



# 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.

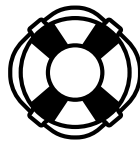
### Lifeguard Courses

**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 May 18

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, 5:30-7:00  
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](http://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

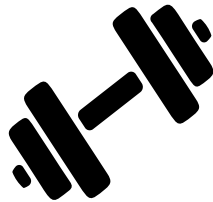
### Youth Fitness

\*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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