wear a swim diaper.

Thu: 6:30-7pm, Sat: 11:30am-12pm

### B / Water Exploration **1-2 YEARS**

This is our class for the child who is acclimated to the water and is beginning to make their way into the water with little to no help. The class will continue educating the parent on water safety, proper handling of their child in the water and skills that can be utilized around any body of water. This class will continue to develop the motor skills, breath control and submerging, and will help toddlers begin to develop independent swimming.

Thu: 7-7:30pm, Sat: 12-12:30pm

Thu: 6:30-7pm, Sat: 11:30am-12pm

### 1 / Water Acclimation **3-5 YEARS - BEGINNER I**

This level helps children adjust to the water and learn pool safety. In order to complete this level, children must submerge themselves without hesitation and float on both their front and back for a pre-designated period of time. Children will also begin glides and kicking on their front and back.

Tue: 10-10:30am, 5-5:30pm, (seasonal)

Thu: 5:30-6pm, Sat: 10-10:30am

### 2 / Water Movement **3-5 YEARS - BEGINNER II**

For children who are comfortable going under water and have experience in swimming lessons. Eels focus on basic freestyle and elementary backstroke.

Tues: 10:30-11am, 5:30-6pm (seasonal)

Thu: 5-5:30pm, Sat: 10:30-11am

### 3-4 / Stroke Introduction **3-5 YEARS - ADVANCED**

Children improve freestyle and learn more personal safety and rescue skills, and build endurance. Rays focus on rotary breathing and are introduced to backstroke. Starfish offers an introduction to diving and treading water, and also to deep water swimming skills.

Tue: 6-6:30pm, (seasonal)

Thu: 6-6:30pm, Sat: 11-11:30am

## Youth Aquatics: ages 6-12

1 DAY PER WEEK

Members \$30; Non-Members \$60

### 1 / Water Acclimation **6-12 YEARS - BEGINNER I**

Beginning level for school-aged children. No prior swimming experience necessary. Students are introduced to basic stroke development, personal safety skills, water sports and games in a friendly environment with peers.

Tue: 5-5:45pm, Thu: 4:50-5:35pm, (seasonal)

Sat: 9-9:45am

### 2 / Water Movement **6-12 YEARS - BEGINNER II**

This class is designed for students who have completed the Level 1 class. Children will continue to improve their Freestyle and Backstroke. They will be introduced to deep water swimming skills including personal safety in deep water, diving and treading water. Children will also learn rotary breathing and will be introduced to Breaststroke and Butterfly.

Tue: 5:50-6:35pm, Thu: 5-5:45pm, (seasonal)

Sat: 9-9:45am

### 3 / Water Stamina **6-12 YEARS - INTERMEDIATE I**

This class will continue to introduce students to diving, treading water, increased distance for Freestyle and Backstroke, as well as deep water swimming skills. It will introduce lap swimming techniques to students and will focus on stroke refinement and endurance.

Tue: 6:40-7:25pm, Sat: 9:50-10:35am

### 4 / Stroke Introduction **6-12 YEARS - INTERMEDIATE II**

Students continue to focus on lap swimming skills, stroke refinement and endurance. They will continue to learn about water sports and games, increase distance of Freestyle, Backstroke and Breaststroke, personal safety and basic rescue skills.

Tue: 6:40-7:25pm, Sat: 9:50-10:35am

### 5 / Stroke Development **6-12 YEARS - ADVANCED I**

Students continue to perfect lap swimming techniques and focus on stroke refinement of Freestyle, Backstroke, Breaststroke, and increase distance of Butterfly. They will continue learning basic rescue skills such as throwing assists.

Thu: 6:40-7:25pm, Sat: 10:40-11:25am

### 6 / Stroke Mechanics **6-12 YEARS - ADVANCED II**

This class will focus on advanced stroke technique and endurance of Freestyle, Backstroke and Butterfly. Discussions include basic First Aid and survival techniques. Students will continue to work toward preparation for the swim team.

Thu: 6:40-7:25pm, Sat: 10:40-11:25am

## YOUTH AQUATICS

### Stroke Clinic April – May

Youth in summer or winter swim team, keep your strokes strong in our stroke clinic. This does not replace swim lessons; emphasis will be placed on endurance, technique, starts and turns.

#### CLASS TIMES

Ages 8-12: 4:30-5:30 pm Monday/Wednesdays

Ages 13-18: 5:30-6:30 pm Monday/Wednesdays

**FEE** Members: \$40; Non-Members: \$70

### Home School Gym & Swim

Home school youth join us for some exciting fun! The class will teach youth different sports including basketball, soccer and softball and end with a 45 minute fun swim. The class will also include special holiday activities and gym games. Thursday: 1-2:45pm. Contact aquatics for more information at 419-223-6045 ext. 220

**FEE** Members: \$35; Non-Members: \$55



### Barracudas YMCA / USA Swim Team

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. The program offers instruction, training and competition. The team produces multiple Zone and National qualifiers. We have a flexible practice schedule and a variety of training groups suited to a swimmer's ability. The team is committed to swimming excellence in an enjoyable environment placing emphasis on our core values of honesty, caring, respect and responsibility.

Swim season will run September 2024 - March 2025.

USA Team will also swim summer-April 21-July 9.

Swim team "try it" day will be Monday, September 9, 6:30pm.

Swim team parent information meeting on Thursday September 5<sup>th</sup>, at 7:00pm at the YMCA.

### American Red Cross Lifeguard Recertification

Recertification is offered once a month during the spring. Contact the Aquatics Director at 419-223-6045 ext. 220 for information. \*\*can take CPR for the Professional Rescuer on request.

**FEE** Members: \$110; Non-Members: \$125

## ADULT AQUATICS

### Aqua Fit

Work out to fun aerobic routines while staying cool. A low impact, cardiovascular workout in the shallow end of the pool.

Tuesday, Thursday: 9:30-10:30am

**FEE** Members: \$20; Non-Members: \$40

### Twinges in the Hinges (Arthritis)

This program provides the opportunity for Aquatics socialization and enjoyment while using water buoyancy and resistance to help improve joint flexibility and muscle strength. No cardiovascular segment.

Monday, Wednesday, \*Friday: 10-10:45am or 5:30-6:15pm (\*No Instructor on Friday)

**FEE** Members \$20; Non-Members \$50

### Deep Water Workout

Join us for a deep water aerobic experience. Deep water aerobics help you to exercise without the jarring your experience on land or in traditional water aerobic classes. You will get all of the benefits of an aerobic workout—stronger heart, more stamina, improved coordination and balance, better range of motion—with much less risk of injury. If you are recovering from a surgery or injury, the buoyancy of the water helps you!

Saturday: 10am-10:45, Tuesday, Thursday: 8:30-9:30am

**FEE** Members \$10; Non-Members \$25

### Adult Swim Lessons

We offer different levels of adult swim lessons so we can meet you at any skill level. Our instructors will make sure that all members feel safe and comfortable in the water.

Thursday: 7-7:45pm in Therapy Pool offered Fall 1 & Winter 2

**FEE** Members \$20; Non-Members \$40

### Lap Swim Program – Free for Members!

Members of the Adult Lap Swim Programs participate in weekly workouts led by our staff of experienced coaches. A typical workout ranges from 2,200–5,000 yards depending on the speed of the swimmer and the emphasis of the workout. We offer programs for ALL LEVELS. Whether you are looking to compete or just looking to stay fit lap swimming with a team, each member has the opportunity to participate in organized workouts. Coach will be present the first and the third Sunday of each month. For more information contact aquatics@limaymca.net or call 419-223-6045 ext 220.

### Lifeguard Classes—Becoming a Lifeguard!

You must be at least 15 years old at the completion of the class and be able to swim 300 yards (strokes: 100 freestyle, 100 breast and 100 combination). You should be able to retrieve a brick from the bottom of the pool (depth: 12 1/2 feet). An electronic copy of the book is included with the fee. If you would like a hard copy of the book, there is an additional \$30 fee. Contact the Aquatics Director for more information at 419-223-6045 ext. 220.

#### Class Times

Class 1: Monday, April 8-29, 5:30-8pm

Class 2: Monday, May 6-27, 5:30-8pm

**FEE** Members \$225; Non-Members \$250

# HEALTHY LIVING

## Improving the nation's health and well-being.

### ADULT PROGRAMS

#### Smart Start – 12 weeks to a Healthier You Beginner Fitness Program; Individualized-Not a Class

If you are a first-time exerciser or health seeker, and need some motivation and additional “coaching” to help you start and/or stick with an exercise program, Smart Start’s 12-week personalized fitness program is for you! You may start anytime. Get the information and tools to get you started on the right track. Fill out a Smart Start card at the front desk, or call 419-223-6045 ext. 208.

**FEE** Members: Free

\*Value added to membership

#### Personal Training

Whether you are trying to lose weight, condition yourself for a sports activity or simply improve your overall fitness, a Y personal trainer adds a hands-on, dynamic relationship to your wellness routine. A personal trainer prepares your workout, motivates you to do your best, keeps you accountable and encourages you to try new things. Our trainers personalize workouts based on your lifestyle—from working professionals to athletes to new moms and more. You’ll achieve maximum results and avoid injury with a Y personal trainer on your side! Sign-up for your first session for free! You can also call or Email 419-223-6045 ext 300, [grouplexercise@limaymca.net](mailto:grouplexercise@limaymca.net).

#### Body Fat Testing

Identify your training needs and check your progress in this one-on-one fitness orientation for novices and the experienced. Basic Body Fat % Test.

**FEE** Members: \$8; Non-Members: \$15

Call 419-223-6045 ext. 208 to make an appointment.

#### Coming this Spring: Men’s Basketball!

Watch for details in February!

#### Pickleball Tournament

Watch for details this spring!



#### Co-ed Racquetball Leagues

**Winter 1**; Tuesdays & Thursdays: 5-8 pm

**FEE** Members: \$10; Non-Members: \$50

**Winter 2**; Saturdays: 9-11 am

**FEE** Members: \$5; Non-Members: \$40



#### Racquetball / Handball / Walleyball Reservations

All court reservations are made at the front desk. Courts may be reserved for an hourly fee of \$2, which must be paid at the time reservation is made. Court cards may be purchased for \$20, which entitles the owner to 10 reservations and allows the player to make phone reservations. Reservations may be made two days in advance of using the court. A walk-on reservation is free to members and may be made 20 minutes before court time opens. Eye guards are strongly recommended when playing racquetball or handball (mandatory for those under age 18).

#### Adult Karate

Teaches the basics of punches, blocks, kicks and forms. This class is excellent for boosting confidence, discipline and self-control.

Tuesday and Thursday: 6:30-8 pm

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

#### Co-Ed Volleyball League

Starting this spring, the YMCA will be holding a Co-Ed Volleyball League. The League will run on Wednesday evenings from 6:00 to 10:00pm. Registration is open to 16 & up. We encourage you to grab your friends and/or co-workers and put a team into the league! Team Captains will need to contact 419-223-6045 ext. 114 or [sports@limaymca.net](mailto:sports@limaymca.net). You can register at the Lima Family YMCA or online at [limaymca.net](http://limaymca.net).

**FEE** \$200 per team

#### Kewpee Race Series

This year’s Kewpee Racing series will include a 5K and a triathlon; with our first race coming this Spring. More information on race dates, locations, and times are coming soon! See page 5 for more information on The Kewpee/YMCA Triathlon.

#### 28<sup>th</sup> Annual YMCA Tee Up For Kids Golf Scramble

Watch for details this spring!



# ADULT PROGRAMS

Our classes can be adapted to most all fitness levels! Come try a class anytime!

## LES MILLS BODYPUMP™

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! BODYPUMP™ class is up to date with new music and choreography to make the workout fun.

## LES MILLS BODYBALANCE®

Ideal for anyone and everyone, BODYBALANCE® is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE®, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. The moves and poses to music create a holistic workout that brings your body into a state of harmony and balance. Improve your flexibility and increase core strength while you reduce stress levels. You'll focus your mind and create a lasting sense of well-being and calm. You'll strengthen your entire body and leave the class feeling calm and centered.

## LES MILLS CORE™

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? LES MILLS CORE™ is for you!

- ➔ Based on cutting-edge scientific research
- ➔ 30-minute format
- ➔ Combines the best of personal training with the energy of a group fitness class
- ➔ Choreographed routines and chart-topping music that'll bring you back for more

LES MILLS CORE™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your stomach and butt, while also improving functional strength and assisting in injury prevention.

## LES MILLS BODYCOMBAT™

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

## Cardio & Tone

Traditional, Club, Latin, box aerobics and interval moves keep this workout fun and effective! Class includes resistance bands and weights for maximum toning, and flexibility work to cool down. Workout to current hit music and favorites from the past. Great class for all fitness levels.

## Kettle Bell

Our Kettle Bell instructor will push you to your limits to shape every muscle, achieve functional strength, drop inches, increase flexibility, reduce body fat and improve your cardiovascular system. This class uses the Russian Kettle Bells to help anyone acquire the kind of functional strength that's valuable in almost any area of endeavor, drop inches and weight, or both.

## HIIT

High Intensity Interval Training – for the athlete in all of us. 30 minutes of intense heart pounding training, which is designed to take your body and mind to the extreme. Push past your boundaries and discover what your body can achieve. This 30-minute workout twice a week will improve functional muscle movement, cardiovascular respiration, and endurance.

## **NEW** IndoRow Circuit – VIIT (Variable Intensity Interval Training)

IndoRow Circuits is much more than an indoor water rowing class. This class features team building, coaching, various calisthenics, body exercises, medicine ball exercises, water rowing, and its FUN!!

You won't want to miss it! This class will feature a number of different exercises and workouts to hit every single muscle in your body. This is a full body workout designed to not only condition body but strengthen you.

## Pound®

Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities

## YMCA LAND FITNESS CLASSES ARE FREE TO MEMBERS

See class schedule insert for class times and non-member pricing. Non-member drop in class fee \$8.00

## ADULT PROGRAMS

### YMCA Indoor Cycling

Cycling is a combination of aerobic and conditioning training performed on a stationary bicycle. Each 45-minute pacing class burns up to 500 calories, depending on the individual. Water bottles and a towel are a must for all classes!

### Yoga

This workout builds flexibility and core strength and leaves you feeling centered and calm. Each class is made up of simple but challenging exercises, followed by 5 minutes of relaxation and meditation. Great for beginning exercisers (modifications given) and experienced participants.

### Workout Using TRX Suspension Trainer

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance.

The TRX Suspension Trainer:

- ➔ Delivers a fast, effective total-body workout
- ➔ Helps build a rock-solid core
- ➔ Increases muscular endurance
- ➔ Benefits people of all fitness levels (pro athletes to seniors)

### Zumba

If you're looking to mix up your workouts, look no further! The Lima Family YMCA is offering a dance-based fitness program called Zumba. Infusing Latin, African, and Eastern sounds, Zumba works you to the funky beats and leaves you feeling great.



### Massage Therapist Services

Among the many benefits of massage are increased muscle tone and range of motion, improved circulation, increased energy levels, mental clarity and true sense of well-being. Call the YMCA desk for the phone number of the therapist of your choice. Massages are by appointment; rates are as follows:

**FEE** Members: \$23.50/30 minutes | \$45/60 minutes | \$68.50/90 minutes, Non-Members \$27.50/30 minutes | \$49/60 minutes | \$76.50/90 minutes

Meet our Licensed Massage Therapist

#### BEVERLY BOLENDER:

Beverly performs massage from the lightest touch to deep tissue, relaxation to sports. To schedule a massage call 567-204-9870.

\*Tax will be applied to all massage prices

## PILATES

### Stott Pilates Reformer Training

Experience what the nation is buzzing about! Change the way your body looks, feels and performs with Reformer Pilates:

- ➔ Flattens, Tones and Strengthens Abdominal Muscles
- ➔ Develops Longer, Leaner Muscles
- ➔ Improves Posture & Prevents Injury
- ➔ Balances Strength with Flexibility
- ➔ Relieves Stress & Tension
- ➔ Enhances Body Awareness
- ➔ Heightens Concentration
- ➔ Enhances Athletic Performance
- ➔ Increases Circulation & Improves Digestion
- ➔ Reduce Back Pain & Risk of Sports Injury

### Pilates Reformer Small Group Training

Pilates Reformer work uses a device with attached cables, pulleys and springs for resistance. You'll use your own body as resistance. Pilates exercises are very low impact. The exercises are modified according to each person's individual flexibility and strength limitations. Call 419-223-6045 ext 300 for more information and pricing.

### Pilates Reformer Partner Training

Workout with a spouse, partner, co-worker or friend and take your accountability and motivation to a new level. The comradery of partner training creates an enjoyable experience for all.



# ACTIVE OLDER ADULTS

## SilverSneakers Fitness Programs

We are proud to offer 4 SilverSneakers Programs. Open to all YMCA members.

**FEE** Members FREE; Non-Members see wellness class insert for pricing.

\*Value added to membership

### SilverSneakers - Classic

SS-Classic is a low-impact cardio and strength class that is designed for strength, flexibility, posture and balance. All exercises can be done while seated.

Class times for Classic: Monday, Wednesday & Friday: 10:45-11:30 am, Tuesday & Thursday: 1:00-1:45 pm

### SilverSneakers - Cardio

SS-Cardio is a class that increases your cardiovascular and muscular endurance with a standing circuit workout. Hand held weights, elastic tubing with handles, and the SilverSneakers ball are alternated with non-impact aerobic choreography. Class times for Cardio: Tuesday & Thursday: 8:30-9:15am and 10:30-11:15am

### SilverSneakers - Splash

Splash is a total body aqua conditioning class in the pool. Splash focuses on increasing agility, range of movement, and cardiovascular conditioning. No swimming ability is required.

Class times for Splash:

Tuesday & Thursdays: 10:30-11:15am

## SilverSneakers - Chair Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Mondays, Wednesdays & Fridays 1-1:45 pm.

**Register for SilverSneakers program at the front desk.**

## Pickle Ball Program

Would you like to learn how to play the game of Pickle Ball? People of all ages and athletic abilities enjoy pickle ball; it's a combination of ping pong, tennis and badminton. Pickle ball is FUN!!!! It is also a great workout, very social and a competitive game. Players meet Monday through Friday, 9am until noon at the main Y for open play. Evening hours also offered. See gym schedule for times. For more information, contact 419-223-6045 ext. 114.

**FEE** Members: FREE; Non-Member \$7 pass

## Cardio Drumming Classes

Burn calories in a fun way! Cardio Ball drumming is a chance for you to express yourself, release stress and aggression, sweat, dance, sing and enjoy the sense of community. The best reason to drum on the ball is that anyone can do it...there is no wrong or right way.

**FEE** Members: FREE; Non-Member \$20 (7 week session) (Limited session dates)



# SOCIAL RESPONSIBILITY

## Giving back and providing support to our neighbors.

### American Heart Association BLS Healthcare Provider CPR

This course focuses on what healthcare providers need to know to perform CPR in a wide variety of in- and out-of hospital settings, as well as \_\_\_\_people. Initiating the Chain of Survival; performing prompt, high-quality chest compressions for adult, child and infant victims; initiating early use of an AED; providing appropriate rescue breaths; practicing 2-rescuer team CPR and relieving choking. Course offered Saturdays at 8:30am.

**\*We will offer a 1:00pm BLS class if the morning one is full and we have 3 on the waiting list. Make sure to add your name to the wait list if needed.**

January 6, February 17, April 13, May 18, June 15, July 20, August 17, September 14, October 12, November 16

### American Heart Association BLS for Healthcare Provider Renewal

This class is offered for anyone still current in their BLS CPR certification wanting to renew.

Class is offered monthly.

**\*Must show current card in class**

Wednesdays at 10am or 5:30pm

January 10, February 14, April 10, May 15, June 12, July 17, August 21, September 11, October 9, November 13.

**FEE** Members & Non-Members \$50.

### Y-Social Club

The Lima Family YMCA offers a FREE social club for members and Non-Members. The Social Club is an opportunity to meet new friends, share and expand interests. We have a monthly Potluck/Carry-In event, described below. All participants must register for programs. Register online at [limaymca.net](http://limaymca.net), over the phone 419-223-6045, or at the member service desk.

#### Game Day

Join us on April 26th in room 306 at 11:30am. We will have a potluck and games after the meal.

#### Potluck & Bingo

On July 12th at 11:30am, the Lima Family YMCA is hosting our Y-Social Club with bingo after the meal.

#### Christmas Party

On December 6th at 11:30am don't miss our Christmas Party Potluck and Gift exchange. Bring a \$5 gift for the gift exchange and a delicious Christmas dish and enjoy the season.



### Help with the Lima Family YMCA's Mitten Drive 2024

Help decorate our Christmas Tree! Starting November 29th and continuing through December 18th the YMCA Fitness Center will be collecting donations of new mittens, gloves, hats and/or scarves for the Salvation Army. If you would like to donate, please see any Wellness Center Staff Member! We will use the donated items to decorate our Christmas Tree. We thank you for your generosity and help with providing children with these items this winter.

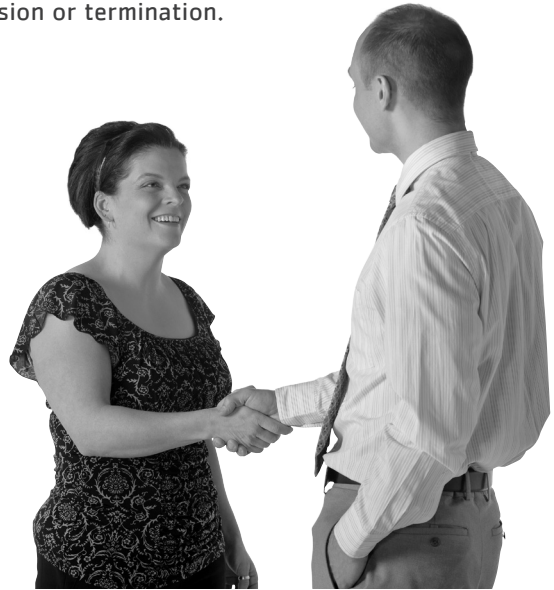


# MEMBER CODE OF CONDUCT

Using the YMCA core values of caring, honesty, respect and responsibility as a guide, we have developed our code of conduct to ensure that all who enter the YMCA enjoy a safe, welcoming and comfortable environment. We ask all members and guests to act in a manner that upholds these principles at the YMCA:

- We treat each other with courtesy and respect others' rights to participate in shared areas of the facility.
- We use appropriate language to avoid offending others and avoid wearing clothing imprinted with profanity or offensive language or pictures.
- We wear proper attire at all times. Shirts and shoes are worn at all times, except in the pool area. We wear swimsuits only in the pool areas; cut-off jeans or gym shorts are not worn in the pool.
- We turn off cell phones to respect others using the Fitness Center and class locations. Cell phone use in locker rooms is prohibited.
- We use the appropriate locker rooms.
- We refrain from smoking or using any tobacco product while on YMCA property.
- We respect property belonging to the YMCA and all its members.
- We respect patients of LMHS by not parking in spaces designated for Lima Memorial Health System.

- We respect individuals with limited mobility by not parking in spaces that are designated with the handicapped logo. The YMCA reserves the right to suspend or terminate any membership for behavior that it deems inappropriate or in breach of our code of conduct. Individuals falsifying membership cards, allowing others to use their membership card, admitting unauthorized guests or engaging in similar behavior will be subject to membership suspension or termination.



## Youth Access Policy

### YOUTH UNDER AGE 8

Youth Members, ages 7 and under must be with a parent or responsible individual (age 18 or older) at all times while in the facility unless they are in a YMCA supervised program.

Membership cards are issued at age 8.

### YOUTH AGES 8 - 12

Members, ages 8-12 may be in the facility Monday – Saturday, 3-6 pm without an adult and have use of the gymnasium and pool during open gym and pool periods. Sunday, youth ages 8-12 may enter the YMCA with a parent or responsible individual (age 18 or older) or without an adult if enrolled in a YMCA supervised program. Hang Time is open 4-8 pm Monday – Thursday for youth ages 8 and up. Youth must have a responsible adult 18 or older in the building with them after 6 pm. A membership card is required to enter the building. Age 10 and up may be in the wellness center if directly supervised by a parent.

### YOUTH AGES 13 - 15

Teens 13-15 have many of the same building hours and privileges as our adult members; however, they must be with a parent or responsible individual (age 18 or older) when in the facilities after curfew hours. When school is in session they may enter the building after 1 pm. They may enroll in adult group fitness classes or lessons, as long as a parent has signed the waiver associated with the class. They may be in the Wellness Center and Weight Room if a parent or responsible adult (age 18 or older) is with them in the room. They may be on their own only if they have completed the Activate youth orientation class. A membership card is required to enter the building.

### YOUTH AGES 16 - 18

Teens 16-18 have many of the same privileges as our adult members. When school is in session they may enter the building after 1 pm. They may use the Wellness Center/ Weight Room on their own as long as a parent or guardian has signed the appropriate waiver. Teens ages 16-18 may enroll in adult leagues, lessons or classes. A membership card is required to enter the building.

**Youth and teens are welcomed and encouraged to participate in YMCA programs and activities. Youth and teens not engaged in programs and/or meaningful activities while at the YMCA will be asked to leave the YMCA.**

# THE LIMA YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Guest Pass Policy

As a privilege of membership, adult members will receive three guest passes annually. All guests must be in the company of a YMCA member age 18 or older. Individual guests are limited to 3 free visits annually. Members are responsible for the conduct of their guests. Photo ID is required. The YMCA reserves the right to change this policy at any time. Guest passes may be purchased for \$7.00 a day. 12 and under with an adult, \$3.

## Safety and Security

The safety and security of our members, staff and guests is of the highest priority for the YMCA. Working together we can keep our YMCA a safe and secure place to be. Please make sure you never leave your belongings and/or locker key unattended; double-checking to make sure your locker is shut and locked or reporting any suspicious behavior to staff. Locks are available at the desk to borrow or purchase.

## Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer financial assistance to those who qualify. Please complete a financial assistance form, attach proof of financial situation and a letter of request. Applications may be picked up at the Front Desk. All requests are kept confidential. For more information, contact Doug at 419-223-6045 ext. 118.

## Family Time Guest Pass

For families with youth 15 and under that want to bring a friend to the Y when they swim or play, we have a \$2 youth family time guest pass. A parent must be coming in with the children to utilize this pass. Times are limited to weekend open swim or gym. Not to be used for teams coming in for sports. Grandparents may also use this to bring in a non-member grandchild.

## Kit Lockers

Kit lockers are available in each locker room. Payments made monthly with membership draft or annually. See Front Desk staff for availability. Kit lockers rent for \$18 per year (\$48 for half lockers).

## AWAY

The YMCA AWAY (Always Welcome At the Y) policy allows you to use YMCA's around the USA for no charge. A limited number of visits apply, depending on location.

## Youth Birthday Parties/Meeting Rooms

Keep the birthday party chaos out of your house by renting our meeting room at the YMCA. Room rental and 45 minutes of pool or gym time are included in a typical birthday party. Contact Rental Coordinator, 419-223-6045 ext. 202 or rentals@limaymca.net for more information about scheduling a party.

## Lap/Open Swim/Wellness Class Schedule

For the most current pool or class schedule check out our website at limaymca.net or pick up a schedule at the desk.

## Family Grab Bags

Grab bags are now available to check out at the front desk to use for family time in the gym or racquetball court. The bags include various soft balls, a scooter and other items to keep your family having active fun together.

## Program Policy

The YMCA reserves the right to cancel programs with low registration. Refund Policy: 90% refund if individuals cancel prior to the first class, 50% refund if cancellation occurs after the first class. No refunds are issued after 2 classes have occurred. Contact YMCA program director to receive program refunds.

## Employment at the YMCA

The Lima Family YMCA is looking for people who care about building strong kids, strong families and strong communities; who exemplify the values of caring, honesty, respect and responsibility; and who want to improve the quality of life in our community. As a benefit to working at the YMCA, you will receive a free membership and opportunities for training and certification. Applications are available online or at the front desk. Equal Opportunity Employer.

## Severe/Inclement Weather, Class Cancellation & Closing Policy

At the Lima YMCA safety is our utmost concern; we have policies in place to keep our members and staff safe at all times. In the case of a severe weather warning for this area, members will be asked to gather in one of our safe areas - which include all the interior rooms at the river level that do not have an outside window. We will alert our members if there is a severe weather watch, but not ask them to move unless there is a warning for this area.

## Building Hours/Class Cancellations

Programs may be canceled or building hours may change due to severe weather. Any changes or cancellations will be announced on the YMCA hotline, 419-222-YMCH (9624), posted on the YMCA website, www.limaymca.net and announced on local television and radio stations when possible.



Follow us on Facebook for up to date cancellation or closing announcements.

# POSTURAL RESTORATION®

## AT THE LIMA MEMORIAL WELLNESS CENTER

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Do you have pain in your neck, back, shoulders, pelvis, hips, knees or ankles?

When you run or walk, does your right side feel different than your left side?

Is one of your legs longer than the other, or is one shoulder lower than the other?

Do you feel asymmetrical?

If you answered yes to any of these questions, Postural Restoration® might be right for you.

For more information about how Postural Restoration® can benefit you, visit [limamemorial.org](http://limamemorial.org), or contact the Lima Memorial Wellness Center at the YMCA at 419-226-5075.

 **Lima Memorial**  
REHABILITATION

LIMA MEMORIAL  
WELLNESS CENTER AT THE YMCA

419-226-5075 | [limamemorial.org](http://limamemorial.org)





Lima Family YMCA  
345 S. Elizabeth St.  
Lima, Ohio 45801  
Phone: 419-223-6045  
FAX: 419-223-0771  
[www.limaymca.net](http://www.limaymca.net)



## See inside for information about all our programs and these upcoming events!

January 1	Y open 8am – Noon – FREE T-Shirt for 1st 100 members!
January 13 & 27	School Swim meet main pool 1-4 pm
January 15	No School Day – Dr. Martin Luther King Day
January 20	Y Swim meet 12-5 main pool
February 3	Father – Daughter Valentine Dance
February 10	High School Swim Champs – Pool and B-Ball closed
February 19	No School Day – Presidents Day
March 19	Young Ladies Volleyball Starts
March 22	Youth Easter Party
Mar 29, Apr 1	No School Day – Easter Break
April	Y Youth Soccer and Flag Football Starts
April 13	Mom to Mom Sale
April 20	Healthy Kids Day 10 – 1pm – All 3 Gyms
May 11	Mother/Son Superhero Party
June 3-7	Splash – Learn to Swim
June	T-Ball/Coaches Pitch starts
July 8-11	Summer Young Ladies Volleyball Camp
July 15-19	Summer Basketball Camp
August 11	40th Annual Kewpee/Y Triathlon/Duathlon
August 25	Outdoor Swim/Race at Lima Lake
September	Youth Fall Soccer Starts
October 11	Youth Halloween Party
November 5	Young Ladies Volleyball Starts
November 9	K-2 Grade Basketball Skill Training
Nov. 27, 29	No School Day – Thanksgiving Break
December 6	Parents Night Out Youth Christmas Party
December 9	Cavs Basketball Practices starts
December 14	Breakfast with Santa



# LEARN, GROW, THRIVE