



NORFOLK FAMILY YMCA

Summer 2026 Programs

*Program guide is subject to change. Last update- 4/1/26

Aquatics

Group Swim Lessons- \$45 M / \$75 N

Ages 6 months - 15 years old

Reg. opens: Members at 8am, Non-members 12pm

Summer Swim Lessons - T/W/Th for 2 wks

Session 1: June 2-11

Morning sessions: 10:30am or 11:10am

Evening sessions: 5:30pm or 6:10pm

Registration opens: 5/18

Session 2: June 23 - July 2

Morning sessions: 10:30am or 11:10am

Evening sessions: 5:30pm or 6:10pm

Registration opens: 6/8

Session 3: July 14-23

Morning sessions: 10:30am or 11:10am

Evening sessions: 5:30pm or 6:10pm

Registration opens: 6/29

Session 4: August 4-13

Evening sessions: 5:30pm or 6:10pm

Registration opens: 7/20

Session 5: August 25 - September 3

Evening sessions: 5:30pm or 6:10pm

Registration opens: 8/10



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

NEW Diving Camp

July 28-30, 5:30-7:00pm

Ages 8-14

Fee: \$50 M / \$80 N

Register: June 1 - July 24 - *Limited to 12 divers

Youth will learn about the sport of competitive diving and the skills of being a competitive diver.



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

June 2-25

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

Week 1: Practice

Weeks 2-4: 20 min. practice before 30 min. game

Fee: \$50 M / \$80 N

Registration Deadline: May 21



NEW Mighty Motor Skills - July 13-15

Ages 3-6 - 5:30-6:15pm

*Must attend with a parent/guardian

Fee: \$35 M / \$50 N

Registration Deadline: Friday, July 10 - Limited to 30!

Summer Sports Camps



Soccer Camp

June 1-3, 9:00-11:00am

Grades 3-8 (Fall 2026)

Fee: \$60 M / \$90 N

Registration Deadline: Friday, May 29

*Camp limit: 30 participants



Tennis Camp

June 1-3, 9:00-11:00am

Grades 1-6 (Fall 2026)

Fee: \$60 M / \$90 N

Registration Deadline: Friday, May 29

*Camp limit: 30 participants



Rick Squiers All-American Volleyball Camp

June 8-9, 9:00am-4:00pm

Grades 4-12

Registration link provided on our website



Mike Trader Basketball Camp

June 15-17, 8:00am-4:00pm

Ages 7-18

Registration link provided on our website



Golf Camp - Fairplay Golf Course

June 22-24, 8:00-10:00am

Grades 3-8 (Fall 2026)

Fee: \$100 M / \$130 N

Registration Deadline: Friday, June 19



Football Camp

June 29 - July 1, 9:00-11:00am

Grades 3-8 (Fall 2026)

Fee: \$60 M / \$90 N

Registration Deadline: Friday, June 26

*Camp limit: 50 participants

July Clinics - Limited to 30 in each session

Fee: \$35 M / \$50 N

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

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

Jumpstarter Basketball Clinic - July 6-8

Registration Deadline: Friday, July 3

Kickstarter Soccer Clinic - July 27-29

Registration Deadline: Friday, July 24

Volleyball Basics Clinic - July 20-22

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

Registration Deadline: Friday, July 17

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



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Gymnastics ****Special Summer Sessions****

Session classes are posted online and available at the Welcome Center or Gymnastics Center.

SPOTS FILL FAST!

Reg. opens: Members at 8am, Non-members 12pm

Summer Session 1: May 11 – June 6

Classes announced: April 20

Registration opens: May 4

Summer Session 2: June 15 – July 11

Classes announced: May 22

Registration opens: June 8

Summer Session 3: July 20 – August 15

Classes announced: June 29

Registration opens: July 13



First Aid/CPR/AED Certification

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

June 16 – 5:30-10:00pm (Reg. opens May 11)

July 28 – 5:30-10:00pm (Reg. opens June 22)

August 18 – 5:30-10:00pm (Reg. opens July 13)

Recertification: \$50 M / \$60 N

June 18 – 5:30-6:45pm (Reg. opens May 11)

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

August 20 – 5:30-6:45pm (Reg. opens July 13)



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)

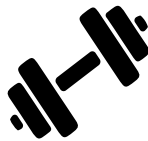
Monthly Sessions: T/Th Classes

May 5-28, 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



Y Kids Club – 2026/27 School Year

Before & After School Child Care – Grades K-6

Participating NPS schools: Bel Air, Jefferson, Montessori at Lincoln, Westside (After Care only) Woodland Park, & Middle School (After Care only) Early Bird Enrollment thru July 26: \$25 per child Enrollment beginning July 27: \$35 per child Enrollment forms found online or at the Welcome Center.

Did you know we have Child Watch (ages 6wks. – 8 yrs) & the Kidz Zone (ages 9-11) available to our members?! Quality care & supervision while you workout!

Child Watch Hours:

Monday – Thursday

8:00am-1:00pm

4:15-7:15pm

Friday

8:00am-1:00pm

Saturday

8:00-11:00am

Kidz Zone Hours:

Monday – Friday

5:00-7:00pm

Fees:

\$2.50/hr - 1 child

\$3.50/hr - 2 children

\$4.50/hr - 3 children

Lifeguard Courses

Full Courses: April 9-11, April 23-25, or May 7-9

Recert. Course: April 18, May 2, or May 27, 8am-6pm

Lifeguard CPR/AED/First-Aid Courses:

April 14 or May 12, 5:30-6:45pm

UPCOMING EVENTS

BACK-TO-SCHOOL BASH

Thursday, August 6, 5:00-7:00pm

YMCA Field House

FREE for members & current program participants

Celebrate the end of a great summer and the start of a brand new school year! Inflatables & game fun with hot dogs & treats provided!

SBD SHOWDOWN – POWERLIFTING EVENT

Saturday, August 15 – 9:00am-5:00pm – Gym 2

Test your strength and find your max in Squat, Bench, and Deadlift! Ages 12+ are welcome to register

May 25 – August 7 (or until 50 max is reached)

Visit our website for all the competition information.



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**