



NORFOLK FAMILY YMCA

Winter 2024 Programs

Aquatics

Group Swim Lessons- \$40 M / \$65 N

Ages 6 months - 15 years old

Registration opens at 8:00am - spots fill fast!

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

Session 1: January 7 - February 11

Registration opens: 12/21 M, 12/22 N

Session 2: February 18 - April 7

Registration opens: 2/5 M, 2/6 N

Session 3: April 14 - May 19

Registration opens: 4/1 M, 4/2 N



Monday Evenings- 5:30 or 6:05pm

Session 1: January 8 - February 12

Registration opens: 12/21 M, 12/22 N

Session 2: February 26 - April 8

Registration opens: 2/13 M, 2/14 N

Session 3: April 15 - May 20

Registration opens: 4/1 M, 4/2 N

Wednesday Evenings- 5:30 or 6:05pm

Session 1: January 10 - February 14

Registration opens: 12/21 M, 12/22 N

Session 2: February 28 - April 10

Registration opens: 2/15 M, 2/17 N

Session 3: April 17 - May 22

Registration opens: 4/1 M, 4/2 N

Private Lessons-\$100 M / \$160 N

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

Lifeguard Courses

Registration opens January 2

Full Courses: March 7-10, April 4-7,

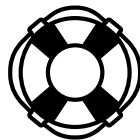
April 18-21, May 2-5, or May 9-12

Recertification Courses: 8:00am-6:00pm

March 2, March 23, or April 27

Lifeguard CPR/AED/First-Aid: 5:30-7:30pm

March 19, April 15, or May 7



First Aid/CPR/AED Certification

Full Course: January 14 - 12:30-5:00pm

February 4 - 12:30-5:00pm

Recertification: January 14 - 11:00am-12:00pm

February 4 - 11:00am-12:00pm



Youth Sports

38th Annual NEN Basketball Tournament

February 24 & 25

Grades 4-8

Fee: \$125/team

Team Registration Deadline: February 7



Tae Kwon Do

Session 1: January 9 - February 29

Session 2: March 12 - May 2

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



Jumpstarter Basketball Clinic - March 4-6

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

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

Fee: \$30 M / \$45 N

Space is limited - Clinics are limited to 30 participants

Registration opens: Jan. 1, deadline: Mar. 3

Kickstarter Soccer Clinic - March 11-13

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

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

Fee: \$30 M / \$45 N

Space is limited - Clinics are limited to 30 participants

Registration opens: Jan. 1, deadline: Mar. 10

Volleyball - T/Th League (J)

March 12 - April 25

Grades 3-6

Fee: \$40 M / \$65 N

Evaluations: February 27 or 29, 5:30-7:00pm

Registration Deadline: February 29



Soccer 5-on-5 - T/Th League (J)

April 9 - May 16

Grades Pre-K - 6

Fee: \$40 M / \$65 N

Evaluations: March 19 or 21, 5:30-7:00pm

Registration Deadline: March 21



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



To register for programs, see current membership rates and categories, or for information on hours of operation, please visit www.norfolkymca.org.

HAVE A QUESTION?

402.371.9770



NORFOLK FAMILY YMCA

Winter 2024 Programs

Adult Sports - Ages 18+

Coed Volleyball League

Sundays, January 7 - February 18
Fee: \$150/team
Registration Deadline: December 31



Womens Volleyball League

Wednesdays, January 10 - March 6
Fee: \$150/team
Registration Deadline: January 3

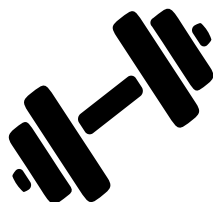
Youth Fitness

NEW revamped program beginning Jan. 2024
Learn how to properly use our equipment and how to create safe and healthy training workouts. Ages 12-14.

For more information contact Sam Moore,
personaltraining@norfolkymca.org
Tuesday & Thursday, 4:00-5:00pm
Fee: \$100 (Members Only)

Monthly Sessions:

January 2-25
February 6-29
March 5-28
April 2-25
May 7-30



Scan to view our website



Gymnastics

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

Winter Session: January 2 - February 24

Classes announced: December 4
Registration opens: December 18

Spring Session: March 4 - April 20

Classes announced: February 5
Registration opens: February 19



SPRING FLING- April 12-14

Come support our Y Flairs Team as they compete in our annual home gymnastics competition.

Pickleball at the Y

Whether you're a beginner or someone who loves to play competitively, we're the place to play! Check out the schedule on our website or pick up a copy at the Welcome Center. Plus, feel free to bring your own crew and set up your own court when space is available.

SAVE THE DATE

Summer Day Camp 2024

Enrollment forms available March 2024
The April registration date will be announced March 2024. **SPOTS FILL FAST!**
11 Themed Camp Weeks: May 28 - August 9
Fee: \$125 M / \$150 N per week



Contact Football Registration

In-person registration & player evaluations-
May 6-9 from 5:30-7:00pm in the Field House
Fall Season will run August 20 - October 13 with games on Sundays and weeknight practices.
Bring 2 checks (registration + equipment deposit) and your child with you!

Summer Sports Camps

Stay tuned on Facebook and on our website for camp announcements in early spring!

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