



NORFOLK FAMILY YMCA

Fall 2024 Program Guide

*Program guide is subject to change. Last update- 7/18/24

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

Fall Session 1: September 8 - October 13

Registration opens: 8/15 M, 8/16 N

Fall Session 2: October 27 - December 8 (No lessons 12/1)

Registration opens: 10/14 M, 10/15 N

Monday Evenings- 5:30 or 6:05pm

Fall Session 1: September 9 - October 14

Registration opens: 8/15 M, 8/16 N

Fall Session 2: October 28 - December 9 (No lessons 12/2)

Registration opens: 10/15 M, 10/16 N

Wednesday Evenings- 5:30 or 6:05pm

Fall Session 1: September 11 - October 16

Registration opens: 8/15 M, 8/16 N

Fall Session 2: October 30 - December 11 (No lessons 11/27)

Registration opens: 10/17 M, 10/18 N

Private Lessons-\$100 M / \$160 N

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

Session times are scheduled between instructor and participants.



Gymnastics

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

SPOTS FILL FAST! Registration opens at 8:00am

Fall Session 1: August 26 - October 10

Classes announced: August 5

Registration opens: August 19

Fall Session 2: October 21 - December 5

Classes announced: September 30

Registration opens: October 14



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. A liability waiver will need to be signed prior to playing.

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

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

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

Youth Sports

Soccer (J)

August 20 - September 26

Grades Pre-K & Kindergarten: Tuesdays

Grades 1-6: Practices- Tuesdays, Games- Thursdays

Fee: \$40 M / \$65 N

Registration Deadline: August 8



Flag Football (J)

August 27 - October 13

Practices: T/Th, Games: Sundays

Grades 1-6

Fee: \$40 M / \$65 N

Registration Deadline: August 8



NEW Volleyball Basics Clinic

September 30 - October 2

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

Fee: \$30 M / \$45 N

Registration deadline: Sept. 29

*Clinic limited to 30 participants



Volleyball (J)

October 8 - November 14

Practices: Tuesday, Games: Thursdays

Grades 3-6

Fee: \$40 M / \$65 N

Registration Deadline: September 26

Spirit 3-on-3 Basketball League

Mondays, November 4-25

Grades 4-8

Fee: \$35/player

Team Registration: Sept. 1 - Oct. 21



Jumpstarter Basketball Clinic

November 5-7

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

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

Fee: \$30 M / \$45 N

Registration deadline: November 4

*Clinics are limited to 30 in each session



Rec Basketball (J)

December 2 - January 25

Grades Pre-K & K: Practice & Game- Saturday

Grades 1-6: Practices- Weeknights / Games- Saturday

Fee: \$45 M / \$75 N

Registration: September 1 - November 14

**HAVE A QUESTION?
402.371.9770**



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Tae Kwon Do - T/Th

Session 1: August 13 - October 3

Session 2: October 15 - December 12

Registration Opens: October 4

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



First Aid/CPR/AED Certification

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

July 30 - 5:30-10:00pm

August 11 - 12:30-5:00pm (Reg. opens 7/8)

September 22 - 12:30-5:00pm (Reg. opens 8/19)

October 20 - 12:30-5:00pm (Reg. opens 9/16)

November 10 - 12:30-5:00pm (Reg. opens 10/7)

December 15 - 12:30-5:00pm (Reg. 11/11)

Recertification: \$50 M / \$60 N

July 25 - 5:30-6:30pm

August 11 - 11:00am-12:00pm (Reg. opens 7/8)

September 22 - 11:00am-12:00pm (Reg. opens 8/19)

October 20 - 11:00am-12:00pm (Reg. opens 9/16)

November 10 - 11:00am-12:00pm (Reg. opens 10/7)

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



NEW 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

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

August 6-29, 4:00-5:00pm

September 3-26, 4:00-5:00pm

October 1-24, 4:00-5:00pm

October 29-November 21, 4:00-5:00pm

December 3-31, 4:00-5:00pm



Scan to visit our website:

Find more program information, register for programs, see current membership rates and categories, or view our hours of operation.

Adult Volleyball - Ages 18+

\$150/team

Coed Volleyball League

Sundays, September 29 - November 10

Registration Deadline: September 22

Womens Volleyball League

Wednesdays, October 2 - November 20

Registration Deadline: September 25



Y Kids Club - 2024/25 School Year

Before & After School Child Care - Grades K-4

Participating NPS schools: Bel Air, Jefferson, Montessori at Lincoln, Westside (After Care only) & Woodland Park

Enrollment forms found online or at the Welcome Center

FALL EVENTS

MEMBER APPRECIATION DINNER

Monday, October 21 5:00-7:00pm

Gyms 3/4 & Field House

FREE FOR MEMBERS!

Bring your family & friends and join us for dinner and inflatables!

PUMPKIN PLUNGE

Saturday, October 26 9:00am-12:00pm

We're bringing the pumpkin patch to the pool! Kids hop in to find the perfect pumpkin, then hangout and decorate!

Choose a 1-hour slot for you and your family: 9:00, 10:00, or 11:00am (Each limited to 40 kids)

Registration opens September 30 at 8:00am

FREE for Members, \$10 for Non-members

MONTHLY LUNCH SOCIALS

Watch for flyers for dates & more information.

NUTRITION MEAL PREP WORKSHOPS

Offered twice a month. Watch for the themed monthly flyer for more info.

PARTY WITH US AT THE Y!

Let us make your party a hit!

Choose from a Splash Party, Gym Mania Party, Field House Mania Party, or a Gymnastics Party!



Visit our website for more info:

www.norfolkymca.org/parties-rentals