



# NORFOLK FAMILY YMCA

## Winter 2024/25 Program Guide

\*Program guide is subject to change. Last update- 1/2/25

### Aquatics

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

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

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

Winter Session 1: January 5 - February 9  
Registration opens: 12/12 M, 12/13 N  
Winter Session 2: February 16 - March 30 (No class 2/23)

Registration opens: 2/3 M, 2/4 N  
Spring Session: April 6 - May 18 (No class 4/20)  
Registration opens: 3/24 M, 3/25 N

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

Winter Session 1: January 6 - February 10  
Registration opens: 12/12 M, 12/13 N  
Winter Session 2: February 24 - March 31  
Registration opens: 2/11 M, 2/12 N

Spring Session: April 7 - May 19 (No class 4/21)  
Registration opens: 3/24 M, 3/25 N

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

Winter Session 1: January 8 - February 12  
Registration opens: 12/12 M, 12/13 N  
Winter Session 2: February 26 - April 2  
Registration opens: 2/13 M, 2/14 N  
Spring Session: April 9 - May 21 (No class 4/16)  
Registration opens: 3/24 M, 3/25 N



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

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

### Winter Weather Policy

- ❄ When Norfolk schools have a 10:00am late start - Group Fitness classes begin at noon. Evening child watch only.
- ❄ When Norfolk schools cancel school - No fitness classes, child watch, youth activities (sports, Tae Kwon Do, gymnastics, swim lessons, youth fitness), adult sports, or training courses/social events.
- ❄ When Norfolk schools have early dismissal - No fitness classes, evening child watch, evening youth activities (sports, Tae Kwon Do, gymnastics, swim lessons, youth fitness), adult sports, or training courses/social events.
- ❄ Kids Club is always on a TBD basis.
- ❄ Our 24/7 side will always remain open with access to Weight Room, Wellness Floor, & Track. Field House, Gym 3/4, & Adventure Zone access will be on TBD basis, depending on staff availability.

### Youth Sports



**Level-Up 3-on-3 Soccer**  
**Mondays, February 3-24**

Boys & Girls - 8U, 10U, 12U & 14U  
Fee: \$175/team \*6-player max\*  
Registration Deadline: Jan. 22

**39th Annual NEN Basketball Tournament**  
**February 22 & 23**

Boys & Girls: Grades 4-8  
Fee: \$125/team

Team registration forms found online & turn in at the Welcome Center. REGISTER EARLY- first 100 teams are guaranteed!



**\*NEW\* LEARN TO PICKLE**  
**Pickleball Clinic**  
**February 3-5**

Grades 3-8: 5:30-6:30pm  
Fee: \$30 M / \$45 N

Registration: December 1 - January 31  
\*Clinic limited to 20 participants



**Volleyball Basics Clinic**  
**February 10-12**

Grades 1-4: 6:00-7:00pm  
Fee: \$30 M / \$45 N

Registration: December 1 - February 7  
\*Clinic limited to 30 participants

**Spring Volleyball (J)**  
**March 4 - April 10**

Practices: Tuesday, Games: Thursdays  
Grades 3-6

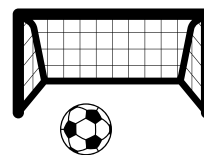
Fee: \$45 M / \$75 N  
Registration: November 15 - February 20



**Kickstarter Soccer Clinic**  
**March 10-12**

Pre-K & Kind: 5:30-6:15pm / Grades 1-4: 6:30-7:30pm  
Fee: \$30 M / \$45 N

Registration: January 2 - March 7  
\*Clinic limited to 30 participants



**Spring Soccer (J)**  
**April 8 - May 15**

Pre-K & Kindergarten: Tues- Practice/Game  
Grades 1-6: Tues- Practice, Thur- Game

Fee: \$45 M / \$75 N  
Registration: January 2 - March 20

**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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### Tae Kwon Do - T/Th

**Winter Session: January 7 - February 27**

Registration Opens: December 13

**Spring Session: March 11 - May 1**

Registration Opens: February 28

Tiny Tot: Ages 5-7

6:00-6:30pm - Fee: \$30 M / \$55 N

White/Yellow Belt: Ages 8+

6:30-7:30pm - Fee: \$55 M / \$100 N

Orange Belt & Up: Ages 8+

6:30-8:00pm - Fee: \$80 M / \$150 N



### Coed Adult 8v8 Soccer League - \$250/team

Sundays, January 5 - February 2

Registration: Nov. 18 - Dec. 29

### Adult Volleyball - Ages 18+ - \$150/team

**Coed Volleyball League**

Sundays, January 5 - February 16

Registration: Nov. 18 - Dec. 29

### Womens Volleyball League

Wednesdays, January 8 - February 26

Registration: Nov. 27 - Jan. 2

### \*NEW\* Learn to Pickle - Adult Pickleball Clinic

February 3-5, 7:00-8:00pm \$30 M / \$45 N

Registration: Dec. 1 - Jan. 31 \*Limited to 16 participants\*



## Gymnastics

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

**SPOTS FILL FAST! Registration opens at 8:00am**

**Winter Session: January 6 - February 22**

Classes announced: December 2

Registration opens: December 16

**Spring Session: March 3 - April 19**

Classes announced: February 10

Registration opens: February 24

### 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 25 & 26\*\*

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

## First Aid/CPR/AED Certification

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

December 15 - 12:30-5:00pm

January 12 - 12:30-5:00pm (Reg. opens 12/9)

February 2 - 12:30-5:00pm (Reg. opens 12/30)

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

December 15 - 11:00am-12:15pm

January 12 - 11:00am-12:15pm (Reg. opens 12/9)

February 2 - 11:00am-12:15pm (Reg. opens 12/30)

## Lifeguard Courses - Reg. Opens 1/2/25

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

March 6-9, March 20-23, April 10-13, May 1-4, May 15-18

Online prerequisite, classroom, & pool time

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

March 1, March 29, May 10, or May 28

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

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

March 18, April 1, May 6

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 7-30, February 4-27, March 4-27

April 1-24, & May 6-29

## \*NEW\* Teen Strength & Power - Ages 15-17

Learn the basics in strength training and the powerlifting sport, and weight room etiquette.

Fee: \$100 (Members Only)

**Monthly Sessions: M/W Classes - 4:00-5:00pm**

January 6-29, February 3-26, March 3-26

April 7-30, & May 5-30

### UPCOMING:

**FAMILY MOVIE NIGHT**

**Friday, February 7**

**6:00-8:00PM**

**\*FREE EVENT FOR MEMBERS\***



### SUMMER DAY CAMP 2025

Registration date will be announced early 2025.

**SPOTS FILL FAST!**

**11 Themed Camp Weeks: May 27 - August 8**

**Fee: \$140 M / \$165 N per week**