

WHAT ARE WE?

The **ONLY** indoor field turf facility in the **City of Norfolk**

8,000 square feet
(40 yards long x 25 yards wide)

Custom netting CAN create multiple spaces

4 batting cages for baseball & softball

2 bathrooms + water fountains

WHERE ARE WE?

In the **HEART** of GHENT!

202 W 22 ST. NORFOLK

SAME LOCATION AS SOME OF YOUR GHENT FAVORITES!

O'Connors, 80/20 Burger, The Veil, Baker's Crust, One Life, Redwood BBQ, Doumar's, Taste, Public House, No Frill, Cogans Pizza, Peck N Pour, Mr. Shawarma, Island Krave, Kelly's Tavern, Pendulum, Toast, O's Donuts, Handsome Biscuit

FOR WHO?

ANYONE!

Coaches, trainers, teachers, or anyone that needs space for their event! **Perfect for:**

**SOCCER
BASEBALL
SOFTBALL
FOOTBALL
LACROSSE
FIELD HOCKEY
GROUP FITNESS
YOUTH EVENTS
BIRTHDAY PARTIES**

RENT OUR FACILITY FOR YOUR PROGRAMS

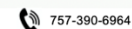
CLICK – PAY – PLAY

THE SIMPLEST FACILITY RENTAL PROCESS, RIGHT FROM YOUR PHONE! NORFOLKINDOORSPORTS.COM
OR TRY OUR UNIQUE CUSTOMER SERVICE PLATFORM WHERE IF YOU CALL...WE ANSWER © 757-390-6964
RENTAL RATES AS LOW AS \$50 / HOUR



NORFOLK INDOOR

NORFOLKINDOORSPORTS.COM



NORFOLKINDOOR.COM

norfolkindoorsports@gmail.com

757-390-6964

PLEASE READ FOR MARCH 1, 2021 – DEC 31, 2021

March 1, 2021 is our 1 year anniversary. March 2020 – Feb 2021, we wanted to offer a promotional rate that connected us to as many clients as possible, especially opening a brand new business during a pandemic. We will now shift to our original planned rates (90/50) starting March 1, 2021. Good news, **we still offer the lowest rate in the 757**, and we will **continue to offer our \$50 / hour rate!** (we we know people love!) All specific details & changes (improvements) below!

March 1, 2021 Rates

Full facility fee: \$90 per hour

Full facility fee: 12am - 4pm (M-F) \$75 per hour

Half facility fee: \$50 per hour - we wanted to keep a \$50 / hour rate for all of our customers who started with us!

[Click Here](#) to Book, Review Rates, See All Facility Specifications

1 hour = 55 minutes (to improve group transitions) - this was an overwhelming suggestion by YOU the customer!
In an effort to make ALL trainings on time, organized & most importantly safe - we will make clear start & finish times for all groups. You will be given 15, 10, & 5 minute warnings during your session. There will be a 5 minute transition time to get your group off the field, to start the next group on time (on the hour). The next group will not enter the facility until 5 minutes before the hour / their session start.

Example:

6pm - 7pm Session. That session starts at **6:00pm sharp**
Please do not enter the facility until **5:55 pm**
Practice / session ends at **6:55pm**
15, 10, 5 minute warnings will be given to your group
Next training session / group does NOT enter the facility until **6:55pm**
→ Next training session starts at **7:00pm sharp**

Birthday Party

\$100 per hour. We can set up "themes" of: Nerf War, soccer, flag football, dodgeball, batting cages. We have tables, chairs, bathrooms, audio for music. All at NO EXTRA CHARGE. \$100 flat rate to create whatever party you want. Roughly half the cost of other facilities.

Batting cages

\$25 per hour. Follows the personal training rate & conditions. Can ONLY be booked 48 hours in advance, when half the facility is booked, OR - simply rent half the facility for \$50 / hour

REMINDER: WE ARE NEVER CLOSED. IF THE CALENDAR IS BLANK / AVAILABLE: WE ARE **OPEN TO RENT**.

July 2021						
◀ Jun 2021					Aug 2021 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 QB Training: 2pm - 3:15pm OTL: 3:15pm - 4:30pm	28 Youth Football Camp 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	29 Youth Football Camp 4pm: Soccer 1 v 1 5:30pm: Speed School 6:30pm: Flag Football Skills 7:30pm: Pick Up Soccer	30 Youth Football Camp 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	1 Youth Football Camp 4pm: Soccer 1 v 1 5:30pm: Speed School 6:30pm: Flag Football Skills 6:30pm: OL / DL Training 7:30pm: Pick Up Soccer	2	3
4 INDEPENDENCE DAY NO TRAINING	5 Soccer Camp: 8am - 12pm 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	6 Soccer Camp: 8am - 12pm 5:30pm: Speed School 6:30pm: Flag Football Skills 7:30pm: Pick Up Soccer	7 Soccer Camp: 8am - 12pm 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	8 Soccer Camp: 8am - 12pm 5:30pm: Speed School 6:30pm: Flag Football Skills 6:30pm: OL / DL Training 7:30pm: Pick Up Soccer	9	10 9:15am - 10:30: Amazing Athletes
11 QB Training: 2pm - 3:15pm OTL: 3:15pm - 4:30pm	12 Lacrosse Camp 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	13 Lacrosse Camp 5:30pm: Speed School 6:30pm: Flag Football Skills 7:30pm: Pick Up Soccer	14 Lacrosse Camp 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	15 Lacrosse Camp 5:30pm: Speed School 6:30pm: Flag Football Skills 6:30pm: OL / DL Training 7:30pm: Pick Up Soccer	16	17 9:15am - 10:30: Amazing Athletes
18 QB Training: 2pm - 3:15pm OTL: 3:15pm - 4:30pm	19 Youth Football Camp 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer	20 Youth Football Camp 5:30pm: Speed School 6:30pm: Flag Football Skills 7:30pm: Pick Up Soccer	21 Youth Football Camp 9am: Football Speed & Skills 5:30 - 6:30: Speed School 6:30pm - 8pm: Smithsonain Soccer	22 Youth Football Camp 5:30pm: Speed School 6:30pm: Flag Football Skills 6:30pm: OL / DL Training 7:30pm: Pick Up Soccer	23	24 9:15am - 10:30: Amazing Athletes
25 QB Training: 2pm - 3:15pm OTL: 3:15pm - 4:30pm	26 9am: Football Speed & Skills 5:30pm: Speed School 6:30pm - 8pm: Smithsonain Soccer Currituck: 6pm - 8pm	27 5:30pm: Speed School 6:30pm: Flag Football Skills 7:30pm: Pick Up Soccer Currituck: 6pm - 8pm	28 9am: Football Speed & Skills 5:30 - 6:30: Speed School 6:30pm - 8pm: Smithsonain Soccer Currituck: 6pm - 8pm	29 5:30pm: Speed School 6:30pm: Flag Football Skills 6:30pm: OL / DL Training 7:30pm: Pick Up Soccer	30	31 9:15am - 10:30: Amazing Athletes

<div> <div>◀ Jul 2021</div> <div>August 2021</div> <div>Sep 2021 ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Skills Training in August re-start in September	3	4	5	6	7 9:15am - 10:30: Amazing Athletes
8	9 NIST Soccer Camp: 8am - 12pm	10 NIST Soccer Camp: 8am - 12pm	11 NIST Soccer Camp: 8am - 12pm	12 NIST Soccer Camp: 8am - 12pm	13 NIST Soccer Camp: 8am - 12pm	14 9:15am - 10:30: Amazing Athletes
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2021						
◀ Aug 2021					Oct 2021 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

<div> <div>◀ Sep 2021</div> <div>October 2021</div> <div>Nov 2021 ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
◀ Oct 2021						Dec 2021 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021						
◀ Nov 2021						Jan 2022 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	