



# NORFOLK FAMILY YMCA

## Winter 2025/26 Program Guide

\*Program guide is subject to change. Last update- 12/18/25

### Aquatics

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

**Ages 6 months - 15 years old**

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

#### Sunday Afternoons- 3:20, 4:00, 4:40pm

Winter Session 1: January 4 - February 8

Reg. opens: December 15

Winter Session 2: February 15 - March 29 (No class 2/22)

Reg. opens: February 2

Spring Session: April 12 - May 17

Reg. opens: March 30

#### Monday Evenings- 5:30 or 6:10pm

Winter Session 1: January 5 - February 9

Reg. opens: December 15

Winter Session 2: February 23 - March 30

Reg. opens: February 10

Spring Session: April 13 - May 18

Reg. opens: March 31



#### Wednesday Evenings- 5:30 or 6:10pm

Winter Session 1: January 7 - February 11

Reg. opens: December 15

Winter Session 2: February 25 - April 1

Reg. opens: February 12

Spring Session: April 15 - May 20

Reg. opens: April 2

#### Private Lessons-\$130 M / \$190 N

6 lessons 1-on-1 with a certified instructor.

Session times are scheduled between

instructor and participants.

#### Aquajets Swim Team - Ages 6-18

Introduce your swimmer to the exciting and interesting sport of competitive swimming. Swimmers will be given the opportunity to be member of a team that regularly competes in meets across the state of Nebraska as well as South Dakota and Iowa.

Swimmers will learn the value of being a member of a team, sportsmanship, self-discipline, healthy habits, confidence, cooperation and knowledge of the sport of competitive swimming, all under the direction and supervision of Christian leadership.

#### Want more information?

Contact the Y Aquatics Director at

[swim@norfolkymca.org](mailto:swim@norfolkymca.org)

### Youth Sports

#### Level-Up 3-on-3 Soccer

**Mondays, February 2-23**

Boys & Girls - 8U, 10U, 12U & 14U

Play two 25-min games each night

Fee: \$175/team \*6-player team max\*

Registration Deadline: Jan. 26 \*Limited Spots!\*



#### Volleyball Basics Clinic

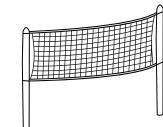
**February 9-11**

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

Fee: \$35 M / \$50 N

Registration: December 1 - February 6

\*Clinic limited to 30 participants



### 40th Annual NEN Basketball Tournament



**February 21 & 22**

Boys & Girls: Grades 4-8



Play either Saturday or Sunday

Fee: \$150/team

Team registration form found online. REGISTER

EARLY- first 100 teams are guaranteed a spot!

Registration Deadline: February 4

#### Spring Volleyball (J)

**March 3 - April 9**



Practices: Tuesdays, Games: Thursdays

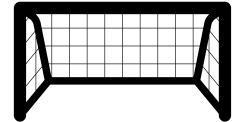
Grades 3-6

Fee: \$50 M / \$80 N

Registration: December 1 - February 19

#### Kickstarter Soccer Clinic

**March 9-11**



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

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

Fee: \$35 M / \$50 N

Registration: January 1 - March 6

\*Clinic limited to 30 participants



#### Spring Soccer (J)

**April 14 - May 21**

Pre-K & Kindergarten: Tues- Practice/Game

Grades 1-6: Tues- Practice, Thur- Game

Fee: \$50 M / \$80 N

Registration: January 1 - March 26

**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**



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### Adult Volleyball – Ages 18+ – \$175/team

#### Coed Volleyball League

Sundays, January 4 – February 15

Registration: Nov. 20 – Dec. 28



#### Womens Volleyball League

Wednesdays, January 7 – March 4

\*No games: February 18\*

Registration: Nov. 20 – Dec. 31

### Gymnastics

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

**SPOTS FILL FAST! Registration opens for Members at 8am, Non-members 12pm**



#### Winter Session: January 5 – February 28

Classes announced: December 8

Registration opens: December 22

#### Spring Session: March 9 – May 2

Classes announced: February 16

Registration opens: March 2

### Private Lessons

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

Single Session: \$25 M / \$50 N

8 Sessions: \$160 M / \$320 N

### Tiny Tot Open Play: Ages 0-6

#### Fridays 9:00-11:00am at the Gymnastics Center

This is a weekly drop-in gym time with parents or guardian to explore and learn without direction. It's a great way to spend quality one-on-one time with your toddler while introducing them to a variety of new concepts.

Fee: \$7/child (\$5 for additional children in same family)

### \*\*BLIZZARD BASH – January 24 & 25\*\*

Come support our Y Flairs Gymnastics Team as they compete in our home gymnastics meet.

Gymnastics Center – 127 N 1<sup>st</sup> St.

### Tae Kwon Do - T/Th

#### Winter Session: January 6 – February 26

Registration Opens: December 12

#### Spring Session: March 10 – April 30

Registration Opens: February 27

Tiny Tot: Ages 5-7

6:00-6:30pm – Fee: \$35 M / \$60 N

White/Yellow Belt: Ages 8+

6:30-7:30pm – Fee: \$60 M / \$105 N

Orange Belt & Up: Ages 8+

6:30-8:00pm – Fee: \$85 M / \$155 N



### First Aid/CPR/AED Certification

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

December 14 – 12:30-5:00pm (Reg. opens 11/10)

January 18 – 12:30-5:00pm (Reg. opens 12/15)

February 1 – 12:30-5:00pm (Reg. opens 12/29)

#### Recertification: \$50 M / \$60 N

December 14 – 11:00am-12:15pm (Reg. opens 11/10)

January 18 – 11:00am-12:15pm (Reg. opens 12/15)

February 1 – 11:00am-12:15pm (Reg. opens 12/29)

### Lifeguard Courses – Reg. Opens 1/2/26

#### Lifeguard Full Course: \$250 M / \$300 N

March 12-15, March 26-29, April 9-12,

April 23-26, May 7-10

Online prerequisite, classroom, & pool time

#### Lifeguard Recertification: \$200 M / \$250 N

March 7, April 18, May 2, or May 27

Classroom & pool time, 8:00am-6:00pm.

#### Lifeguard CPR/AED/First Aid: \$55 M / \$70 N

March 17, April 14, May 12

Classroom course, 5:00-6:30 pm



### 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.

### Youth Fitness – Ages 12-14

Learn how to properly use our equipment and how to create safe and healthy training workouts.

Fee: \$100 (Members Only)

#### Monthly Sessions: T/Th Classes – 4:00-5:00pm

January 6-29 April 7-30

February 3-26 May 5-28

March 3-26 June 2-25

**Private class available** – \$150/member – schedule with our Personal Training Director at [personaltraining@norfolkymca.org](mailto:personaltraining@norfolkymca.org)

### SUMMER DAY CAMP 2026

The March registration date will be announced in early 2026. SPOTS FILL FAST!

11 Themed Camp Weeks: May 26 – August 7

Fee: \$170 M / \$215 N per week

Be sure to check out our "Schedules" page on our website to see up-to-date availability for the field house, gyms, batting cages, pool, and our group fitness classes!