



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FALL INTO FUN AND FITNESS AT THE Y!

NORFOLK FAMILY YMCA  
FALL 2023 PROGRAM GUIDE  
AUGUST - DECEMBER

# IT'S NOT JUST SPORTS TO THEM!

## 3-ON-3 SOCCER (J)

Girls and boys will play in separate leagues if numbers allow. Grades 5 & 6 will be coed.

**Who:** Boys and Girls, Grades Pre-K - 6

**Dates:** August 22 - October 5

**Days:** Tuesdays and Thursdays

**Practice/Game Length:** 45 minutes (Grades 1-6)

**Times:** 5:15 - 7:30 pm (depending on # of registrations)

**Coaches Meeting:** Thursday, August 17 at 7 pm

**Fee:** \$40/\$65

**Evaluations:** August 8 & 10 from 5:30-7:00 pm (Grades 1-6 ONLY)

**Registration Deadline:** Thursday, August 10 at 7 pm

Waiting list begins August 11; \$10 late fee applies.

Save time/congestion at evaluations, register by August 8.

**\*Ages 3-6:** Practices and games the same day.  
20 minute practice followed by game.



## YOUTH COED VOLLEYBALL LEAGUE (J)

Bump, Set, Spike!

**Who:** Girls and Boys, Grades 3-6

**Dates:** October 3 - November 16

**Days:** Tuesdays and Thursdays

**Times:** Between 5:30-7:45 pm (depending on # on teams)

**Coach's Meeting:** Thursday, September 28 at 7 pm

**Evaluations:** September 19 or 21 from 5:30-7:00 pm

**Fee:** \$40/\$65

**Registration Deadline:** Thursday, September 21 at 7 pm

Waiting list begins September 22; \$10 late fee applies.

### Program Key:

**(J)** - a YMCA reversible jersey is required for this sport. The same jersey is used for all YMCA youth sports showing the (J). Jerseys can be purchased at anytime throughout the year.

**Fee: \$40/\$65** - first number shows member price, second



## FLAG FOOTBALL (J)

Your child will learn the football fundamentals, teamwork, and sportsmanship in a positive and fun environment!

**Who:** Boys and Girls, Grades 1-6

**Dates:** August 29 - October 15

**Practice:** Tuesday or Thursday (between 5:15-7:45 depending on # of teams)

**Games:** Sundays between 12-6pm, or Mondays 6-8pm (depending on # of teams)

**Practice/Game Length:** Practices 1 hour; Games 45 minutes

**Coaches Meeting:** Tuesday, August 22 at 7 pm

**Fee:** \$40/\$65

**Evaluations:** August 7-10 from 6-7 pm

**Registration Deadline:** Thursday, August 10

Waiting list begins August 11; \$10 late fee applies.

Save time/congestion at evaluations, register by August 7.





# YOUTH BASKETBALL!



## SPIRIT 3-ON-3 BASKETBALL

Join this competitive league and play half-court, back to back games or maximum one game break with qualified referees. Max 6 players per roster; roster and fee are due at time of registration.

**Who:** Boys and Girls, Grades 4-8

**Dates:** Mondays, November 6-27

**Game Length:** 30 minutes, 2 games per night

**Times:** 6-10 pm

**Fee:** \$30 per player (Must pay with one check)

**Registration Deadline:** Monday, October 23

Waiting list begins October 24; \$10 late fee per team.

## JUMPSTARTER BASKETBALL CLINIC

Are you looking to spark your child's interest in sports at an early age or fine tune your grade schooler's basketball skills? This clinic will focus on the core skills of dribbling, passing, shooting, teamwork, and sportsmanship.

**Who:** Boys and Girls, Grades Pre-K - 4

**Dates:** October 9-11

**Times:** 5:30-6:15pm - Pre-K & Kindergarten  
6:30-7:30pm - Grades 1-4

**Fee:** \$30/\$45

**Registration Deadline:** Sunday, October 8  
Registration is limited!

## RECREATIONAL BASKETBALL (J)

Join this recreational league! Boys and girls will play in separate leagues with teams divided by grade and a max of 10 per team. Grades will not be combined unless necessary.

**Who:** Boys and Girls, Grades Pre-K - 6

**Days/Times:** Practices - Weeknights / Games - Saturdays

**Game Length:** 45 minutes (Ages 7-12)

**Dates:** November 28 - January 27

**Coaches Meeting:** Tuesday, November 21 at 7 pm

**Evaluations:** November 7 & 9 from 5:30-7:00 pm at the Y.  
(Grades 1-6 ONLY)

**Fee:** \$40/\$65

**Registration Deadline:** Thursday, November 9 at 7 pm  
Waiting list begins November 10; \$10 late fee applies.

**Grades Pre-K & Kindergarten:** Practices & games the same day. 20 minute practice followed by a 20 or 30 min game.





# BUILDING CONFIDENCE TAE KWON DO

Tae Kwon Do builds confidence, self-esteem, develops discipline and strengthens the mind, body and spirit for all ages! Classes are held on Tuesdays and Thursdays.

	<u>Ages</u>	<u>Times</u>	<u>Fees</u>
<b>Tiny Tot Tae Kwon Do</b>	5-7	6:00-6:30 pm	\$30/\$55
<b>White &amp; Yellow Belt</b>	8+	6:30-7:30 pm	\$55/\$100
<b>Orange Belt &amp; Higher</b>	8+	6:30-8:00 pm	\$80/\$150

**Session 1: August 15 – October 5**

**Deadline:** August 14

**Session 2: October 17 – December 14**

**Registration Opens:** October 6

(No class the week of Thanksgiving)

**Deadline:** October 16

\*All classes have limited space; register early before classes fill! \$10 late fee applies to all registrations after the deadline.

## ADULT VOLLEYBALL

### COED LEAGUE

**Season:** Sundays, September 24 – November 12

**Times:** 1:00 – 6:00 pm (depending on # of teams)

**Divisions:** Upper & Lower

**Fee:** \$150 per team (one check – due at registration)

**Registration Deadline:** Sunday, September 17

### WOMENS LEAGUE

**Season:** Wednesdays, September 27 – November 15

**Times:** 6:00 – 9:00 pm (depending on # of teams)

**Divisions:** Upper & Lower

**Fee:** \$150 per team (one check—due at registration)

**Registration Deadline:** Wednesday, September 20



**Please note:** There will be no referees, each team will be responsible for calling their own fouls and reporting the scores to the site supervisor.

## BEFORE & AFTER SCHOOL CARE!

### Y KIDS CLUB

Enrollment is open until we reach our max # of participants at each individual school. This state licensed Before and After School Child Care Program is for boys and girls in grades K–4th. Care is provided in five elementary schools in Norfolk: **Bel Air, Jefferson, Montessori at Lincoln, Westside, and Woodland Park**. Y Kids Club also provides care from 6 am to 6 pm at the YMCA on School Out Days, Holiday Breaks, and Snow Days for kids at any school in grades Kindergarten–6th grade. Join Summer Day Camp when school is out! Register in April.

Care is provided **at the schools**, so this is very convenient for parents. A typical afternoon will start with a small snack, then we have reading/homework time, group gym games, crafts, outdoor playtime, and more!

Y Kids Club allows for changing weekly schedules. Weekly registration and payment is due by each Wednesday for the upcoming week. Register on the Norfolk Family YMCA mobile app, website, or at the Y. Fees are a flat daily rate, per child.

The Y participates in Child Care Subsidy from DHHS. Provider #03334361; Provider Name is 'Norfolk Family YMCA.' The Authorization must be received before the child can attend Y Kids Club, as well as enrollment forms and Immunization Records.

**Enrollment Fee:** \$25 per child, per school year

<b>Program Fees</b>	<b>Member/Non-member</b>
Before Care (6–8 am)	\$3.75/\$5.75 per day
After Care (3:15–6 pm)	\$8.00/\$12.00 per day
2:00 Dismissal (until 6 pm)	\$11.75/\$16.75 per day
11:30 Dismissal (until 6 pm)	\$18.00/\$24.00 per day
All Day Care (6 am–6 pm)	\$30.00/\$40.00 per day

Youth 1 Membership is only \$21.16/month and will save you lots on program fees!



**Fees are per child, per day.**

## CHILD WATCH

Child Watch provides supervision and quality care for your children in a safe and fun environment while you are at the Y. Available for children ages 6 weeks to 7 years old.

### Hours

**Monday–Friday** 8:00 am–1:00 pm  
**Monday–Thursday** 4:15 pm–7:15 pm  
**Saturday** 8:00 am–11:00 am

\*There is a 1.5 hr/day limit.

\*Parents must be on Y premises at all times.

\*15 kid capacity

### Fees:

**\$2.50/hr for one child**

**\$3.50/hr for two children in same family**

**\$4.75/hr for three children in same family**



# SWIM LESSONS AT THE Y!

**For youth:** Ages 6 Months to 15 years old

**Fee:** \$40 Member, \$65 Non-Member

## SUNDAY AFTERNOON LESSONS

**3:30, 4:05, & 4:40 PM**

### Session 1 July 30 – September 10

(NO LESSONS Sept. 3)

Registration opens: Members: July 17, 8:00 am  
Non-members: July 18, 8:00 am

### Session 2 September 24 – October 29

Registration opens: Members: Sept. 11, 8:00 am  
Non-members: Sept. 12, 8:00 am

### Session 3 November 12 – December 17

Registration opens: Members: Oct. 30, 8:00 am  
Non-members: Oct. 31, 8:00 am

## MONDAY EVENING LESSONS

**5:30 & 6:05 PM**

### Session 1 July 31 – September 11

(NO Lessons Sept. 4)

Registration opens: Members: July 17, 8:00 am  
Non-members: July 18, 8:00 am

### Session 2 September 25 – October 30

Registration opens: Members: Sept. 12, 8:00 am  
Non-members: Sept. 13, 8:00 am

### Session 3 November 13 – December 18

Registration opens: Members: Oct. 31, 8:00 am  
Non-members: Nov. 1, 8:00 am

## WEDNESDAY EVENING LESSONS

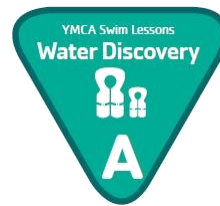
**5:30 & 6:05 PM**

### Session 1 August 2 – September 6

Registration Opens: Members: July 17, 8:00 am  
Non-members: July 18, 8:00 am

### Session 2 September 27 – November 1

## STAGE DESCRIPTIONS



### A/Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B/Water Exploration

In stage B, Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### 1/Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2/Water Movement

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing the practice how to safely exit in the event of falling into a body of water.



### 3/Water Stamina

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



### 4/Stroke Introduction

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5/Stroke Development

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6/Stroke Mechanics

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



## PRIVATE SWIM LESSONS

Private swimming lessons are done 1 on 1 with a certified instructor. Days and times are scheduled according to what works for you and the instructor. Lessons are 30 minutes each.

**For:** Ages 3-15

6 Lessons - \$100/\$160



## JOIN THE YMCA AQUAJETS SWIM TEAM!

All you have to be able to do is swim one length of the pool! The Swim Team swims in three competitive leagues and travels to Nebraska, Iowa, and South Dakota. Contact Dylan to try a free week! All team participants **MUST** be a Y member and part of USA Swimming (fee includes cost of USA swimming card).

**For:** Ages 6+

**Dates:** September-March

# of swimmers in same family	Fee
1 Swimmer	\$312
Additional Swimmer	\$285
Norfolk Senior High School	\$247

For more information, please visit the AquaJets website at [norfolkaquajets.com](http://norfolkaquajets.com)

## PRIVATE AQUAJETS SWIM LESSONS

These lessons are for kids who want to improve their swimming skills for the AquaJets Club Swim Team.

**For:** Ages 6+

6 Lessons - \$160 Members Only

## CPR/FIRST AID/AED

### CPR/First Aid/AED – Full Course

This class covers Adult, Child, and Infant CPR and AED use. First aid and responding to emergencies is also included in this course. Professional rescuer and Health Care Provider certifications are available.

Cost: \$80 Member, \$90 Non-Member

**Sunday, August 27: 12:30-5:00 pm**

**Sunday, September 17: 12:30-5:00 pm**

**Sunday, October 22: 12:30-5:00 pm**

**Sunday, November 12: 12:30-5:00 pm**

**Sunday, December 3: 12:30-5:00 pm**

### CPR/First Aid/AED – Re-Certification Course

A short review, followed by a written test and a skills test on the manikins will be performed for the Re-certification Course.

Cost: \$50 Member, \$60 Non-Member

**Sunday, August 27: 11:00 am -12:15 pm**

**Sunday, September 17: 11:00 am -12:15 pm**

**Sunday, October 22: 11:00 am -12:15 pm**

**Sunday, November 12: 11:00 am -12:15 pm**

**Sunday, December 3: 11:00 am -12:15 pm**



## GET INTO FITNESS



### YOUTH FITNESS PROGRAM

#### 4-Week Youth Training Program | Ages 12-14

Perfect for the young athlete wanting to improve their performance or any youth starting out with fitness. All classes are led by a Personal Trainer.

Participants will be tested each week on skills and techniques with a final test which will determine if they receive access to the Wellness Floor.

\*A Parent or Guardian is required to attend the first class. Rules and expectations of the Wellness Floor will be reviewed at this time.

**Members Only - \$50**

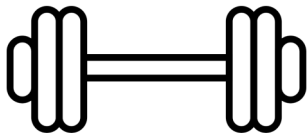
**Limited to 10 participants/session– spots fill fast!**

#### 2023 SESSION DATES

AUGUST 1-24  
SEPTEMBER 5-28  
OCTOBER 3-26  
NOVEMBER 7-30  
DECEMBER 5-28

**Classes held Tuesdays and Thursdays**

4:00-5:00 pm



## FITNESS SERVICES

### NUTRITION SERVICES

Meal planning, Prediabetes/Diabetes, Sports Nutrition, Weight Management, Mindful Eating.

- Available to Members Only: **\$30/session**

### CONSULTATIONS & EQUIPMENT ORIENTATIONS

Meet with a Personal Trainer to discuss your health and fitness goals. Consults are FREE for members.

Plus, learn how to safely and effectively use the machines on the Wellness Floor with a FREE Equipment Orientation.

## PERSONAL TRAINING

Your trainer will consult with you and identify your goals to create a personalized fitness plan. During each session, you'll learn the best exercises for your needs. You'll be guided on how to train properly for strength and cardiovascular gains, as well as how to avoid injury.

### 1-ON-1 PERSONAL TRAINING

- Customized results-based exercise program tailored to your health & fitness goals.

1 session	\$30
4 sessions	\$120
8 sessions	\$240

### PARTNER TRAINING

- Partner up with your accountability buddy and work with a personal trainer to achieve your goals together!

1 session	\$20/person
4 sessions	\$80/person
8 sessions	\$160/person

### SMALL GROUP TRAINING

- Find your accountability group and work together to achieve your goals with the help of a trainer.

1 session	\$15/person
4 sessions	\$60/person
8 sessions	\$120/person

### ASSESSMENTS

Weight alone is not a clear indication of good health. The InBody allows you to monitor body fat, muscle mass, water weight and resting metabolic rate.

- Call to schedule your InBody appointment today!

FREE with Personal Training

Members/Non-members: \$20



# Find what MOVES you!



**A NEW TRAINING  
EXPERIENCE IS  
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Make sure you've  
downloaded the  
Mywellness app  
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Over 80 new cardio pieces and a new app are here to create  
the ultimate fitness experience for our members.  
Try out a 1-on-1 Session or challenge yourself with a  
Routine or walk/run Outdoors anywhere around the world.

**PLUS - take part in our facility-wide challenges!**  
**Coming up in October - MOVES Challenge**





## FLIP FOR A GOOD TIME!



Classes are held at the Gymnastics Center - 127 N 1st Street. Participants should wear comfortable clothing-no metal zippers or snaps, and tie hair back. Email Emma at [gymnastics@norfolkymca.org](mailto:gymnastics@norfolkymca.org) with questions.

### Session 1: August 28 - October 19

**Classes announced: August 7**

**Registration Opens: August 21**

### Session 2: October 30 - December 14

**Classes announced: October 9**

**Registration Opens: October 23**

#### **PARENT/CHILD - Ages 15 mos - 2 yrs Fee: \$45/\$90**

A VERY fun activity for you to do with your child! Parents and children play with balls, hoops, parachutes, and gymnastics equipment sized just right for your little tot. Children will develop motor and social skills in a fun environment!

#### **TUMBLE TYKES - Ages 3 & 4 Fee: \$45/\$90**

Children will develop motor and social skills (taking turns, listening and following simple directions, etc.) while learning basic gymnastics on toddler-sized equipment. We also use balls, hoops, and games to make this class lots of fun!

#### **JUNIOR BEGINNER - Ages 5 & 6 Fee: \$50/\$100**

This class utilizes bars, beam, vault, and tumbling stations to practice basic gymnastics skills. Social skills will also be enhanced while keeping the class fun for children this age.

#### **BEGINNER - Ages 7 & 8**

**Fee: \$55/\$110**

Your child will be instructed on vault, uneven bars, beam, and floor. Strength and flexibility are important aspects of the sport and will be incorporated into each class.

#### **BEGINNERS PLUS - Ages 9+**

**Fee: \$55/\$110**

This class is designed for older participants still wanting to start or continue learning gymnastics! Includes training on bars, beam, floor, tumbling and vault.

#### **PRE-TEAM - Invitation Only**

**Fee: \$70/\$140**

For those who have mastered all the beginner level skills and are ready for competitions! Invitation Only.

#### **BOYS GYMNASTICS**

##### **Junior Beginner - Ages 5 & 6**

**Fee: \$50/\$100**

##### **Beginner - Ages 7 & 8**

**Fee: \$55/\$110**

##### **Pre-Team - Invitation only**

**Fee: \$55/\$110**

Your child will be instructed on vault, uneven bars, pommel horse, mushroom, parallel bars, and floor. Strength, balance and flexibility are important aspects of the sport and will be incorporated into each class.

#### **COMPETITIVE TEAM - Invitation Only**

The Norfolk Y Flairs compete at levels 1 thru Optional and travel to competitions around the state! The team practices year-round. Practice schedules and payment options will be sent home with gymnast. Please contact Emma if you have any questions about our competition team!

### PRIVATE LESSONS

**All Ages**

Private lessons offer flexible scheduling and individual instruction. Contact Emma for more info and lesson openings.

### OPEN GYM

**Wednesdays 3:00-4:00pm**

**All Ages**

**Fee: \$5.00**

### TINY TUMBLERS

**OPEN PLAY**

**Fridays 9:00-11:00am**

**Ages: 0-6**

**Fee: \$7.00**

\$5/additional child in the same family

## PARTY WITH US!



### BIRTHDAY PARTIES

All parties are 2 hours in length (1 hour of activity and 1 hour room rental) and includes 10 kids.

Additional guests are \$3 each.

#### Non-Hosted Party Package Options

**Splash Party—All Ages** \$85/\$120

1 hour of swim with a lifeguard on duty

**Gym Mania—All Ages** \$85/\$120

1 hour of gym time. Choose 2 activities: Parachute, Hockey, Scooters, Basketball, Hula Hoops, Dodgeball

**Field House Mania—All Ages** \$85/\$120

1 hour of activities in the fieldhouse. Choose 2 activities: Football, Soccer, Dodgeball, Kickball, Parachute

### FULLY HOSTED Gymnastics Party

Party includes 1.5 hours of fun and activities and 30 minutes room rental. Located at our Gymnastics Center.

MAX: 10 guests

\$125/\$160

## MEMBER APPRECIATION DINNER

### JOIN US TO CELEBRATE YOU!

We want you to know just how much we appreciate all our members. Please join us for a hamburger & hot dog dinner and bounce houses.

**Monday, October 23, 2023 from 5:00–7:00 pm**

**Gyms 3 & 4**



## FACILITY RENTALS

The Norfolk Family YMCA has many different options for facility rentals. Please contact the people below for more details.

### **YMCA Building/Fieldhouse/Basketball Gyms:**

Sports Directors: [sports@norfolkymca.org](mailto:sports@norfolkymca.org)

### **River Point Community Room** (gymnastics building):

Seth Heiligenthal: [welcome@norfolkymca.org](mailto:welcome@norfolkymca.org)



### **RIVER POINT COMMUNITY ROOM**

127 N 1st St. Norfolk, NE 68701

- Great for any small event
- Holds up to 50 people comfortably
- Full day rental
- Tables & Chairs provided







## **BUILDING HOURS**

### **Main Building Hours**

#### **September – May**

Monday–Thursday: 5 am – 10 pm

Friday: 5 am – 9 pm

Saturday: 7 am – 9 pm

Sunday: 11 am – 7 pm

#### **June – August**

Monday–Thursday: 5 am – 10 pm

Friday: 5 am – 8 pm

Saturday: 7 am – 6 pm

Sunday: 11 am – 5 pm

### **Main Building CLOSINGS**

September 4 – Labor Day

November 23 – Thanksgiving

December 25 – Christmas Day

**ENTIRE FACILITY CLOSED**

January 1 – New Years Day

### **Faith Regional Wellness Center**

**Open 24/7  
for Members  
Age 18+**

#### **NORFOLK FAMILY YMCA**

301 W Benjamin Ave.

Norfolk, NE 68701

402-371-9770

[www.norfolkymca.org](http://www.norfolkymca.org)