



# NORFOLK FAMILY YMCA

## Spring/Summer 2024 Programs

### Aquatics

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

**Ages 6 months - 15 years old**  
Registration opens at 8:00am

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

Session 3: April 14 - May 19

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

**Monday Evenings- 5:30 or 6:05pm**

Session 3: April 15 - May 20

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

**Wednesday Evenings- 5:30 or 6:05pm**

Session 3: April 17 - May 22

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

**Summer Swim Lessons**

**T/W/Th evenings- 5:30 or 6:05pm**

**Session 1: June 4-13**

Registration opens: 5/20 M, 5/21 N

**Session 2: June 18-27**

Registration opens: 6/3 M, 6/4 N

**Session 3: July 9-18**

Registration opens: 6/25 M, 6/26 N

**Session 4: July 23 - August 1**

Registration opens: 7/8 M, 7/9 N

**Session 5: August 6-15**

Registration opens: 7/22 M, 7/23 N

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

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

### Summer Day Camp 2024

**May 28 - August 9 (11 weeks)**

**Registration Opens: April 16 at 8am**

**SPOTS FILL FAST! Register in-person or online**

Required Enrollment forms available NOW

Registration deposit: \$20/week, per child

For youth entering Grades K-6 in Fall 2024

Fee: \$135 M / \$160 N per week

Check out the Day Camp Flyer for more  
information & to find the themed weeks

**Y Kids Club - 2024/25 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 Opens: April 24

Enrollment forms found online or at the Welcome Center



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

**June 4-27**

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

Week 1: Practice

Weeks 2-4: 15 min practice before games

Fee: \$40 M / \$65 N

Registration Deadline: May 23



### Summer Camps



#### Soccer Camp

**June 3-5, 9:00am-12:00pm**

Grades 3-8 (Fall 2024)

Fee: \$60 M / \$90 N

Registration Deadline: May 31



#### Volleyball Camp

**June 10-12, 9:00am-12:00pm**

Grades 3-8 (Fall 2024)

Fee: \$60 M / \$90 N

Registration Deadline: June 7



#### Mike Trader Basketball Camp

**June 17-20, 9:00am-4:00pm**

Ages 7-18

Registration link provided on our website



#### Football Camp

**June 24-26, 9:00am-12:00pm**

Grades 3-8 (Fall 2024)

Fee: \$60 M / \$90 N

Registration Deadline: June 21



#### Golf Camp

**July 8-10, 8:00-10:00am**

Grades 3-8 (Fall 2024)

Registration Deadline: July 5

### July Clinics

**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

#### Jumpstarter Basketball Clinic - July 8-10

Registration opens: May 1, Deadline: July 7

#### Kickstarter Soccer Clinic - July 15-17

Registration opens: May 1, Deadline: July 14

#### Beachball Volleyball Clinic - July 22-24

Registration opens: May 1, Deadline: July 21

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



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## Spring/Summer 2024 Programs

### Contact Football Registration

In-person registration & player evaluations-  
**May 13-15 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!

### Lifeguard Courses

Full Courses: April 18-21, May 2-5, May 9-12  
Recertification Course: April 27, 8:00am-6:00pm  
Lifeguard CPR/AED/First-Aid Courses:  
April 15 or May 7 - 5:30-7:30pm



### First Aid/CPR/AED Certification

Full Course: \$80 M / \$90 N  
June 11 - 5:30-10:00pm (Reg. opens May 6)  
July 30 - 5:30-10:00pm (Reg. opens June 24)  
August 11 - 12:30-5:00pm (Reg. opens July 8)  
Recertification: \$50 M / \$60 N  
June 6 - 5:30-6:30pm (Reg. opens May 6)  
July 25 - 5:30-6:30pm (Reg. opens June 24)  
August 11 - 11:00am-12:00pm (Reg. opens July 8)

### 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 7-30, 4:00-5:00pm  
June 4-27, 11:00am-12:00pm  
July 2-30, 11:00am-12:00pm  
August 6-29, 4:00-5:00pm



For more information contact Sam Moore,  
personaltraining@norfolkymca.org

### \*NEW\* 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

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: May 6 - June 20

Classes announced: April 8  
Registration opens: April 22

#### Summer Session 2: July 1 - August 15

Classes announced: June 10  
Registration opens: June 24



### Private Lessons

1-on-1 coaching in 30 min. sessions  
Session times are scheduled between instructor  
and participants.

**Single Session: \$15 M / \$30 N**

**6 Sessions: \$80 M / \$160 N**

**10 Sessions: \$120 M / \$240 N**

### SPRING EVENTS

#### HEALTHY KIDS DAY

**Saturday, April 27 from 9:00-11:00am**  
YMCA FIELD HOUSE, FREE TO THE PUBLIC!  
Bring your family & friends and join us for inflatables,  
games & activities, snacks, prizes, & more!

#### TRI AT THE Y - INDOOR TRIATHLON

**Sunday, April 28 - beginning at 8:00am**  
**10 min Swim - 30 min. Bike - 20 min. Run**  
Early Bird Registration thru April 11.  
Individual & Team options available for youth &  
adults!

#### SHAKE RATTLE & ROLL - SENIOR PROM

**Sunday, May 5 in Gyms 3/4**  
Check out flyer for more information

#### MONTHLY LUNCH SOCIALS

Watch for flyers for dates & more information

#### NUTRITION MEAL PREP WORKSHOPS

Offered twice a month. Refer to flyer for more info.



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**