



August—December 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAUNTED FOREST RIDES

3 nights this year! October 12th, 13th & 14th
Tickets go on sale Tuesday Sept. 12th

ZOMBIE ACADEMY

Fun for the whole family!
Learn how to become a zombie!
Sept. 9th or 16th, 8:30-11:30 am

PUMPIN' IN PINK

Glam Dance Party
Special Guest this year
Miss Nebraska USA
Girls Pre-K through 6th Grade
Friday, October 6th 6:00-8:30 pm
Fee: \$10

ADULT VOLLEYBALL

Sundays! 3 Leagues available!
September 17th - November 19th
Registration Deadline: September 3rd
Fee: \$175 per team
Women's Only League! Wednesday nights!
September 13th - November 15th

NEN YOUTH BASKETBALL TOURNAMENT

Boys and Girls, 4th-8th Grade
February 10th & 11th, 2017
\$100 (10 players)
Volunteers needed—contact us!



NEW! ZOMBIE SURVIVAL RUN

Saturday, October 7th
More info to come!

MEMBER APPRECIATION DINNER

Monday, October 23rd
5:00-7:30 pm

TEEN STRENGTH & FITNESS

Boys & Girls, Ages 12-14
3 day program after school
T/W/Th, 1 hour/day
Program is offered Monthly

SENIOR STRENGTH & STRETCH

4 week program for adults 55+
lead by Certified Personal Trainers.
Begins Tuesday, September 5th

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

CHILD WATCH HOURS

Monday-Friday—8 am-1 pm
Monday-Thursday—4:15-8 pm
Saturday—8-11 am

www.norfolkymca.org
Check out all the details!

ACHIEVE SOMETHING GREATER AT THE Y

IT'S NOT JUST SPORTS, NOT TO THEM.

JR VOLLEYBALL CLINIC

This class introduces the basic skills of volleyball and is a great way to get ready for the Youth Coed Volleyball League!

Who: Boys and Girls, 3rd-8th Grade

Days: Mondays

Times: 6:30 pm—7:30 pm

Dates: September 11th—October 2nd

Fee: \$15/\$30

Registration Deadline: Sunday, September 10th

Waiting list taken September 11th; \$10 late fee applies.

ITTY BITTY SOCCER

Never too early to work on the fundamentals along with sportsmanship and team spirit!

Who: Boys and Girls, Ages 3 & 4

Days: Mondays or Tuesdays and Thursdays

Practice/Game Length: 30 minutes

Times: 5:30-7:00 pm (depending on # of registrations)

Dates: August 21st—September 28th

Coaches Meeting: Saturday, August 12th at 10 am
No evaluations. Coaches will call their players.

Fee: \$26/\$52

Registration Deadline: Thursday, August 3rd

Waiting list begins August 4th; \$10 late fee applies.

FLAG FOOTBALL (J)

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

Who: Boys and Girls, 1st-6th Grade

Days: Sundays and Mondays

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

Times: Between 12-6 pm on Sundays; between 6-8 pm on Mondays (depending on # of teams)

Dates: September 10th—October 15th

Coaches Meeting: Tuesday, September 5th at 7 pm

Fee: \$25/\$50

Evaluations: August 21st, 22nd, 23rd & 24th from 6-7 pm

Registration Deadline: Thursday, August 24th

Waiting list begins August 25th; \$10 late fee applies.

Save time/congestion at evaluations, register by August 20th

ARCHERY

Stay active outside of team sports! Equipment is provided.

When: Mondays, August 21st—October 30th

Time: 5:00—6:30 pm

Registration Deadline: Wednesday, August 16th

Waiting list taken depending on space available; \$10 fee applies

YOUTH COED VOLLEYBALL LEAGUE (J)

Bump, Set, Spike! Head coach's child plays for free!

Who: Boys and Girls, 3rd-6th Grade

Days: Tuesdays, Thursdays and Saturdays

Dates: October 17th—November 18th

Times: Weekday evenings from 5:30-7:00 pm; Saturday mornings beginning at 9:00 am.

Coach's Meeting: Saturday, October 7th at 10 am

Evaluations: September 26th or 28th from 5:30-7:00 pm

Fee: \$20/\$40

Registration Deadline: Thursday, September 28th at 7 pm

Waiting list taken Sep. 29th—Oct. 6th; \$10 late fee applies.

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, Ages 5-6th Grade

Days: Mondays or Tuesdays and Thursdays

Practice/Game Length: 45 minutes

Times: 5:30-7:45 pm (depending on # of registrations)

Dates: August 21st—September 28th

Coaches Meeting: Saturday, August 12th at 10 am
Coaches will call their players.

Fee: \$26/\$52

Evaluations: August 1st, 2nd & 3rd from 5:30-7:00 pm

Registration Deadline: Thursday, August 3rd

Waiting list begins August 4th; \$10 late fee applies.

Save time/congestion at evaluations, register by July 31st.

TENNIS LESSONS

Learn how the racquet and ball connect! Take advantage of this opportunity & enroll your child today before classes fill!

Who: Boys and Girls, Ages 4 & Up

Times:

Future Stars Saturday 9:00—9:30 am

Qualifiers Wed. 5:15—6:15 pm; Sat. 9:45—10:45 pm

Challengers Wed. 6:30—7:30 pm; Sat. 11:00—12:00 pm

Dates:

Session 1: August 23rd—October 4th August 22nd

Session 2: October 11th—November 18th October 10th

Location: All classes are held at the YMCA Tennis Center!

Private Lessons also available! Visit www.norfolkymca.org.



SPIRIT 5 ON 5 BASKETBALL

This is a semi-competitive league that plays Sunday afternoons. Games will be back to back or with a maximum one game break with qualified referees! Registration is done as a team, maximum of 12 players per roster. Roster and fee are mandatory at time of registration.

Who: Boys and Girls, 3rd—8th Grade

Games: 45 minutes long, 2 games per day, 12 - 7 pm

Game Days: Sundays, January 7th, 14th, 21st, & 28th. There will only be four game days this season.

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

Registration Deadline: Sunday, December 24th.

Waiting list begins December 25th; \$10 late fee per team.

RECREATIONAL BASKETBALL

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, 1st—6th Grade

Days: Weeknights and Saturdays

Game Length: 45 minutes

Times: Weekday evenings; Saturday mornings.

Dates: November 27th—January 27th

Coaches Meeting: Saturday, November 18th at 10 am

Registrations & Evaluations: Tuesday through Thursday, November 7th—9th from 5:30—7:00 pm in East Gym.

Fee: Members \$25, Non-Members \$50

Registration Deadline: Thursday, November 9th at 7 pm

Waiting list begins November 10th; \$10 late fee applies.

TAE KWON DO—YOUTH AND ADULT

Build confidence, self-esteem, develop discipline and strengthen the mind, body and spirit.

Who: Ages 5 & up

Tiny Tot Tae Kwon Do - Ages 5—7

White & Yellow Belt - Ages 8 & up

Orange Belt & Higher - Ages 8 & up

Adult

Class Length

30 minutes

1 hour

1 hour 30 minutes

1 hour

Times

6:00—6:30 pm

6:30—7:30 pm

6:30—8:00 pm

7:00—8:00 pm

Fee:

\$24/\$48

\$48/\$96

\$72/\$144

\$24/\$48

Days: Youth Classes are held on Tuesdays and Thursdays; Adult classes are held on Wednesdays.

Dates: Session 1 - Youth: August 22nd—October 12th

Adult: August 23rd—October 11th

Deadline: August 21st

Session 2 - Youth: October 17th—December 19th

Adult: October 18th—December 13th

Deadline: October 16th

\$10 late fee applies to all registrations after the deadline; register early before classes fill!

HAUNTED FOREST RIDES—BACK BY POPULAR DEMAND!

You don't want to miss this spooky ride! We have added an optional walking path this year...if you're brave enough to take it on!! Tickets go on sale Tuesday, September 12th. Advanced reservations only!

Dates: Thursday - Saturday, October 12th, 13, & 14th

ZOMBIE ACADEMY—You can't become a zombie over night....or can you?? Learn how to transform into a ZOMBIE!! For boys & girls, 4th - 8th grades. Parents can participant too! More info on flyer.

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, 3rd—8th Grade

Days: Mondays

Game Length: 30 minutes, 2 games per night

Times: 3—10 pm

Dates: November 6th—27th

Fee: \$25 per player (Must pay with one check)

Registration Deadline: Monday, October 23rd

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

ITTY BITTY BASKETBALL CLINIC

It's never too early to start! Work on ball handling, catching and shooting in a fun, interactive environment! Parent help with drills is greatly appreciated.

Who: Ages 4—Kindergarten

Days: Saturdays

Clinic Length: 1 hour

Times: 9—10 am

Dates: December 2nd & 9th

Fee: Members \$25, Non-Members \$50
(includes youth sized basketball)

Registration Deadline: Wednesday, November 15th

Waiting list begins November 16th; \$10 late fee applies.

Late registrants are not guaranteed a ball at the clinic, please be prepared to bring a ball if registering late.



SWIM LESSONS STUFF HERE!

See website for more program details—www.norfolkymca.org

SWIM LESSONS

We offer lessons year round! To be sure your child is placed into the correct lesson a placement night will be necessary before their first lesson if they are 3 or older. Once placement night is completed, payment will be applied to the first lesson. No refunds are given for missed placement nights without prior notification. To be sure everyone is signing up for the correct lesson; on-line registration is **unavailable**. **Fee: \$28/\$56**

Placement Nights Available	Tuesday/Thursday lessons from 5:30–7:30 pm	Sunday Lessons from 3:30–5:30 pm
	Tuesday, August 8th	Sunday, October 22nd
	Thursday, September 21st	
	Thursday, October 26th	

Swim Lesson Sessions Available	Sessions	Tuesday/Thursday Dates	Sunday Dates
	1	August 22nd—September 14th	August 20th—October 15th
	2	September 26th—October 19th	October 29th—December 17th
	3	November 2nd—November 30th	

PARENT CHILD ENRICHMENT

Promotes a love and respect for water. Familiarize them with the environment with you by their side before they begin swim lessons on their own!

For: Ages 6 months—3 years

Tuesday/Thursday	Sundays
1, 2, 3—5:30–6:00 pm	1, 2—3:30–4:00 pm

BEGINNER I

Must complete with no flotation devices to pass: swim on front and back 5 yards, and submerge head completely under water.

For: Ages 3–6

Tuesday/Thursday	Sundays
1, 2, 3—5:30–6:00 pm	1, 2—3:30–4:00 pm
1, 2, 3—6:05–6:35 pm	1, 2—4:05–4:35 pm
1, 2, 3—6:40–7:10 pm	1, 2—4:40–5:10 pm

BEGINNER II

Must complete with no flotation devices to pass: swim on front and back 15 yards, and swim on side 5 yards.

For: Ages 3–6

Tuesday/Thursday	Sundays
1, 2, 3—5:30–6:00 pm	1, 2—3:30–4:00 pm
1, 2, 3—6:05–6:35 pm	1, 2—4:05–4:35 pm
1, 2, 3—6:40–7:10 pm	1, 2—4:40–5:10 pm

BEGINNER III

Must complete with no flotation devices to pass: front alternating paddle 15 yards, front symmetrical paddle 10 yards, swim on side 15 yards, back alternating paddle 15 yards, back symmetrical paddle 10 yards, tread water 25 seconds, bob 10 times and take a breath each time, jump into deep water swim up 5–7 feet and jump off diving board and swim to side with no assistance.

For: Ages 3–6

Tuesday/Thursday	Sundays
1, 2, 3—5:30–6:00 pm	1, 2—3:30–4:00 pm
1, 2, 3—6:05–6:35 pm	1, 2—4:05–4:35 pm
1, 2, 3—6:40–7:10 pm	1, 2—4:40–5:10 pm

NOVICE I

Must complete with no flotation devices to pass: swim on front and back 15 yards, and swim on side 5 yards.

For: Ages 3–6

Tuesday/Thursday	Sundays
1, 2, 3—5:30–6:00 pm	1, 2—3:30–4:00 pm
1, 2, 3—6:05–6:35 pm	1, 2—4:05–4:35 pm
1, 2, 3—6:40–7:10 pm	1, 2—4:40–5:10 pm

NOVICE II

Must complete with no flotation devices to pass: front alternating paddle 15 yards, front symmetrical paddle 10 yards, swim on side 15 yards, back alternating paddle 15 yards, back symmetrical paddle 10 yards, tread water 25 seconds, bob 10 times and take a breath each time, jump into deep water swim up 5–7 feet, and jump off diving board and swim to side with no assistance.

For: Ages 7 & Up

Tuesday/Thursday	Sundays
1, 2, 3—5:30–6:00 pm	1, 2—3:30–4:00 pm
1, 2, 3—6:05–6:35 pm	1, 2—4:05–4:35 pm
1, 2, 3—6:40–7:10 pm	1, 2—4:40–5:10 pm

INTERMEDIATE I

Must complete the following skills with no flotation devices to pass: front alternating paddle 25 yards, front symmetrical paddle 15 yards, swim on side 25 yards, back alternating paddle 25 yards, back symmetrical paddle 15 yards, front and back float 1 minute, surface glide, and head first surface dive.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3—6:00-6:40 pm

1, 2, 3—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

INTERMEDIATE II

Must complete the following skills with no flotation devices to pass: free style swim 50 yards, breast stroke 50 yards, side stroke 25 yards (each side), back crawl 50 yards, elementary back stroke 25 yards, tread water 2 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3—6:00-6:40 pm

1, 2, 3—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

INTERMEDIATE III

Must complete the following skills with no flotation devices to pass: free style swim 75 yards, breast stroke 75 yards, side stroke 50 yards (each side), back crawl 75 yards, elementary back stroke 50 yards, tread water 3 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3—6:00-6:40 pm

1, 2, 3—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

ADVANCED I

Must complete the following skills with no flotation devices to pass: free style swim 100 yards, breast stroke 100 yards, side stroke 100 yards (each side), back crawl 100 yards, elementary back stroke 100 yards, tread water 5 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3—6:00-6:40 pm

1, 2, 3—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

ADVANCED II

Must complete the following skills with no flotation devices to pass: free style swim 150 yards, breast stroke 150 yards, side stroke 150 yards (each side), back crawl 150 yards, elementary back stroke 150 yards, tread water 6 minutes, standing dives.

For: Ages 7 & Up

Tuesday/Thursday

1, 2, 3—6:00-6:40 pm

1, 2, 3—6:50-7:30 pm

Sundays

1, 2—4:00-4:40 pm

PRIVATE SWIM LESSONS

For: All ages

1 Lesson—\$20/\$40

6 Lessons—\$80/\$160

JOIN THE NORFOLK FAMILY YMCA 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 Skyler 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 5 & Up

Dates: September-July

of swimmers in same family

- 1 Swimmer
- 2 Swimmers
- 3 Swimmers
- 4 Swimmers

Fee

\$296

\$567

\$838

\$1,109



FLIP FOR A GOOD TIME!

GYMNASTICS

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. Please call Kelci at 402-379-2633 or email at gymnastics@norfolkymca.org with questions.

Fall Session I: August 28th - October 21st

Fall Session II: October 30th - December 15th

Registration Opens: August 21st

Registration Opens: October 23rd

**Currently enrolled students may register the last week of classes.

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:** \$35/\$70

#PC01 Mon—6:15-6:45 pm #PC02 Tue—4:30-5:00 pm
#PC043 Sat—10:45-11:15 am

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:** \$35/\$70

#TT01 Mon—4:15-4:45 pm #TT02 Mon—5:00-5:30 pm
#TT03 Tue—4:00-4:30 pm #TT04 Tue—5:15-5:45 pm
#TT05 Tues—6:00-6:30 #TT06 Wed—5:15-5:45 pm
#TT07 Wed—5:45-6:15 pm #TT08 Thu—6:30-7:00 pm
#TT09 Thu—5:00-5:30 pm #TT10 Fri—5:30-6:00
#TT11 Sat—9:30-10:00 am

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:** \$40/\$80

#JB01 Mon—4:45-5:30 pm #JB02 Mon—5:30-6:15 pm
#JB03 Mon—6:30-7:15 pm #JB04 Tue—5:45-6:30 pm
#JB05 Wed—4:30-5:15 pm #JB06 Wed—5:30-6:15 pm
#JB07 Wed—6:15-7:00 pm #JB08 Thu—4:15-5:00 pm
#JB09 Fri—6:00-6:45 pm #JB10 Sat—10:00-10:45 am

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 & Up **Fee:** \$44/\$88

#BG01 Mon—5:30-6:30 pm #BG02 Mon—6:45-7:45 pm
#BG03 Tue—5:00-6:00 pm #BG04 Tue—4:15-5:15 pm
#BG05 Tue—6:30-7:30 pm #BG06 Wed—4:30-5:30 pm
#BG07 Wed—6:15-7:15 pm #BG08 Thu—5:30-6:30 pm
#BG09 Fri—4:30-5:30 pm #BG10 Sat—11:15-12:15 am

BOYS BEGINNER OR BOYS ADVANCED

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

For: Ages 6 & Up

Beginner Fee: \$44/\$88 **Advanced Fee:** \$58/\$116

#BB01—Advanced Mon—6:00-7:30 pm
#BB02—Beginner Thu—6:30-7:30 pm

TEEN TUMBLING

For those wanting to advance their dance or cheer routines! Does not include training on bars, beam or vault.

For: Ages 12 & Up **Fee:** \$44/\$88

#TU02 Wed—4:00-5:00 pm

PRE-TEAM

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

For: Invitation Only **Fee:** \$58/\$116

#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 Open 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 Kelci if you have any questions about our competition team!

For: Invitation Only

PRIVATE LESSONS

For: All Ages

1—30 minute lesson—\$15/\$30
6—30 minute lessons—\$80/\$160
1—60 minute lesson—\$30/\$60
6—60 minute lessons—\$120/\$240

OPEN GYM

For: Ages 3 & Up **Fee:** \$7/child
Wed—3:00-4:00 pm

NOTE: Special Group Classes

(Dance or Cheer Team/Groups) can be created per request. Contact Kelci to set up a class.



PARTY WITH US!

BIRTHDAY PARTIES

Have a 2 hour hassle free birthday party with a host and no clean up! Birthday child receives a YMCA cinch bag! Prices include 10 guests (includes birthday child), \$3 each additional child. Dates fill up quickly so book with the Welcome Center asap we encourage 2 week notice!

All parties are two hours in length and include 30 minutes for cake and opening presents—the best part!

Parties and Prices Available	Party Fee
Splash or Game Mania	\$85/\$125
Gymnastics or Princess	\$110/\$150
Super Hero	\$95/\$135
Bounce House, Laser Tag	\$135/\$175
No Host*	\$62/\$102

*No host includes: 2 hour room reservation and access to the swimming pool, gymnasiums, racquetball courts, and game room—as schedules allow. This option is not supplied with supervision, decorations, party supplies, or cleanup.

SCHOOL IS COOL AT THE Y!

PRESCHOOL—Ages 3-5

Our great facility allows us to swim, bake, and tours on the bus! We offer 3 classes licensed by the State of Nebraska. We heighten math, science and language skills through hands on experiences. We prepare each child for lifelong healthy, social, emotional, physical, and academic success. We receive many compliments from kindergarten teachers that the students are right where they should be when beginning their scholastic years! We have a 10:1 student/teacher ratio so, register today!

Friends 'N Fun

Must be 3 by August 15th and potty trained.
T/Th 8:45-11:15 am **Fee: \$57/\$77 per month**

SuperTots

Must be 4 by October 15th and potty trained.
M/W/F 8:30-11:30 am **Fee: \$88/\$108 per month**
M—F 12:30-3:30 pm **Fee: \$131/\$151 per month**

Child Watch is available for working parents if preschoolers need dropped off early or picked up later than school hours.

Stay and Play Care — Afternoon Class Only

Supervised by the SuperTots teachers and offered when preschool ends until 5:30 pm, in the SuperTots room. The gym is utilized as well as outside. **Fee: \$3/\$5 per day**

Preschool water enrichment is immediately after all preschool classes! Get preschool and swimming lessons done in one trip! Details available at Preschool Orientation.

See website for more program details—www.norfolkymca.org

LASER TAG

We take drop-ins and registrations for youth groups, reunions, team parties, post proms, birthday parties and more! Private Parties are 1 hour long. Contact Cassie for bookings at partywithus@norfolkymca.org.

Open Laser Tag	October 4th–March 28th	\$5/\$10
Private Parties	Booked at 5 pm or 8 pm on Fridays	\$85
	As schedule allows	\$105

LEARN THE RIGHT WAY

TEEN STRENGTH AND FITNESS

It's very important that your teen knows the proper way to lift while they are still developing to prevent injuries, etc.! Encouraged for all teens, but required for those ages 12-14 who want to workout upstairs in the Exercise Center.

Fee: \$32—Members Only

Sessions	Times
September 5th, 6th & 7th	3:45 pm–4:45 pm
October 3rd, 4th & 5th	3:45 pm–4:45 pm
November 7th, 8th & 9th	3:45 pm–4:45 pm
December 5th, 6th & 7th	3:45 pm–4:45 pm

BEFORE/AFTER SCHOOL CARE!

Y KIDS CLUB

A state licensed Before and After School Child Care Program 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.

If your child goes to a school that is not listed above, they may be able to participate in After Care at one of the above schools (transportation not provided/same fees apply).

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

Program Fees (per day, per child)

Before Care (6-8 am)	\$3.75/\$5.75
After Care (3:15-6 pm)	\$7.00/\$11.00
2:00 Dismissal (until 6 pm)	\$10.75/\$15.75
11:30 Dismissal (until 6 pm)	\$17.00/\$23.00
All Day Care (6 am-6 pm)	\$28.00/\$38.00

Contact Shayla, the Director at ShaylaL@norfolkymca.org.

Join Summer Day Camp when school is out! Register in April.

CERTIFICATION CLASSES!

CPR/First Aid/AED – Full classes

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.

Sunday, September 10th: 12–5 pm

Sunday, October 15th: 12–5 pm

Sunday, November 12th: 12–5 pm

Sunday, December 10th: 12–5 pm

Please check our website for updated information.

CPR/First Aid/AED – Challenge course

Contact Skyler the Aquatics Director for more information. A short review, followed by a written test and a skills test on the manikins will be performed for the Challenge Course.

THANK YOU TO OUR PROGRAM GUIDE SPONSORS!

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\$250/year—also includes 1 month on the marquee!
Contact our Marketing Director for more information!
Advertise on our electronic marquee, pricing is as follows:

1 Month at \$150

\$25 for any advertising changes after initial setup

3 Months at \$125/month

\$25 for any advertising changes after initial setup

6 Months at \$100/month

\$25 for any advertising changes after initial setup—
Receive 1 free change

12 Months at \$83/month

\$25 for any advertising changes after initial setup—
Receive 3 free changes

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