



NORFOLK FAMILY YMCA

Fall 2025 Program Guide

*Program guide is subject to change. Last update- 7/16/25

Aquatics

Group Swim Lessons- \$45 M / \$75 N

Ages 6 months - 15 years old

Registration opens at 8:00am

Summer Swim Lessons - T/W/Th evenings

5:30pm or 6:05pm

Session 5: August 12-21

Registration opens: 7/28 M, 7/29 N



Sunday Afternoons- 3:30, 4:05, 4:40pm

Fall Session 1: September 7 - October 12

Registration opens: 8/25 M, 8/26 N

Fall Session 2: October 26 - December 7

Registration opens: 10/13 M, 10/14 N

Monday Evenings- 5:30 or 6:05pm

Fall Session 1: September 8 - October 13

Registration opens: 8/25 M, 8/26 N

Fall Session 2: October 27 - December 8

Registration opens: 10/14 M, 10/15 N

Wednesday Evenings- 5:30 or 6:05pm

Fall Session 1: September 10 - October 15

Registration opens: 8/25 M, 8/26 N

Fall Session 2: October 29 - December 10

Registration opens: 10/16 M, 10/17 N

Private Lessons-\$130 M / \$190 N

6 lessons 1-on-1 with a certified instructor.

Session times are scheduled between instructor and participants.

First Aid/CPR/AED Certification

Full Course: \$80 M / \$90 N

August 14 - 5:30-10:00pm

September 21 - 12:30-5:00pm (Reg. opens 8/18)

October 19 - 12:30-5:00pm (Reg. opens 9/15)

November 16 - 12:30-5:00pm (Reg. opens 10/13)

December 14 - 12:30-5:00pm (Reg. 11/10)

Recertification: \$50 M / \$60 N

August 12 - 5:30-6:45pm

September 21 - 11:00am-12:15pm (Reg. opens 8/18)

October 19 - 11:00am-12:15pm (Reg. opens 9/15)

November 16 - 11:00am-12:15pm (Reg. opens 10/13)

December 14 - 11:00am-12:15pm (Reg. opens 11/10)



Scan to visit our website:

Find more program information, register for programs, see current membership rates and categories, or view our hours of operation.

Youth Sports

Soccer (J)

August 19 - September 25

Grades Pre-K & Kindergarten: Tuesdays

Grades 1-6: Practices- Tuesdays, Games- Thursdays

Fee: \$45 M / \$75 N

Registration Deadline: August 7



Flag Football League (J)

August 26 - October 5

Practices: T/Th, Games: Sundays

Grades 1-6

Fee: \$45 M / \$75 N

Registration Deadline: August 14



NEW Flag Football Kindergarten Micro League (J)

Thursdays, August 28 - October 2

30 min. practice, followed by 30 min. game

Start Times: 5:30pm or 6:30pm

Fee: \$45 M / \$75 N

Registration deadline: August 14

Volleyball (J)

October 7 - November 13

Practices: Tuesday, Games: Thursdays

Grades 3-6

Fee: \$45 M / \$75 N

Registration Deadline: September 25



Spirit 3-on-3 Basketball League

Mondays, November 3-24

Grades 4-8

Fee: \$35/player

Team Registration Deadline: Oct. 20

*First 80 teams are guaranteed a spot!



Jumpstarter Basketball Clinic

November 4-6

Pre-K & Kindergarten: 5:30-6:15pm

Grades 1-4: 6:30-7:30pm

Fee: \$30 M / \$45 N

Registration deadline: October 31

*Clinics are limited to 30 in each session



Rec Basketball (J)

December 1 - January 31

Grades Pre-K & K: Practice & Game- Saturday

Grades 1-6: Practices- Weeknights / Games- Saturday

Fee: \$50 M / \$80 N

Registration: August 1 - November 13

HAVE A QUESTION?
402.371.9770

Program Key: M = Member, N = Nonmember, (J) = Y Jersey required



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Tae Kwon Do - T/Th

Session 1: August 12 - October 2

Session 2: October 14 - December 11

Registration: October 3-13

Tiny Tot: Ages 5-7

6:00-6:30pm - Fee: \$30 M / \$55 N

White/Yellow Belt: Ages 8+

6:30-7:30pm - Fee: \$55 M / \$100 N

Orange Belt & Up: Ages 8+

6:30-8:00pm - Fee: \$80 M / \$150 N



Gymnastics

Session classes are posted online and available at the Welcome Center or Gymnastics Center.

SPOTS FILL FAST! Registration opens at 8:00am

Fall Session 1: August 25 - October 18

Classes announced: August 4

Registration opens: August 18

Fall Session 2: October 27 - December 20

Classes announced: October 6

Registration opens: October 20

Tiny Tot Open Play: Ages 0-6

Fridays 9:00-11:00am

This is a weekly drop-in gym time with parents or guardian to explore and learn without direction.

Fee: \$7/child (\$5 for additional children in same family)

Teen Open Gym: Ages 12+ \$10/gymnast

Wednesdays 7:15-8:15pm

This class is perfect for anyone wanting to learn basic gymnastics skills that can be incorporated into dance or cheer routines.

Private Lessons

1-on-1 coaching in 30 min. sessions

Session times are scheduled between instructor and participants.

Single Session: \$25 M / \$50 N

8 Sessions: \$160 M / \$320 N

Adult Volleyball - Ages 18+ \$175/team

Coed Volleyball League

Sundays, September 28 - November 9

Registration Deadline: September 21

Womens Volleyball League

Wednesdays, October 1 - November 19

Registration Deadline: September 24



Youth Fitness

Learn how to properly use our equipment and how to create safe and healthy training workouts. Ages 12-14.

Fee: \$100 (Members Only)

Monthly Sessions: T/Th Classes

August 5-28, 4:00-5:00pm

September 2-25, 4:00-5:00pm

October 7-30, 4:00-5:00pm

November 4-28, 4:00-5:00pm

December 2-26, 4:00-5:00pm



Teen Strength & Power

Perfect for the aspiring teen looking to challenge themselves in the weight room and explore the powerlifting sport. Ages 15-17.

Fee: \$100 M / \$150 N

Monthly Sessions: M/W Classes

August 4-27, 4:00-5:00pm

September 3-29, 4:00-5:00pm

October 6-29, 4:00-5:00pm

November 3-26, 4:00-5:00pm

December 1-29, 4:00-5:00pm

FALL EVENTS

SBD SHOWDOWN - POWERLIFTING EVENT

Saturday, August 9

Push yourself further and find your max in Squat, Bench, and Deadlift! Ages 15+ are welcome to register with separate men and women divisions.

PUMPKIN PLUNGE

Saturday, October 18 9:00-11:00am

We're bringing the pumpkin patch back to the pool!

Kids hop in to find the perfect pumpkin, then hangout and decorate!

Choose a 1-hour slot for you and your family: 9:00 or 10:00 (Each limited to 40 kids)

Registration opens September 22 at 8:00am

FREE for Members, \$10 for Non-members

MEMBER APPRECIATION DINNER

Monday, October 20 5:00-7:00pm

Gyms 3/4 & Field House

FREE FOR MEMBERS!

Bring your family & friends and join us for dinner and inflatables!

Y Kids Club - 2025/26 School Year

Enrollment forms found online or at the Welcome Center.

Weekly registration is required.

Before & After School Child Care - Grades K-4

Participating NPS schools: Bel Air, Jefferson, Montessori at Lincoln, Westside (After Care only) & Woodland Park.

***NEW* After School Care for Grades 5 & 6 @ the Y**