



READY. SET. SUMMER

NORFOLK FAMILY YMCA

SUMMER 2023 PROGRAM GUIDE

MAY – AUGUST

301 W. Benjamin Ave. Norfolk, NE 402-371-9770
www.norfolkymca.org

SUMMER SPORTS CAMPS...keep up on your game!

INTERNATIONAL SOCCER CAMP

Camps are designed for all ages and ability levels, from beginner to advanced players- we use age appropriate practices to help players develop at their own pace, learn brand new skills and become an all-round better player...while having an amazing time with our international coaching staff!

June 5-9

Boys and Girls, Ages 3-14



Divisions & Times:

TinyTykes: Ages 3-5 8:00-8:45 am

Half Day: Ages 6-14 9:15 am-12:15 pm

Full Day: Ages 8-14 9:15 am-3:30 pm

REGISTER ONLINE: <https://challenger.configio.com/pd/242899>

*Early bird pricing expires 30 days before camp

*Register online 30 days before camp to receive free soccer

MIKE TRADER BASKETBALL CAMP

Emphasis on camps will be shooting, dribbling, and passing. Schedule will include games and contests. Players will be divided according to age.

June 19-22

Boys and Girls, Ages 7-18



Times:

Mon Registration: 8:30 am—10 am

4pm
am—4 pm

Camp: 9 am—4 pm

Thurs Camp: 9 am—12 pm

Camp: 10 am—
Tues Camp: 9
Wed

Fee: Without Meal \$145 OR With Meal \$165

Registration Deadline: Open until camp begins!

Register Online at:

VOLLEYBALL CAMP

Northeast Hawks Head Coach Amanda Schultze leads this camp and focuses on fundamentals, fun and healthy competition.

June 12-14

Boys and Girls, Grades 3-8

Times: 9:00 am - 12:00 pm

Fee: \$60/\$90

Registration Deadline: Friday, June 9

Waiting list begins June 10; \$10 late fee applies.



FOOTBALL CAMP

Athletes will learn proper form of tackling, compete in daily 7 on 7 games and fall in love with the game of football!

June 26-28

Boys and Girls, Grades 1-8

Times: 9:00 am—12:00 pm

Fee: \$60/\$90

Registration Deadline: June 23

Waiting list begins June 24 \$10 late fee applies.



SUMMER T-BALL (J)

Don't let the fear of striking out stop you from playing ball. This league will introduce the basics of batting, fielding and base running in a player friendly environment. Y Jersey is required.

Who: Boys and Girls, Ages 3-6

Season: June 6-29, Tuesdays & Thursdays

Week 1: Practice Tuesday & Thursday

Weeks 2-4: 15-20 min practice followed by game

Fee: \$40/\$65

Registration Deadline: Thursday, May 25

Waiting list begins Friday, May 26; \$10 late fee applies.

Coaches

Meeting: Thursday,





CATCH THE FUN

FALL FOOTBALL

FALL CONTACT FOOTBALL

Play like it's the big leagues! You get a real football jersey!

Who: Boys and Girls, Grades 3-6

Days: Games on Sundays; Practices on Tuesdays/Thursdays

Season: August 22 - October 15

Equipment Check-Out: August 14-17 from 5:00-7:00pm

Fee: \$105/\$155 + \$150 Deposit Check for Equipment

Registrations & Evaluations:

May 8-11

Come by the Fieldhouse between 5-8 pm. Bring your child, proof of insurance, and 2 checks (1 for registration fee, 1 for equipment deposit)

FALL 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

Days: Sundays and Tuesdays or Thursdays

Practice: Tuesdays or Thursdays for 1 hour

Game: Sundays for 45 minutes between 12-6pm depending

on number of registrations.

Season Dates: August 29-October 15

Fee: \$40/\$65

Evaluations: August 7-10 from 6-7 pm

Come any day during the designated evaluation times.

Coaches Meeting: Tuesday, August 22 at 7 pm.

Coaches will call their players.

FALL 3 ON 3 SOCCER (J)

Girls and boys will play in separate leagues if numbers allow. Head coach's child plays for free!

Who: Boys and Girls, Pre-K - 6th Grade

Dates: August 8-September 21, Tuesdays & Thursdays

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

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

Coaches Meeting: Thursday, August 3 at 7 pm

Fee: \$40/\$65

Evaluations: July 25 & 27 from 5:30-7:00 pm (Grades 1-6 ONLY)

Registration Deadline: Thursday, July 27

Waiting list begins July 28; \$10 late fee applies.

***Ages 3-6:** Practices and games the same day.



FLIP FOR A GOOD TIME!

GYMNASTICS

****All sessions are subject to change due to staffing availability and # of participants****

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 with questions.

Summer Session 1: May 8–June 23

Registration opens: May 1

Summer Session 2: July 3–August 18

Registration opens: June 26

PARENT/CHILD

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!

For: Ages 15 months–2 years **Fee:** \$45/\$90

#PC01 Tues— 4:30–5:00pm

#PC02 Thurs – 5:55–6:25pm

TUMBLE TYKES

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!

For: Ages 3 & 4

Fee: \$45/\$90

#TT01 Mon—5:05–5:35pm

#TT02 Mon—5:20–5:50pm

#TT03 Mon—6:50–7:20pm

#TT04 Tues—5:15–5:45pm

#TT05 Tues—6:15–6:45pm

#TT06 Wed—4:00–4:30pm

#TT07 Wed—5:15–5:45pm

#TT08 Wed—6:55–7:25pm

#TT09 Thurs—5:20–5:50pm

#TT10 Thurs—6:20–6:50pm

JUNIOR BEGINNER

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.

For: Ages 5–6

Fee: \$50/\$100

#JB01 Mon—5:35–6:20pm

#JB02 Mon—5:45–6:30pm

#JB03 Mon—6:00–6:45pm

#JB04 Tues—4:15–5:00pm

#JB05 Tues—5:50–6:35pm

#JB06 Tues—6:20–7:05pm

#JB07 Wed—4:45–5:30pm

#JB08 Wed—5:45–6:30pm

#JB09 Thurs—4:30–5:15pm

#JB10 Thurs—5:20–6:05pm

#JB11 Thurs—5:30–6:15pm

BEGINNER

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.

For: Ages 7 –8

Fee: \$55/\$110

#BG01 Mon—4:00–5:00pm

#BG02 Mon—4:15–5:15pm

#BG03 Mon—4:30–5:30pm

#BG04 Tues—5:05–6:05pm

#BG05 Tues—5:05–6:05pm

#BG06 Tues—5:15–6:15pm

#BG07 Wed—4:25–5:25pm

#BG08 Wed—4:35–5:35pm

#BG09 Wed—5:50–6:50pm

#BG10 Thurs—4:15–5:15pm

BOYS GYMNASTICS

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.

Jr. Beginners Fee: \$50/\$100

Beginners Fee: \$55/\$110

Pre-Team Fee: \$55/\$110 (Invitation Only)

#BB01— Jr. Beginner (Ages 5–6)

Wed—4:15–5:00pm

#BB02— Beginner (Ages 7–8)

Wed—5:05–6:05pm

#BB03— Pre Team (invitation only)

Wed—6:15–7:30pm

BEGINNERS PLUS

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

For: Ages 9+

Fee: \$55/\$110

#TG01 Mon—6:25–7:25

PRE-TEAM

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

For: Invitation Only

Fee: \$70/\$140

#PT01 Mon—5:30–7:00 pm

#PT02 Wed—5:30–7:00 pm

COMPETITIVE TEAM GYMNASTICS

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!

For: Invitation Only

OPEN GYMS

Wednesdays – 3:00–4:00pm All Ages Fee: \$5.00

Tiny Tumblers— Fri-9:00–11:00am Ages 0–6 Fee: \$7.00

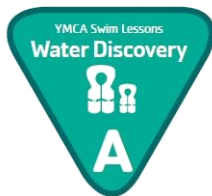
(\$5 for additional children in the same family for Tiny Tumblers)

PRIVATE LESSONS—All Ages

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

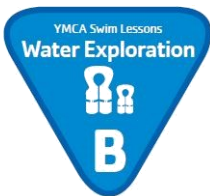
SWIMMING LESSONS

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 learn-



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 pro-



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



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



4/Stroke Introduction

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



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, swimming, and discover how to incorporate swimming into a healthy life-style.

SUMMER SESSIONS

Summer Lessons will be held Tuesday, Wednesday, and Thursday evenings.

Fee: \$40/\$65

Session 1– June 6–15

Registration opens: Members: May 22, 8:00 am
Non-members: May 23, 8:00 am

Session 2 – June 20–29

Registration opens: Members: June 5, 8:00 am
Non-members: June 6, 8:00 am

Session 3 – July 11–20

PRIVATE LESSONS

Private swimming lessons are 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. Must pay for lessons before time is scheduled. Any lessons without 2 hours prior notification will count as a lesson and will not be refunded.

Available for all ages

6 Lessons for Youth – \$100/\$160

6 Lessons for Adult – \$95/\$150

Aquajets Private Swim Lessons

CPR/AED/FIRST AID

CPR/First Aid/AED – Full Course

Private Individual: \$80 Member, \$90 Non-Member

Private Business: \$120

CPR/First Aid/AED – Recertification

Private Individual: \$55 Member, \$65 Non-Member

Private Business: \$100



FIND THE CLASS FOR YOU!

Barre



Pilates

LES MILLS
BODYPUMP

Pilates

Aqua Cardio

Line Dancing

LES MILLS
CORE

LES MILLS
BODYCOMBAT



Fitness
Drumming

Yoga

Foundations
of Movement

Aqua Mix

Cycling



Extreme Abs

LES MILLS
BODYBALANCE



We offer a wide array of group exercise classes that are FREE for Y members at various times of the day throughout the week. No need to register in advance. Find the right class for you and show up ready to work out. We have classes to meet every level, every schedule and every goal.



AQUACISE GROUP FITNESS CLASSES

Water exercise is for everyone! Training in the pool is great for that everyday workout and is the perfect place to start an exercise program or for those individuals transitioning from a rehab or therapy program.

Pick up a Water Group Fitness schedule at the Welcome Center or check our group fitness schedule online or on our app!

*Proper swimwear is required and participants must shower before entering the pool.



FOUNDATIONS OF MOVEMENT

This class is specific to the population suffering from neurological disorders, such as MS, Parkinsons, RA, Fibromyalgia, etc.

The class is taught in a safe exercise environment with goals of increasing range of motion, improving strength and balance, and is great for social interaction.

The NEW TECHNOGYM Equipment is HERE – Now it's time for you to try it out!



Hop on and try a 1-on-1 training
SESSION with a virtual trainer

Challenge yourself further with
a guided ROUTINE

Go for a walk or run somewhere
new OUTDOORS around the world

Log your workouts with
the Mywellness app

NEW GROUP CYCLE

With all new bikes and an updated cycle studio we're ready to take your cycling experience to the next level! Whether you've gone to a class before or not, we hope to see you in class!

Group Cycle Schedule

Monday: 5:15-6:00 am
5:30-6:15 pm

Tuesday: 5:15-6:00 am
8:15-9:00 am
12:15-12:45 am
6:00-7:00 pm

Wednesday: 5:15-6:00 am
5:30-6:15 pm

Thursday: 5:15-6:00 am
8:15-9:00 am
12:15-12:45 am
6:00-7:00 pm

Friday: 5:15-6:00 am

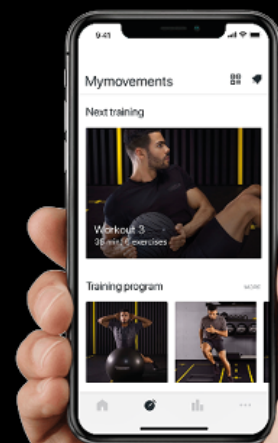


IMPROVE YOUR TRAINING EXPERIENCE

DOWNLOAD THE MYWELLNESS APP



- Access your YMCA Card
- View our Class Schedule
- Register for our Y programs via Daxko.



GREAT SUMMERS START AT THE Y!

2023 SUMMER DAY CAMP

Day Camp will be offered 11 individual weeks for Summer 2023; each week will be a different theme with unique activities each week. Day Camp provides an adventurous summer full of games, arts and crafts, swimming, weekly field trips, and fun! This program will include activities that will challenge your child to develop physically, mentally, and socially. Youth are placed into 3 age appropriate groups for daily activities (from 9 am–3 pm); Entering Grades K–1st, Grades 2nd & 3rd, and Grades 4th–6th. Some field trips will be taken together; scheduled for Thursdays. Children may arrive as early as 6 am and must be picked up between 3:00–3:30 pm, unless you have paid and are staying for After Care, which extends care until 6 pm. Day Camp meets all state-licensing requirements. (We accept DHHS Child Care Subsidy, our provider #03334361.)

For: K–6th grades (2023/2024 School Year)

Dates: May 30 – August 11, 2023 (11 weeks)

Days: Monday – Friday

Times: *6:00 am–3:30 pm (After Care 3:30–6:00 pm)

*Main programming hours are 9 am—3 pm, but care is available starting at 6 am, if needed.

Field Trips: 1 trip weekly, scheduled for Thursdays

Transportation: Bus & Walking

Fee: \$125/\$150 per week

A \$20 non-refundable deposit will be due at registration, per week, per child.

**Registration opened April 11
and all 11 weeks are FULL.**

Waiting Lists are available!



BEFORE & AFTER SCHOOL CARE THIS FALL

Y KIDS CLUB

Enrollment opens April 19, 2023 for the 2023/2024 School Year. Enrollment may max out, depending on the school, so early enrollment is best! **Enrollment Deadline is Monday, July 24, 2023.**

Y Kids Club is a state licensed Before and After School Child Care Program children 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.

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

Y Kids Club allows for irregular scheduling, each week can vary, just register for what you need. 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: Norfolk Family YMCA.

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

Program Fees	Member/Non-Member
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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

Fees are per child, per day.

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



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

MAY 2-25

JUNE 6-29

JULY 6-27

AUGUST 1-24

SEPTEMBER 5-28

OCTOBER 3-26

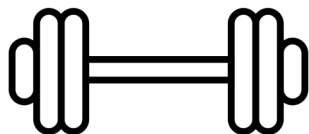
NOVEMBER 7-30

DECEMBER 5-28

Classes held Tuesdays and Thursdays

June & July sessions: 11:00 am-12:00 pm

August - May sessions: 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

WHEN SUMMER WEATHER TAKES YOU INDOORS...

JOIN US AT THE POOL!

Check our website for the current pool schedule!



PLAY IN THE ADVENTURE ZONE!

Let young imaginations run wild with the indoor playground, sensory boards, and our giant foam blocks!

For ages 7 and under, adult supervision is required!



BURN OFF ENERGY IN THE FIELD HOUSE!

Check our website for the current field schedule!

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.

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





BUILDING HOURS

Main Building Hours

June – August

Monday–Thursday: 5 am – 10 pm

Friday: 5 am – 8 pm

Saturday: 7 am – 6 pm

Sunday: 11 am – 5 pm

September – May

Monday–Thursday: 5 am – 10 pm

Friday: 5 am – 9 pm

Saturday: 7 am – 9 pm

Sunday: 11 am – 7 pm

Main Building CLOSINGS

May 29 – Memorial Day

July 4 – 4th of July

September 4 – Labor 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