



January—May 2019

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

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

**CHECK OUR WEBSITE
OR MOBILE APP FOR
OUR ADULT SPORTS, PROGRAMS
AND SPECIAL EVENTS!**



IT'S NOT JUST SPORTS, NOT TO THEM.

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: February 18th, 19th, & 20th

Times: 5:30 pm - Pre K-Kindergarten (45 minutes)

6:30 pm - 1st-4th Grade (1 hour)

Fee: \$25/\$40

Registration Deadline: Monday, February 3rd

Waiting list begins February 4th; \$10 late fee applies.

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 18th, 19th, & 20th

Times: 5:30 pm - Pre K-Kindergarten (45 minutes)

6:30 pm - 1st-4th Grade (1 hour)

Fee: \$25/\$40

Registration Deadline: Monday, March 11th

Waiting list begins March 12th; \$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 20th—October 13th

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

Registrations & Evaluations—you must come to one:

- 3rd Grade, May 6th - 4th Grade, May 7th

- 5th Grade, May 8th - 6th Grade, May 9th

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 10th.

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 26th & 28th from 5:30-7 pm

Season: March 12th—May 2nd

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 7th at 7 pm

Fee: \$30/\$50

Registration Deadline: Save time/congestion at evaluations, register by February 25th. \$10 late fee/waiting list begins March 1st.

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: Tuesdays and Thursdays

Evaluations: March 12th, 13th, & 14th from 5:30-7 pm

Season: March 26th—May 16th

Practices: 45 minutes

Games: 45 minutes

Age 3-4 will have a 20 minute practice, followed by a 20 minute game one day a week

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

Coaches Meeting: Thursday, March 21st at 7 pm

Fee: \$30/\$50

Registration Deadline: Save time/congestion at evaluations, register by March 11th. \$10 late fee/waiting list begins March 15th.

Parent's Night Out

Parents can drop off their children kindergarten-age 12 for a fun and exciting night at the Y, while the parent's have a night out for themselves! Your children will enjoy fun games in the gym, and they will enjoy supper and a movie! Children must be potty trained. Please bring a blanket or pillow for movie time.

Dates:

Jan. 11th

March 15th

April 12th

Times:

6:00-9:00pm

6:00-9:00pm

6:00-9:00pm

Fee: \$8/\$12 per child

33RD ANNUAL NEN YOUTH BASKETBALL TOURNAMENT

Our 33rd 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 9th and 10th

Fee: \$100 for 12 Players

Registration Deadline: January 23rd, 2019

Waiting list taken January 24th–February 8th. 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/ TENNIS LESSONS

Information coming soon! Check our website for more details!

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 8th–February 28th
 Adult: January 9th–February 27th
 Session 2 - Youth: March 12th–May 2nd
 Adult: March 13th–May 1st
 All sessions are eight weeks in length.

Deadline: Registration open until filled! Register early!

SPIRIT 5 ON 5 BASKETBALL LEAGUE

This is a semi-competitive league that plays Sunday afternoons. Games will be back to back or with a one game break! Max 12 players per roster; roster and fee are due at time of registration.

Who: Boys and Girls, 3rd–8th Grade

Days: Sundays, January 6th–27th

Game Length: 45 minutes long, 2 games per day

Times: 12–7 pm

Fee: \$30 per player (Must pay with one check)

Registration Deadline: Sunday, December 23rd

Waiting list begins December 24th; \$10 late fee applies.

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 & 4s	Begins Jan 13th	Dec 30th
Volleyball-Women's Only	Begins Jan 16th	Dec 30th
Weight Loss Challenge	Begins Jan 8th	Jan 8th
Indoor Triathlon*	February 3rd	Jan 26th
Pickleball League	September through May	
Open Pickleball Play	Check website for schedule	

7th ANNUAL INDOOR TRIATHLON

Super Bowl Sunday, February 3, 2019

SWIM 10 minutes

BIKE on cycling bikes for 30 minutes

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.

Ages: 12 & Up

Compete as an individual or team.

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

Registration Deadline: January 28th



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

Monday/Wednesday Lessons

Tuesday, January 22nd
Tuesday, February 26th
Tuesday, March 26th

Sunday Lessons

Tuesday, February 19th

Swim Lesson Sessions Available

Sessions

Monday/Wednesday Dates
1 January 7th—January 30th
2 February 11th—March 6th
3 March 18th—April 10th
4 April 22nd— May 15th

Sunday Dates

January 6th—March 3rd
March 17th—May 12th

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

Monday/Wednesday

1, 2, 3, 4 —5:30-6:00 pm

Sundays

1, 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

Monday/Wednesday

1, 2, 3, 4—5:30-6:00 pm

1, 2, 3, 4—6:05-6:35 pm

Sundays

1, 2—3:30-4:00 pm

1, 2—4:05-4:35 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

Monday/Wednesday

1, 2, 3, 4—5:30-6:00 pm

1, 2, 3, 4—6:05-6:35 pm

Sundays

1, 2—3:30-4:00 pm

1, 2—4:05-4:35 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

Monday/Wednesday

1, 2, 3, 4—5:30-6:00 pm

1, 2, 3, 4—6:05-6:35 pm

Sundays

1, 2—3:30-4:00 pm

1, 2—4:05-4:35 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

Monday/Wednesday

1, 2, 3, 4—5:30-6:00 pm

1, 2, 3, 4—6:05-6:35 pm

Sundays

1, 2—3:30-4:00 pm

1, 2—4:05-4:35 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

Monday/Wednesday

1, 2, 3, 4—5:30-6:00 pm

1, 2, 3, 4—6:05-6:35 pm

Sundays

1, 2—3:30-4:00 pm

1, 2—4:05-4:35 pm

INTERMEDIATE

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 3 & Up

Monday/Wednesday

1, 2, 3, 4—6:00-6:40 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

ADVANCED

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 3 & Up

Monday/Wednesday

1, 2, 3, 4—6:00-6:40 pm

Sundays

1, 2—4:00-4:40 pm

1, 2—4:50-5:30 pm

TEEN STRENGTH AND FITNESS!

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:

January 8th, 9th and 10th

February 5th, 6th and 7th

March 5th, 6th and 7th

April 2nd, 3rd and 4th

May 7th, 8th and 9th

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

Times:

3:45 pm-4:45 pm

3:45 pm-4:45 pm

3:45 pm-4:45 pm

3:45 pm-4:45 pm

3:45 pm-4:45 pm



PRIVATE SWIM LESSONS

For: Children 6 months-15 years old

1 Lesson—\$20/\$40

6 Lessons—\$80/\$160

For: Adults 16 & Up

1 Lesson—\$15/\$35

6 Lessons—\$75/\$155



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

1 Swimmer

2 Swimmers

3 Swimmers

4 Swimmers

Fee

\$296

\$567

\$838

\$1,109

COMMUNITY ROOM RENTAL!

RIVER POINT COMMUNITY ROOM

The River Point community room is available for:

- Birthday Party, Anniversaries, Baby Showers, Graduation, Family Reunion.
- Any special occasions!

It includes enough tables and chairs to seat 50 people comfortably. It also includes a sink, some counter space and refrigerator. Room size is approximately 35'W x 21'L

Rental Fees are as follows:

* Up to 4 hours \$75

* Up to 8 hours \$125

\$100 cash deposit is required at time of booking. This deposit will be returned if no damage occurs. No smoking or alcohol on YMCA property.

The River Point community room is located at:

127 N. 1st Street in our YMCA Gymnastics facility.

For more information please contact Donita at the YMCA at 402-371-9770 or welcome@norfolkymca.org

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 26th

Registration Opens: December 17th

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

Spring Session: March 4th— April 27th

Registration Opens: February 18th

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
Super Hero—Ages 2-12	\$105/\$135
Nerf Wars —Ages 6 and up	\$110/\$145

- 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 or Spa—All Ages	\$120/\$150

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 2019-2020 Fall Class Registration begins January 2, 2019.

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.

Private Parties As schedule allows **\$100**

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

<u>Program Fees (per day)</u>	<u>Member/Non-Member</u>
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.



The **World's Largest Swimming Lesson™** is a promotional event designed to build awareness and generate local and national press attention about the vital importance of teaching kids to swim to help prevent drowning.

Date: Thursday, June 20th

Time: 5:30-6:00 pm

Fee: FREE

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 27th, 12:00 - 5:00 pm **Deadline:** January 25th
Session 2—Sunday, February 17th, 12:00 - 5:00 pm **Deadline:** February 15th
Session 3—Sunday, March 31st, 12:00 - 5:00 pm **Deadline:** March 29th

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.

Lifeguarding – Full Course

Fee: \$208/238

This class covers CPR/AED/First Aid for the professional rescuer plus all water rescuing skills. Must pass skills and written test. Receive CPR resuscitation mask, fanny pack, and whistle.

Dates: Session 1—Monday, March 4th (Pre-test) 5:30-6:30 pm
Friday, March 8th 6:00-9:00 pm
Saturday, March 9th 8:00 am-5:00 pm
Sunday, March 10th (Final Day with Final Test) 8:00 am-5:00 pm

Session 2—Monday, April 15th (Pre-test) 5:30-6:30 pm
Wednesday, April 17th 6:00-9:00 pm
Thursday, April 18th 6:00-9:00 pm
Friday, April 19th 8:00 am-5:00 pm (Good Friday)
Saturday, April 20th 8:00 am-5:00 pm (Final Day with Final Test)

Session 3—Monday, April 22nd (Pre-test) 5:30-6:30 pm
Friday, April 26th 6:00-9:00 pm
Saturday, April 27th 8:00 am-5:00 pm
Sunday, April 28th 8:00 am-5:00 pm (Final Day with Final Test)

Session 4—Monday, April 29th (Pre-test) 5:30-6:30 pm
Friday, May 3rd 6:00-9:00 pm
Saturday, May 4th 8:00 am-5:00 pm
Sunday, May 5th 8:00 am-5:00 pm (Final Day with Final Test)

Lifeguarding – Re-Certification Course

Fee: \$148/178

For individuals who need to get re-certified in Lifeguarding. Short review, followed by written test and water skills.

Dates: Session 1—Sunday, March 24th 8:00 am-2:00 pm
Session 2— Sunday, April 7th 8:00 am-2:00 pm
Session 3—Sunday, May 12th 8:00 am-2:00 pm

NORFOLK FAMILY YMCA

301 W Benjamin Ave,

Norfolk, NE 68701

(P) 402-371-9770

(F) 402-371-9162

(W) www.norfolkymca.org

Advertise on our electronic marquee!

Contact Barb at 402-371-9770 for more information.