



# NORFOLK FAMILY YMCA

## Spring/Summer 2025 Programs

\*Program guide is subject to change. Last update- 4/21/25

### 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- 5:30 or 6:05pm**

**Session 1: June 3-12**

Registration opens: 5/19 M, 5/20 N

**Session 2: June 17-26**

Registration opens: 6/2 M, 6/3 N

**Session 3: July 8-17**

Registration opens: 6/23 M, 6/24 N

**Session 4: July 29 - August 7**

Registration opens: 7/14 M, 7/15 N

**Session 5: August 19-28**

Registration opens: 8/4 M, 8/5 N



**Private Lessons- ALL AGES WELCOME**

1-on-1 with a certified instructor. Session times are scheduled between instructor and participants.

**1 session - \$25 M / \$50 N**

**6 session package - \$130 M / \$190 N**

### Y Kids Club - 2025/26 School Year

**Before & After School Child Care - Grades K-4**

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

Enrollment is NOW OPEN!

Early Bird Enrollment (thru July 27): \$25 per child

Enrollment beginning July 28: \$35 per child

Enrollment forms found online or at the Welcome Center

**Did you know we have Child Watch available to our members?!**

Quality care while you workout!

Ages: 6 weeks - 7 years old. Max capacity: 15 kids

**Monday - Thursday**

8:00am-1:00pm & 4:15-7:15pm

**Friday**

8:00am-1:00pm

**Saturday**

8:00-11:00am

**Fees:**

\$2.50/hr - 1 child

\$3.50/hr - 2 children

\$4.50/hr - 3 children

### T-Ball - Ages: 3-6 (J)

**June 3-26**

Tuesdays & Thursdays: 5:30 or 6:30pm

Week 1: Practice

Weeks 2-4: 15 min practice before games

Fee: \$45 M / \$75 N

Registration Deadline: May 22



### Summer Camps



**Tennis Camp**

**June 2-4, 9:00-11:00am**

Grades 1-6 (Fall 2025)

Fee: \$60 M / \$90 N

Registration Deadline: Friday, May 30



**Volleyball Camp**

**June 9-11, 9:00-11:00am**

Grades 3-8 (Fall 2025)

Fee: \$60 M / \$90 N

Registration Deadline: Friday, June 6



**Mike Trader Basketball Camp**

**June 16-19, 9:00am-4:00pm**

Ages 7-18

Registration link provided on our website



**Football Camp**

**June 23-25, 9:00am-12:00pm**

Grades 3-8 (Fall 2025)

Fee: \$60 M / \$90 N

Registration Deadline: Friday, June 20

### July Clinics - Limited to 30 in each session

Fee: \$30 M / \$45 N

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

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

### Jumpstarter Basketball Clinic - July 7-9

Register: May 1 - July 3

### Kickstarter Soccer Clinic - July 14-16

Register: May 1 - July 11

### Volleyball Basics Clinic - July 21-23

Grades 1-4 - 6:00-7:00pm

Register: May 1 - July 18

### Learn to Pickle - Adult Pickleball Clinic

May 5-7, 5:30-6:30pm

\$30 M / \$45 N

Register NOW! \*Limited to 16 participants\*

Paddles will be provided!

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



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### Lifeguard Courses

**Full Courses:** May 1-4, May 15-18

**Recertification Course:** May 10 or May 28 - 8am-6pm

**Lifeguard CPR/AED/First-Aid Courses:**

May 6 - 5:30-9:30pm



### First Aid/CPR/AED Certification

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

June 5 - 5:30-10:00pm (Reg. opens April 28)

July 24 - 5:30-10:00pm (Reg. opens June 23)

August 14 - 5:30-10:00pm (Reg. opens July 14)

**Recertification: \$50 M / \$60 N**

June 24 - 5:30-6:45pm (Reg. opens May 19)

July 22 - 5:30-6:45pm (Reg. opens June 16)

August 12 - 5:30-6:45pm (Reg. opens July 14)

### 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

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

June 3-26, 11:00am-12:00pm

July 1-24, 11:00am-12:00pm

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



### Teen Strength & Power

This program is 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

May 5-30, 4:00-5:00pm

June 2-25, 11:00am-12:00pm

July 7-30, 11:00am-12:00pm

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

### Subscription Personal Training

**\$10/mo. for Y members**

Personalized workout plans sent directly to you thru the MyWellness app.

Choose between 7 goal categories: General Fitness, Weight Loss, Muscle Gain, Strength, Athlete, Active Senior, Youth Beginner.

### Gymnastics **\*\*Special Summer Sessions\*\***

Session classes are posted online and available at the Welcome Center or Gymnastics Center. **SPOTS FILL FAST! Registration opens at 8:00am**

#### Summer Session 1: April 28 - May 22

Classes announced: April 7

Registration opens: April 21

#### Summer Session 2: June 2-27

Classes announced: May 12

Registration opens: Tuesday, May 27

#### Summer Session 3: July 7 - August 8

Classes announced: June 16

Registration opens: June 30

#### Private Lessons

1-on-1 coaching in 30 min. sessions

Session times are scheduled between instructor and participants.

1 session - \$25 M / \$50 N

8 session package - \$160 M / \$320 N



### UPCOMING EVENTS

#### FAMILY MOVIE NIGHT - FRIDAY, MAY 16

**Doors open 5:30pm, Movies starts at 6:00pm!**

Free for members & current program participants

Bring the family together and join us for a movie night at the Y in Gym 2! Bring your pillows, blankets, or lawn chairs for a comfortable experience. Parents must stay with children at the movie. Popcorn will be provided!

#### 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.



**Scan to visit our website:**

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

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**HAVE A QUESTION?  
402.371.9770**