



January—May 2018

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

**CHECK our WEBSITE
or Mobile App FOR**

**OUR ADULT SPORTS, PROGRAMS AND
SPECIAL EVENTS! Listed inside!
MORE ADDED THIS YEAR!!!**

BUILDING HOURS

(through May 31st)

Monday-Thursday—5am-10pm

Friday—5am-9pm

Saturday—7am-9pm

Sunday—11am-7pm

CHILD WATCH HOURS

Monday-Friday—8am-1pm

Monday-Thursday—4:15-8pm

Saturday—8-11am



MORE FOR ADULTS

IT'S NOT JUST SPORTS, NOT TO THEM.

NEW!! JUMP STARTER BASKETBALL CLINIC

Are you looking to spark your child's interest in sports at an early age? Is your grade schooler looking to fine tune their basketball skills? This clinic will focus on the core skills of dribbling, passing, shooting, teamwork, and sportsmanship.

Who: Boys and Girls, Pre K-4th Grade

Days: Monday - Wednesday

Dates: March 5th, 6th, & 7th

Times: 5:30 pm - Pre K-Kindergarten (45 minutes)
6:30 pm - 1st-4th Grade (1 hour)

Fee: \$25/\$40

Registration Deadline: Monday, February 26th

Waiting list begins February 27th; \$10 late fee applies.

NEW!! KICK STARTER SOCCER CLINIC

Are you looking to spark your child's interest in sports at an early age? Is your grade schooler looking to fine tune their soccer skills? This clinic will focus on the core skills of dribbling, passing, shooting, teamwork, and sportsmanship.

Who: Boys and Girls, Pre K-4th Grade

Days: Monday - Wednesday

Dates: March 19th, 20th, & 21st

Times: 5:30 pm - Pre K-Kindergarten (45 minutes)
6:30 pm - 1st-4th Grade (1 hour)

Fee: \$25/\$40

Registration Deadline: Monday, March 12th

Waiting list begins March 13th; \$10 late fee applies.

CONTACT FOOTBALL

Play like it's the big leagues! You get a real football jersey!

Who: Boys and Girls, Grades 3rd-6th

Days: Games on Sundays; Practices on Tuesdays/Thursdays

Season: August 21st—October 14th

Fee: \$90/\$140 + \$150 Deposit Check for Equipment

Registrations & Evaluations—you must come to one:

- 3rd Grade, May 7th
- 4th Grade, May 8th
- 5th Grade, May 9th
- 6th Grade, May 10th

Registration is from 5-8 pm in the West Gym. You do not have to be there at 5 pm, we like the crowds spread out. Child must come with you (bring tennis shoes). If you cannot make your designated day; you must come to another day.

Due to the complexity of registration and the need for many volunteers, late registrations include a \$15 late fee. Late registration fee begins May 11th.

YOUTH COED VOLLEYBALL LEAGUE (J)

Bump, Set, Spike! Head coach's child plays for free!

Who: Boys and Girls, Grades 3rd-6th

Days: Tuesdays and Thursdays

Evaluations: February 27th & March 1st from 5:30-7 pm

Season: March 13th—May 3rd

Practices: 45 minutes (Tuesdays throughout the season)

Games: 45 minutes (Thursdays throughout the season)

Times: 5:30-7:00 pm (depending of registration numbers)

Coach's Meeting: Thursday, March 8th at 7 pm

Fee: \$30/\$50

Registration Deadline: Save time/congestion at evaluations, register by February 26th. \$10 late fee/waiting list begins March 2nd.

5 ON 5 SOCCER (J)

Girls and boys will play in separate leagues if numbers allow. Head coach's child plays for free!

Who: Boys and Girls, Ages 3—6th Grade

Days: Mondays or Tuesdays and Thursdays (Fridays if needed)

Evaluations: March 13th, 14th, & 15th from 5:30-7 pm

Season: March 27th—May 17th

Practices: 45 minutes (Mondays or Tuesdays)

Games: 45 minutes (Thursdays)

Times: 5:30-7:00 pm (depending on registration numbers)

Coaches Meeting: Thursday, March 22nd at 7 pm

Fee: \$30/\$50

Registration Deadline: Save time/congestion at evaluations, register by March 12th. \$10 late fee/waiting list begins March 16th.

LIFEGUARDING CERTIFICATION COURSE

Minimum of 28 hours of instruction through the American Red Cross includes: CPR/First Aid certification for professional rescuer plus all water rescuing skills. Must pass skills and written test. Receive CPR resuscitation mask, fanny pack, books, and whistle.

Who: Ages 15 & Up

Dates: Session 1—March 26th, 29th, 30th, 31st, April 2nd

Session 2—April 16th, 20th, 21st, 22nd, 27th, 28th

Session 3—May 7th, 11th, 12th, 13th

Fee: \$208/\$238

32ND ANNUAL NEN YOUTH BASKETBALL TOURNAMENT

Our 32nd annual NEN Tournament is fast approaching! Our **one day** tournament means **one** admission fee, **one** trip to Norfolk, **no** hotel costs, and **3 games guaranteed** with games being played at the top facilities in the area. Sign your team up now while they are fresh on their skills and in season. Registration forms available at www.norfolkymca.org on our Youth Sports page or at the Y. **Contact Alesha with questions—sports@norfolkymca.org.**

Who: Girls and Boys, Grades 4th–8th

Dates: February 10th and 11th

Fee: \$100 for 12 Players

Registration Deadline: January 24th, 2018

Waiting list taken January 25th–February 9th. Not guaranteed a spot in the tournament when on the waiting list. Will accept teams as needed. \$25 late fee applies.

Many volunteers are needed! So if you are free, contact Alesha and have fun with us this weekend!



ARCHERY

Information coming soon! Check our website for more details!

TENNIS LESSONS

Information coming soon! Check our website for more details!

6th ANNUAL INDOOR TRIATHLON

Super Bowl Sunday, February 4th 2018

SWIM 10 minutes

BIKE on cycling bikes for 30 minutes – 5 minute transition

RUN on treadmill for 20 minutes

Your performance in each event will be converted into points and tabulated for the final results. Medals given to top 3 in each age group.

Compete as an individual or team.

Register at the YMCA Welcome Center, Website or Active.com

Registration Deadline: Friday, January 26th

TAE KWON DO—YOUTH AND ADULT

Build confidence, self esteem, develop discipline and strengthen the mind, body and spirit.

Classes Available (Ages)	Times	Fee
Tiny Tot Tae Kwon Do—5-7	6:00–6:30 pm	\$24/\$48
White & Yellow Belt—8 & up	6:30–7:30 pm	\$48/\$96
Orange Belt & Higher—8 & up	6:30–8:00 pm	\$72/\$144
Adult—18 & Up	7:00–8:00 pm	\$24/\$48

Days: Youth Classes are held on Tuesdays and Thursdays. Adult classes are held on Wednesdays.

Dates: Session 1 – Youth: January 2nd–February 22nd
Adult: January 3rd–February 28th

Session 2 – Youth: March 6th–April 26th

Adult: March 7th–April 25th

All sessions are eight weeks in length

Deadline: Registration open until filled

NEW!! MEN'S BASKETBALL LEAGUE

Join our brand new league that's just for men! There will be 7 weeks of regular play followed by a single elimination tournament.

When: Mondays, January 29th–March 19th

Tournament: March 19th

Times: 6–10 pm

Fee: \$300 per team (must pay with one transaction)

Registration Deadline: Sunday, January 14th

LEVEL 2 SENIOR STRENGTH PROGRAM

For Men and Women Ages 55+ who have taken Senior Strength and Stretch and are ready for the next level of training.

When: Tuesdays & Thursdays, January 9th—February 15th

Times: 9:30–10:15 am

Fee: \$50

Registration Deadline: Monday, January 8th

ADULT SPORTS AND EVENTS!

We didn't forget about our amazing adult athletes!! See our website or mobile app for more information or to register!

Program/Event	Dates	Deadline
Volleyball-Coed	Begins Jan 7th	Dec 24th
Volleyball-Women's 4s	Begins Jan 7th	Dec 24th
Volleyball-Women's Only	Begins Jan 10th	Dec 27th
Dodgeball	More info coming soon!	
Weight Loss Challenge	Begins Jan 8th	Jan 8th
Level 2 Senior Strength	Begins Jan 9th	Jan 8th
Indoor Triathlon*	February 4th	Jan 26th
Bench Press/Deadlift Competition	March 25th	March 20th
Pickleball League	September through May	

SWIM LESSONS STUFF HERE!

See website for more program details—www.norfolkymca.org

SWIM LESSONS

We offer lessons year round! To be sure your child is placed into the correct lesson a placement night will be necessary before their first lesson if they are 3 or older. Once placement night is completed, payment will be applied to the first lesson. No refunds are given for missed placement nights without prior notification. To be sure everyone is signing up for the correct lesson; on-line registration is **unavailable**. Fee: \$28/\$56

Placement Nights Available

Tuesday or Thursday from 5:30–7:30 pm

January 2nd
February 15th
March 22nd
April 26th

Sunday from 1:30–3:30 pm

December 17th
February 18th

Swim Lesson Sessions Available

Sessions

1
2
3
4

Tuesday/Thursday Dates

January 9th—February 8th
February 20th—March 15th
March 27th—April 19th
May 1st—May 24th

Sunday Dates

January 7th—February 25th
March 11th—May 6th

PARENT CHILD ENRICHMENT

Promotes a love and respect for water. Familiarize them with the environment with you by their side before they begin swim lessons on their own!

For: Ages 6 months—3 years

Tuesday/Thursday

1—5:30–6:00 pm
2—5:30–6:00 pm
3—5:30–6:00 pm
4—5:30–6:00 pm

Sundays

1—3:30–4:00 pm
2—3:30–4:00 pm

BEGINNER I

Must complete with no flotation devices to pass: swim on front and back 5 yards, and submerge head completely under water.

For: Ages 3–6

Tuesday/Thursday

1, 2, 3, 4—5:30–6:00 pm
1, 2, 3, 4—6:05–6:35 pm
1, 2, 3, 4—6:40–7:10 pm

Sundays

1, 2—3:30–4:00 pm
1, 2—4:05–4:35 pm
1, 2—4:40–5:10 pm

BEGINNER II

Must complete with no flotation devices to pass: swim on front and back 15 yards, and swim on side 5 yards.

For: Ages 3–6

Tuesday/Thursday

1, 2, 3, 4—5:30–6:00 pm
1, 2, 3, 4—6:05–6:35 pm
1, 2, 3, 4—6:40–7:10 pm

Sundays

1, 2—3:30–4:00 pm
1, 2—4:05–4:35 pm
1, 2—4:40–5:10 pm

BEGINNER III

Must complete with no flotation devices to pass: front alternating paddle 15 yards, front symmetrical paddle 10 yards, swim on side 15 yards, back alternating paddle 15 yards, back symmetrical paddle 10 yards, tread water 25 seconds, bob 10 times and take a breath each time, jump into deep water swim up 5–7 feet and jump off diving board and swim to side with no assistance.

For: Ages 3–6

Tuesday/Thursday

1, 2, 3, 4—5:30–6:00 pm
1, 2, 3, 4—6:05–6:35 pm
1, 2, 3, 4—6:40–7:10 pm

Sundays

1, 2—3:30–4:00 pm
1, 2—4:05–4:35 pm
1, 2—4:40–5:10 pm

NOVICE I

Must complete with no flotation devices to pass: swim on front and back 15 yards, and swim on side 5 yards.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—5:30–6:00 pm
1, 2, 3, 4—6:05–6:35 pm
1, 2, 3, 4—6:40–7:10 pm

Sundays

1, 2—3:30–4:00 pm
1, 2—4:05–4:35 pm
1, 2—4:40–5:10 pm

NOVICE II

Must complete with no flotation devices to pass: front alternating paddle 15 yards, front symmetrical paddle 10 yards, swim on side 15 yards, back alternating paddle 15 yards, back symmetrical paddle 10 yards, tread water 25 seconds, bob 10 times and take a breath each time, jump into deep water swim up 5–7 feet, and jump off diving board and swim to side with no assistance.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—5:30–6:00 pm
1, 2, 3, 4—6:05–6:35 pm
1, 2, 3, 4—6:40–7:10 pm

Sundays

1, 2—3:30–4:00 pm
1, 2—4:05–4:35 pm
1, 2—4:40–5:10 pm

INTERMEDIATE I

Must complete the following skills with no flotation devices to pass: front alternating paddle 25 yards, front symmetrical paddle 15 yards, swim on side 25 yards, back alternating paddle 25 yards, back symmetrical paddle 15 yards, front and back float 1 minute, surface glide, and head first surface dive.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—6:00-6:40 pm

1, 2, 3, 4—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

INTERMEDIATE II

Must complete the following skills with no flotation devices to pass: free style swim 50 yards, breast stroke 50 yards, side stroke 25 yards (each side), back crawl 50 yards, elementary back stroke 25 yards, tread water 2 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—6:00-6:40 pm

1, 2, 3, 4—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

INTERMEDIATE III

Must complete the following skills with no flotation devices to pass: free style swim 75 yards, breast stroke 75 yards, side stroke 50 yards (each side), back crawl 75 yards, elementary back stroke 50 yards, tread water 3 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—6:00-6:40 pm

1, 2, 3, 4—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

ADVANCED I

Must complete the following skills with no flotation devices to pass: free style swim 100 yards, breast stroke 100 yards, side stroke 100 yards (each side), back crawl 100 yards, elementary back stroke 100 yards, tread water 5 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—6:00-6:40 pm

1, 2, 3, 4—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

ADVANCED II

Must complete the following skills with no flotation devices to pass: free style swim 150 yards, breast stroke 150 yards, side stroke 150 yards (each side), back crawl 150 yards, elementary back stroke 150 yards, tread water 6 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3, 4—6:00-6:40 pm

1, 2, 3, 4—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

PRIVATE SWIM LESSONS

For: All ages

1 Lesson—\$20/\$40

6 Lessons—\$80/\$160

JOIN THE NORFOLK FAMILY YMCA SWIM TEAM!

All you have to be able to do is swim one length of the pool! The Swim Team swims in three competitive leagues and travels to Nebraska, Iowa, and South Dakota. Contact Skyler to try a free week! All team participants MUST be a Y member and part of USA Swimming (fee includes cost of USA swimming card).

For: Ages 5 & Up

Dates: September–July

# of swimmers in same family	Fee
1 Swimmer	\$296
2 Swimmers	\$567
3 Swimmers	\$838
4 Swimmers	\$1,109



FLIP FOR A GOOD TIME!

GYMNASTICS

Classes are held at the **Gymnastics Center—127 N 1st Street**. Participants should wear comfortable clothing—no metal zippers or snaps, and tie hair back. Call Kelci at 402-379-2633 or email at gymnastics@norfolkymca.org with questions.

Winter Session: January 2nd— February 24th

Spring Session: March 5th— April 28th

Registration Opens: December 18th

Registration Opens: February 26th

Currently enrolled students may register the last week of classes.

PARENT/CHILD

A VERY fun activity for you to do with your child! Parents and children play with balls, hoops, parachutes, and gymnastics equipment sized just right for your little tot. Children will develop motor and social skills in a fun environment!

For: Ages 15 months-2 years **Fee: \$36/\$72**

#PC01 Mon—6:15-6:45 pm #PC02 Tue—4:30-5:00 pm

#PC03 Sat—10:45-11:15 am

TUMBLE TYKES

Children will develop motor and social skills (taking turns, listening and following simple directions, etc.) while learning basic gymnastics on toddler-sized equipment. We also use balls, hoops, and games to make this class lots of fun!

For: Ages 3 & 4 **Fee: \$36/\$72**

#TT01 Mon—4:15-4:45 pm #TT02 Mon—5:00-5:30 pm

#TT03 Tue—4:00-4:30 pm #TT04 Tue—5:15-5:45 pm

#TT05 Tues—6:00-6:30 pm #TT06 Wed—5:15-5:45 pm

#TT07 Wed—5:45-6:15 pm #TT08 Thu—6:30-7:00 pm

#TT09 Thu—5:00-5:30 pm #TT10 Fri— 5:30-6:00 pm

#TT11 Sat—9:30-10:00 am

JUNIOR BEGINNER

This class utilizes bars, beam, vault, and tumbling stations to practice basic gymnastics skills. Social skills will also be enhanced while keeping the class fun for children this age.

For: Ages 5 & 6 **Fee: \$41/\$82**

#JB01 Mon—4:45-5:30 pm #JB02 Mon—5:30-6:15 pm

#JB03 Mon—6:30-7:15 pm #JB04 Tue—5:45-6:30 pm

#JB05 Wed—4:30-5:15 pm #JB06 Wed—5:30-6:15 pm

#JB07 Wed—6:15-7:00 pm #JB08 Thu—4:15-5:00 pm

#JB09 Fri—6:00-6:45 pm #JB10 Sat—10:00-10:45 am

BEGINNER

Your child will be instructed on vault, uneven bars, beam, and floor. Strength and flexibility are important aspects of the sport and will be incorporated into each class.

For: Ages 7 & Up **Fee: \$45/\$90**

#BG01 Mon—5:30-6:30 pm #BG02 Mon—6:45-7:45 pm

#BG03 Tue—5:00-6:00 pm #BG04 Tue—4:15-5:15 pm

#BG05 Tue—6:30-7:30 pm #BG06 Wed—4:30-5:30 pm

#BG07 Wed—6:15-7:15 pm #BG08 Thu—5:30-6:30 pm

#BG09 Fri—4:30-5:30 pm #BG10 Sat—11:15-12:15 am

BOYS BEGINNER OR ADVANCED

Your child will be instructed on vault, uneven bars, pommel horse, mushroom, parallel bars, and floor. Strength and flexibility are important aspects of the sport and will be incorporated into each class.

For: Ages 6 & Up

Beginner Fee: \$45/\$90 **Advanced Fee: \$59/\$118**

#BB01—Advanced Mon—6:00-7:30 pm

#BB02—Beginner Thu—6:30-7:30 pm

TEEN TUMBLING (Ages 12+)

For those wanting to advance their dance or cheer routines! Does not include training on bars, beam or vault.

For: Ages 12 & Up **Fee: \$45/\$90**

#TU01 Wed—4:00-5:00 pm

PRE-TEAM

For those who have mastered all the beginner level skills and are ready for competitions! Invitation Only.

For: Invitation Only **Fee: \$59/\$118**

#PT01 Mon—5:30-7:00 pm #PT02 Wed—5:30-7:00 pm

COMPETITIVE TEAM GYMNASTICS

The Norfolk Y Flairs compete at levels 1 thru Advanced Optional and travel to competitions around the state! The team practices year-round. Practice schedules and payment options will be sent home with gymnast. Please contact Kelci if you have any questions about our competition team!

For: Invitation Only

PRIVATE LESSONS

For: All Ages

1—30 minute lesson—\$15/\$30

6—30 minute lessons—\$80/\$160

1—60 minute lesson—\$30/\$60

Note: Special Group classes (Dance or Cheer Team/Groups) can be created per request.



PARTY WITH US!

BIRTHDAY PARTIES

Parties are 2 hours in length and include 10 guests. Additional guests—\$3 each.

Non-Hosted Party Package Options

Splash Party—All Ages	\$70/\$110
Laser Tag—Ages 7 and up*	\$110/\$145
Bounce House—Ages 1-10*	\$110/\$145
Game Mania—All Ages*	\$75/\$115

- All of these parties include 1 hour activity and room rental.
*Activity staff included.

Add a host for only \$30!

- Includes complete supervision for fun and activities.
- No set-up or clean-up for you!
- Tableware, kool-aid and generic decorations provided.

Hosted Party Package Options

Gymnastics —All Ages	\$105/\$135
Princess: Diva Rock Star or Spa—All Ages	\$120/\$150
Super Hero—Ages 2-12	\$105/\$135

SCHOOL IS COOL AT THE Y!

PRESCHOOL— Ages 3-5

Our great facility allows us to swim, bake, and ride the bus for tours. We offer 3 classes licensed by the State of Nebraska. We heighten math, science and language skills through hands on experiences. We prepare each child for lifelong healthy, social, emotional, physical, and academic success. Many compliments are received from kindergarten teachers whose students are right where they should be when beginning their scholastic years! The 2018-2019 Fall Class Registration begins January 2, 2018.

Friends `N Fun

Must be 3 by August 15th and potty trained.
T/Th 8:45-11:15 am Fee: \$57/\$77 per month
We have a 10/1 student/teacher ratio.

SuperTots

Must be 4 by October 15th and potty trained.
M/W/F 8:30-11:30 am Fee: \$88/\$108 per month
M—F 12:30-3:30 pm Fee: \$131/\$151 per month
We have a 12/1 student/teacher ratio.

Child Watch is available for working parents if preschoolers need dropped off early or picked up later than school hours.

Stay and Play Care — Afternoon Class Only

Supervised by the SuperTots teachers and offered when pre-school ends until 5:30 pm, in the SuperTots room. The gym is utilized as well as outside. Fee: \$3/\$5 per day

Swimming lessons are immediately after all preschool classes! Get preschool and swimming lessons done in one trip! Details available at Preschool Orientation.

See website for more program details—www.norfolkymca.org

LASER TAG

We take drop-ins and registrations for youth groups, reunions, team parties, post proms, birthday parties and more! Private Parties are 1 hour long. Contact Cassie for bookings at partywithus@norfolkymca.org.

Open Laser Tag	October 6th-March 23rd	\$5/\$10
Private Parties	Booked at 5pm or 8 pm on Fridays As schedule allows	\$80 \$100

LEARN THE RIGHT WAY

TEEN STRENGTH AND FITNESS

It's very important that your teen knows the proper way to lift while they are still developing to prevent injuries.

Encouraged for all teens, but required for those ages 12-14 who want to workout upstairs in the Exercise Center.

Fee: \$32 Members only

Private sessions are available. Fee: \$50

Winter Session Dates:

Times:

Session I: December 5th, 6th and 7th	3:45 pm-4:45 pm
Session II: January 2nd, 3rd and 4th	3:45 pm-4:45 pm
Sessions III: February 6th, 7th and 8th	3:45 pm-4:45 pm

Registration deadline for each session is the Monday of, by noon!

BEFORE/AFTER SCHOOL CARE!

Y KIDS CLUB

A state licensed Before and After School Child Care Program for boys and girls in grades K-4th, care is provided in five elementary schools in Norfolk: Bel Air, Jefferson, Montessori at Lincoln, Westside, and Woodland Park. Y Kids Club also provides care from 6 am to 6 pm at the YMCA on School Out Days, Holiday Breaks, and Snow Days for kids at any school in grades Kindergarten-6th grade.

If your child attends Grant or Washington school, they may do After Care at either Jefferson or Lincoln upon principal approval. (transportation not provided/same fees apply).

Enrollment Fee: \$25 per child, per school year

Program Fees (per day)

Before Care (6-8 am)	\$3.75/\$5.75
After Care (3:15-6 pm)	\$7.00/\$11.00
2:00 Dismissal (until 6 pm)	\$10.75/\$15.75
11:30 Dismissal (until 6 pm)	\$17.00/\$23.00
All Day Care (6 am-6 pm)	\$28.00/\$38.00

Contact Shayla, the Director, at ShaylaL@norfolkymca.org.

Join Summer Day Camp when school is out! Register in April.

CERTIFICATION CLASSES!

CPR/First Aid/AED – Full Course

Fee: \$58/68

This class covers Adult, Child, and Infant CPR and AED use. First aid and responding to emergencies is also included in this course. Professional rescuer and Health Care Provider certifications are available.

Dates: Session 1—Sunday, January 14th, 12:00 - 5:00 pm

Deadline: January 12th

Session 2—Sunday, February 4th, 12:00 - 5:00 pm

Deadline: February 2nd

Session 3—Sunday, March 18th, 12:00 - 5:00 pm

Deadline: March 16th

Session 4—Sunday, April 15th, 12:00 - 5:00 pm

Deadline: April 13th

CPR/First Aid/AED – Re-Certification Course

Fee: \$38/48

Same day as Full Course class, see dates above. Class starts at 11:00 am—12:00 pm. This is a short review, followed by a written test and a skills test on the manikins.

Advertise on our electronic marquee, pricing is as follows:

1 Month at \$150

\$25 for any advertising changes after initial setup

3 Months at \$125/month

\$25 for any advertising changes after initial setup

6 Months at \$100/month

\$25 for any advertising changes after initial setup -
Receive 1 free change

12 Months at \$83/month

\$25 for any advertising changes after initial setup -
Receive 3 free changes

Get your ad seen 720 times a day!

Contact Barb for details: BarbP@norfolkymca.org

NORFOLK FAMILY YMCA

301 W Benjamin Ave,

Norfolk, NE 68701

(P) 402-371-9770

(F) 402-371-9162

(W) www.norfolkymca.org