



# BEAR-GLASGOW FAMILY YMCA FALL 2018 PROGRAM SCHEDULE

## PROGRAM SESSION DATES:

**FALL 1:** September 4 - October 28

Full Member Registration Begins: August 13

Program Member Registration Begins: August 20

**FALL 2:** October 29 - December 23

Full Member Registration Begins: October 15

Program Member Registration Begins: October 22



# INFORMATION CENTER

## FACILITY HOURS

Monday - Friday: 5 a.m. - 10 p.m.  
Saturday: 6 a.m. - 8 p.m.  
Sunday: 8 a.m. - 8 p.m.

## KIDS ZONE HOURS

(Drop-off babysitting for children ages 6 weeks - 12 years)

### Monday - Thursday:

8 a.m. - 1 p.m. / 4 - 8:30 p.m.

**Friday:** 8 a.m. - 1 p.m. / 4 p.m. - 7:30 p.m.

**Saturday:** 8 a.m. - 3 p.m.

**Sunday:** 9 a.m. - 2:30 p.m.

\* Hours may vary on holidays and between session breaks. Service is available and free to full members and their dependent children. Members will receive two hours of care per day while using the facility. Children will be cared for by qualified, trained staff in a fun, caring and supportive environment.

## YOUTH WELLNESS CENTER

(AGES: 7 - 13 years)

Monday - Thursday: 4 p.m. - 8:30 p.m.

Friday: 4 - 7:30 p.m.

(Parent(s) are welcome to join their child each Friday night!)

Saturday: 9 a.m. - 3 p.m.

Sunday : 9 a.m. - Noon

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Program Member Registration: October 22

## PROGRAM REGISTRATION

### WEB REGISTRATION:

Full Members may begin to register at 6 a.m. on the first day of program registration at [www.ymcade.org](http://www.ymcade.org).

### REGISTER IN PERSON OR BY PHONE:

Stop by our branch or give us a call and we will be happy to assist you with program registration.

## FINANCIAL ASSISTANCE IS AVAILABLE

We believe that everyone in our community should have the opportunity to benefit from YMCA programs and services. Our Open Doors Financial Assistance Program is central to our mission. This program offers a fee-based scale to fit the financial situations of individuals in our community. For more information or to apply, contact the nearest YMCA branch to request an Open Doors financial assistance application, or download it at [www.ymcade.org](http://www.ymcade.org).

## HOLIDAY SCHEDULE & IMPORTANT DATES

**NOVEMBER 22** (Thanksgiving): CLOSED

**DECEMBER 24** (Christmas Eve): CLOSE 2 p.m.

**DECEMBER 25** (Christmas Day): CLOSED

**DECEMBER 31** (New Year's Eve): CLOSE 5 p.m.

**JANUARY 1** (New Year's Day) 10 a.m. - 2 p.m.

# AROUND THE Y

There's always something happening at the Bear-Glasgow Family YMCA. Our calendar is a great way for you to stay up-to-date. Be sure to check our website frequently for our most current calendar and list of events. Visit [www.ymcade.org/bear-glasgow](http://www.ymcade.org/bear-glasgow).

### TEEN NIGHTS:

**GRADES:** 6 - 12

Are your teens constantly looking for something to do on a Saturday night? Bring them to the Y! On the second Saturday of each month, the Bear-Glasgow YMCA will transform into a hangout spot for teens. Under staff supervision, teens will play basketball, take a dip in the pool, get in a workout, do some homework, or just kick back and unwind in the lobby. Preregistration is recommended as space is limited. A parental waiver is required.

### DATES/TIME:

7:30 - 10 p.m. on the 2nd Saturday of each month (10/13, 11/10, 12/8, 1/12, 2/9, 3/9 and 4/13)

**FEE:** Full Members: \$5

Non-members: \$10

### KIDS AND PARENTS NIGHT OUT

**AGES:** 6 weeks - 12 years

Once a month, enjoy an evening out while your kids spend time at the Y. Children will enjoy fun activities, while being supervised by our trained staff. Dinner is provided. To sign up, please visit the Member Services desk to complete a program packet.

**DATE/TIME:** 4:30 - 7:30 p.m.

Saturday, September, 29th

Saturday, October 20th

Saturday, November, 10th

Saturday, December 29th

**FEE:** Full Members \$10 per child, \$5 for each additional child in your family. Limited space available, register early.

### OUTDOOR FAMILY MOVIE NIGHTS

**AGES:** Families with children of any age  
Join us for a FREE, fun outdoor movie experience. For a schedule of movies, please visit the Member Services Desk.

**DATE & TIME:** September - November; Movie begins at sunset

### BACK TO SCHOOL NIGHT

Join us for an evening filled with back-to-school fun including a moon bounce, obstacle course, healthy snacks, crafts and games. This event is open to all YMCA members and Before and After School families.

### DAY & TIME:

Thursday, September 13,

6:30 - 8 p.m.

**FEE:** Included in your full membership

### SCHOLASTIC BOOK FAIR

Love books? Visit the scholastic book fair which is returning this fall. All proceeds and donations support our Before and After School Care and Kids Zone.

**DATES:** September 7-14

**LOCATION:** Lobby

### 5K FALL FAMILY FESTIVAL

We are excited to partner with AARP for this year's 5K Fall Family Festival. Come dressed in your Halloween costume! This event will be held at Glasgow Park and will include music, games, a costume contest and a 5K walk or run. This event is for all members and non-members. The festival and kiddie K are free, but registration is required for the 5K. Visit the Member Service Desk for details.

**DAY/TIME:** Saturday, October 27

9:30 a.m.: Race Registration

10:30 a.m.: Kiddie K Start

11:00 a.m.: 5K Start (Post Race Awards after 5K)

11:30 a.m. - 2:30 p.m.: Festival

**LOCATION:** Glasgow Park - near the tennis courts

### PARENTS DROP & SHOP

**AGES:** 6 weeks - 12 years

Let the Y help you get your holiday shopping done! Children will enjoy fun YMCA activities while being supervised by our trained staff. Dinner is provided. To sign up, please complete a program packet which can be picked up at the Member Services Desk.

**DATE/TIME:** 4:30 - 7:30 p.m.

Sunday, November 18th

Sunday, December 2nd

Sunday, December 16th

**FEE:** Included in your full membership! Limited space available, register early.

### COOKIES & CRAFTS WITH SANTA

Join us for some holiday fun as we will make ornaments, eat Christmas cookies, and listen to Santa read a story.

### DATE & TIME:

December 13, 5 - 7 p.m.

**LOCATION:** Lobby

**FEE:** Included in your full membership



### TEXT ALERTS

To receive text messages when the building is closed, classes are canceled, or for important information, text any or all of the following shortcodes to 81010.

@bgyalerts: General

@bgyfit: Fitness

@bgycamp: Daycamp

@bgygroupex: Group Exercise

@bgycare: Child Care

@bgyssport: Sports

@bgysswim: Aquatics

### LET'S CONNECT!



(302) 836-9622

[www.ymcade.org](http://www.ymcade.org)



# YOUTH PROGRAMMING

CHILD CARE				
Before School Care (Christina and Colonial District)	Grades K - 6	Monday - Friday, 7 a.m to start of school	2018-19 school year	Member: \$230 Program Member: \$300
After School Care (Christina/ Colonial and Newark Charter)	Grades K - 6	Monday - Friday, end of school to 6 p.m.	2018-19 school year	Member: \$305 Program Member: \$395
After School Care (Christina/ Colonial and Newark Charter)	Grades K - 6	Monday - Friday, 7 a.m to start of school & end of school to 6 p.m.	2018-19 school year	Member: \$385 Program Member: \$470
Vacation Program (Before and/or After School Care Participants)	Grades K - 6	Scheduled School Days Off	2018-19 school year	Member: \$40 Program Member: \$55

DISTRICT	BEFORE AND AFTER SCHOOL LOCATIONS	POC SITE ID	Delaware Stars Level
Colonial School District	Carrie Downie Elementary	1710387200	Level 5
	Castle Hills Elementary	1710420600	Not Enrolled
	CEEP	Call YMCA for #	Not Enrolled
	New Castle Elementary	1710451100	Not Enrolled
	Pleasantville Elementary	1710367100	Level 5
	Southern Elementary	1710236800	Level 5
	Wilbur Elementary	1710388000	Level 4
Christina School District	Wilmington Manor	1710387300	Level 5
	CMS Honors Academy	Not Available	Not Enrolled
	Jones Elementary	1710179400	Not Enrolled
	Keene Elementary	1710236900	Level 4
	Leasure Elementary	1710129100	Level 4
	Marshall Elementary	1710129300	Level 5
	McVey Elementary	1710129200	Level 5
Newark Charter (Charter provides transportation to the Bear-Glasgow YMCA)	Oberle Elementary	Call YMCA for #	Not Enrolled
	Newark Charter	1710409500	Not Enrolled

DANCE				
Creative Dance	3 - 4 years	Thursday, 10 - 10:45 a.m.	Fall 1 and 2	Member: \$59 Program Member: \$75
Creative Dance	3 - 4 years	Saturday, 8:30 - 9:15 a.m.	Fall 1 and 2	Member: \$59 Program Member: \$75
Pre-Ballet	4 - 5 years	Monday, 5:45 - 6:30 p.m.	Fall 1 and 2	Member: \$59 Program Member: \$75
Pre-Ballet	4 - 5 years	Saturday, 9:15 - 10 a.m.	Fall 1 and 2	Member: \$59 Program Member: \$75
Ballet I	6 - 12 years	Saturday, 10 - 11a.m.	Fall 1 and 2	Member: \$59 Program Member: \$75
Tap	6 - 12 years	Monday, 5 - 5:45 p.m.	Fall 1 and 2	Member: \$59 Program Member: \$75

KARATE				
Little Tigers Karate Program	4 - 7 years	Monday, 6 - 6:45 p.m.	Fall 1 and 2	Member: \$103 Program Member: \$125
Kenpo Karate For Kids	8 - 12 years	Monday, 7 - 7:45 p.m.	Fall 1 and 2	Member: \$103 Program Member: \$125

LEADERSHIP				
Youth in Government	Grades 6 - 12	Thursday, 6:30 - 8 p.m.	Fall 1 and 2	Middle school: \$125/year High school: \$325/year
Jr. Leaders	8 - 12 years	Monday, 6 - 7 p.m.	Fall 1 and 2	Member: \$25 Program Member: \$35
Teen Leaders	13 - 17 years	Monday, 7 - 8 p.m.	Fall 1 and 2	Member: \$25 Program Member: \$35

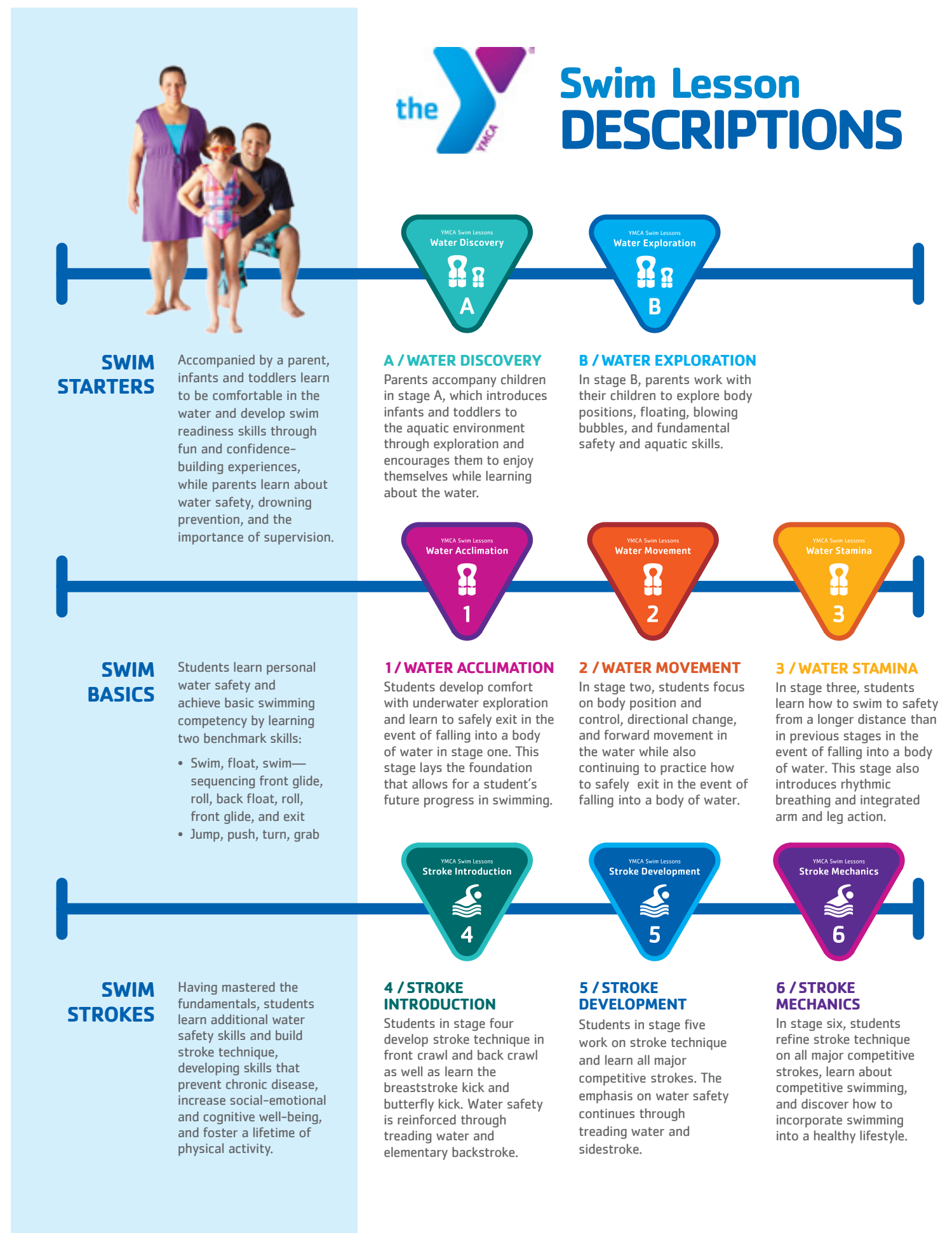
MOVEMENT				
Petite Energy	1-2 years with parent	Saturday, 9:45 - 10:30 a.m.	Fall 1 and 2	Member: \$59 Program Member: \$81
Pee Wee Energy	2-3 years with parent	Wednesday, 10 - 10:45 a.m.	Fall 1 and 2	Member: \$59 Program Member: \$81
Lil' Movers	2-3 years with parent	Saturday, 11:15 a.m. - 12 p.m.	Fall 1 and 2	Member: \$59 Program Member: \$81
Leap and Learn	2-3 years with parent	Thursday, 9:30 - 10:15 a.m.	Fall 1 and 2	Member: \$59 Program Member: \$81

SPORTS				
Archery Instructional	7 - 12 years	Monday, 6 - 7 p.m.	Fall 1 and 2	Member: \$100 Program Member: \$150
Basketball Instructional	5 - 12 years	5 - 8 years: Thursday, 6 - 7 p.m. 9 - 12 years: Thursday, 7 - 8 p.m.	Fall 1 and 2	Member: \$60 Program Member: \$90
Soccer League Outdoor	3 - 12 years	TBD - Games are held Saturday mornings. All teams practice 1 day per week.	Fall 1	Member: \$70 Program Member: \$100
Flag Football League Outdoor	6 - 12 years	TBD - Games are held Saturday mornings. All teams practice 1 day per week.	Fall 1	Member: \$70 Program Member: \$100
Tennis Instructional	5 - 12 years	5 - 8 years: Tuesday, 6 - 7 p.m. 9 e-12 years: Tuesday, 7 - 8 p.m.	Fall 1 and 2	Member: \$60 Program Member: \$90
All Sports Clinic Instructional	3 - 6 years	Saturday, 9 - 9:45 a.m.	Fall 1 and 2	Member: \$60 Program Member: \$90
Volleyball Instructional	7 - 16 years	Thursday, 7 - 8 p.m.	Fall 1 and 2	Member: \$60 Program Member: \$90

AQUATICS				
Swim Starters, A Parent/Child	6 - 19 months	Monday, 10:30 - 11 a.m. Wednesday, 6 - 6:30 p.m. Thursday, 10 - 10:30 a.m. Thursday, 5:30 - 6 p.m. Saturday, 10:10 - 10:40 a.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144
Swim Starters, B Parent/Child	20 months - 3 years	Monday, 10:30 - 11 a.m. Wednesday, 6:30 - 7 p.m. Thursday, 10 - 10:30 a.m. Thursday, 5:30 - 6 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 10:10 - 10:40 a.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144
Pre-School Swim Basics Level 1 with parent	3 - 5 years	Monday, 10 - 10:30 a.m. Monday, 6:15 - 6:45 p.m. Thursday, 6 - 6:30 p.m. Saturday, 11:35 - 12:05 p.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144
Pre-School Swim Basics Level 1	3 - 5 years	Monday, 10 - 10:30 a.m. Monday, 5:45 - 6:15 p.m. Monday, 6:15 - 6:45 p.m. Tuesday, 4:30 - 5:00 p.m. Wednesday, 6 - 6:30 p.m. Thursday, 10:30 - 11 a.m. Thursday, 5:30 - 6:00 p.m. Thursday, 6 - 6:30 p.m. Friday, 4 - 4:30 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 10:10 - 10:40 a.m. Saturday, 12:25 - 12:55 p.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144
Pre-School Swim Basics Level 2	3 - 5 years	Monday, 10:30 - 11 a.m. Monday, 5:15 - 5:45 p.m. Monday, 5:45 - 6:15 p.m. Monday, 6:15 - 6:45 p.m. Tuesday, 4:30 - 5:00 p.m. Wednesday, 6 - 6:30 p.m. Wednesday, 6:30 - 7 p.m. Thursday, 10:30 - 11 a.m. Thursday, 5:30 - 6:00 p.m. Thursday, 6 - 6:30 p.m. Friday, 4 - 4:30 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 10:10 - 10:40 a.m. Saturday, 12:25 - 12:55 p.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144

Pre-School Swim Basics Level 3	3 - 5 years	Monday, 10:30 - 11 a.m. Monday, 5:45 - 6:15 p.m. Tuesday, 5 - 5:30 p.m. Wednesday, 6:30 - 7 p.m. Thursday, 10 - 10:30 a.m. Thursday, 6 - 6:30 p.m. Friday, 4 - 4:30 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 12:25 - 12:55 p.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144
Pre-School Swim Strokes Level 4	3 - 5 years	Monday, 5:15 - 5:45 p.m. Tuesday, 5 - 5:30 p.m. Wednesday, 5:15 - 5:45 p.m. Thursday, 10 - 10:30 a.m. Thursday, 5:30 - 6 p.m. Friday, 4 - 4:30 p.m. Saturday, 12:25 - 12:55 p.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$63 8 weeks - \$72  Program Member: 7 week - \$126 8 weeks - \$144
Youth Swim Basics Level 1	6-12 years	Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 5:15 - 6 p.m. Thursday, 4 - 4:45 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 week - \$148 8 weeks - \$168
Youth Swim Basics Level 2	6-12 years	Monday, 4:30 - 5:15 p.m. Monday, 6 - 6:45 p.m. Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 5:15 - 6 p.m. Thursday, 4 - 4:45 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 week - \$148 8 weeks - \$168
Youth Swim Basics Level 3	6-12 years	Monday, 4:30 - 5:15 p.m. Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4 - 4:45 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 week - \$148 8 weeks - \$168
Youth Swim Strokes Level 4	6-12 years	Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4:45 - 5:30 p.m. Friday, 5:15 - 6 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.	Fall I (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 week - \$148 8 weeks - \$168

Youth Swim Strokes Level 5	6-12 years	Monday, 4:30 - 5:15 p.m. Tuesday, 5:30 - 6:15 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4:45 - 5:30 p.m. Friday, 5:15 - 6 p.m. Saturday, 11:35 - 12:20 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 week - \$148 8 weeks - \$168
Youth Swim Strokes Level 6	6-12 years	Monday, 4:30 - 5:15 p.m. Tuesday, 5:30 - 6:15 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4:45 - 5:30 p.m. Friday, 5:15 - 6 p.m. Saturday, 11:35 - 12:20 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 week - \$148 8 weeks - \$168
Youth Homeschool	6 - 14 years	Monday, 11 - 12 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$75 8 weeks - \$88  Program Member: 7 weeks - \$150 8 weeks - \$176
Teens Swim Basics Swim Strokes	13 - 17 years	Wednesday, 7:45 - 8:30 p.m. Friday, 5:15 - 6 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 weeks - \$148 8 weeks - \$168
Pre-Competitive Panda Bears	4-7 years	Monday, 5:15 - 5:45 p.m. Wednesday, 5:15 - 5:45 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$126 8 weeks - \$144  Program Member: 7 weeks - \$176 8 weeks - \$194
Pre-Competitive Polar Bears	8 - 12 years	Tuesday, 6:30 - 7:30 p.m. Thursday, 6:40 - 7:40 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: \$180 Program Member: \$180
Pre-Competitive Swim Team Prep	8 - 18 years	Tuesday, 6:30 - 7:30 p.m. Thursday, 6:40 - 7:40 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: \$180 Program Member: \$180
Pre-Competitive Stroke Mechanics	8 - 18 years	Saturday, 11:35 - 12:20 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Program Member: 7 weeks - \$148 8 weeks - \$168



## ADULT PROGRAMMING

FITNESS				
Women on Weights	18 years and up	Monday and Wednesday 10-11 a.m.	Fall 1 and 2	Included with Membership
TRX Basics	14 years and up	Monday, 6 - 6:45 p.m. Tuesday, 8:30 - 9:15 p.m. Sunday, 10 - 10:45 a.m.	Fall 1 and 2	Included with Membership
Senior Circuit	18 years and up	Tuesday, 11 a.m. - 12 p.m.	Fall 1 and 2	Included with Membership
Intermediate Circuit	18 years and up	Thursday, 8 - 9 a.m. Friday, 10:15 - 11 a.m.	Fall 1 and 2	Included with Membership
Running Strength 101	14 years and up	Monday, 6:45 - 7:30 p.m.	Fall 1 and 2	Included with Membership
Couch to 5K	12 years and up	Monday, 5:45 - 6:45 p.m. Sunday, 9 - 10 a.m.	Fall 1	Included with Membership
Running Strength Advanced	14 years and up	Tuesday, 6 - 7 a.m. Thursday, 6:45 - 7:45 p.m.	Fall 1 and 2	Member: \$57
TRX Advance Circuit	14 years and up	Tuesday, 4:30 - 5:25 p.m. Tuesday, 5:30 - 6:25 p.m. Thursday, 5:45 - 6:40 p.m. Thursday, 9:30 - 10:25 a.m. Sunday, 11 - 11:55 a.m.	Fall 1 and 2	Member: \$40
Obstacle Course Race Training	14 years and up	Thursday, 5:30 - 6:30 p.m.	Fall 1	Member: \$65
HIIT The Ground	14 years and up	Friday, 11:30 - 12:30 p.m.	Fall 1 and 2	Member: \$57
Transform Training Program	18 years and up	As scheduled	Fall 1 and 2	TBD

AQUATICS				
Swim Basics and Swim Strokes	18 years and older	Monday, 7:45 - 8:30 p.m. Tuesday, 8:20 - 9:05 p.m. Wednesday, 11 - 11:45 a.m. Wednesday, 7:45 - 8:30 p.m. Thursday, 11 - 11:45 a.m. Friday, 11 - 11:45 a.m. Sunday, 11 - 11:45 a.m.	Fall 1 (7 weeks) Fall 2 (8 weeks)	Member: 7 weeks - \$74 8 weeks - \$84  Community: 7 weeks - \$148 8 weeks - \$168
Lifeguard Certification	15 years and up	TBD	Fall 1 and 2	TBD

# LIVESTRONG AT THE YMCA

THIS 12-WEEK PROGRAM IS OFFERED AT  
NO COST FOR CANCER SURVIVORS



**BUILD MUSCLE  
AND STRENGTH**



**IMPROVE MENTAL  
WELLBEING**



**INCREASE ENDURANCE,  
FLEXIBILITY & ENERGY**

The LIVESTRONG® program supports the increasing number of cancer survivors who find themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. LIVESTRONG® creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life.

### WHO CAN PARTICIPATE?

Any adult 18+ who is living with or beyond cancer treatment.

### HOW MUCH DOES IT COST?

There is no cost for participants.

### HOW LONG IS THE PROGRAM?

The program is 12 weeks long. Groups meet 2 times per week.

### WHERE AND WHEN IS IT OFFERED?

See a list of classes on the website at [www.ymcade.org/livestrong](http://www.ymcade.org/livestrong).

## QUESTIONS?

To learn more about class enrollment and availability, please contact the **Healthy Living Department** at [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org) or 302-572-9622

[www.ymcade.org/livestrong](http://www.ymcade.org/livestrong)





## YMCA OF DELAWARE LOCATIONS

### **BEAR-GLASGOW FAMILY YMCA**

351 George Williams Way  
Newark, DE 19702  
(302) 836-9622

### **BRANDYWINE YMCA**

3 Mt. Lebanon Road  
Wilmington, DE 19803  
(302) 478-YMCA

### **CENTRAL YMCA**

501 West Eleventh Street  
Wilmington, DE 19801  
(302) 254-9622

### **DOVER YMCA**

1137 South State Street  
Dover, DE 19901  
(302) 346-9622

### **SUSSEX FAMILY YMCA**

20080 Church Street  
Rehoboth Beach, DE 19971  
(302) 296-9622

### **WESTERN FAMILY YMCA**

2600 Kirkwood Highway  
Newark, DE 19711  
(302) 709-9622

### **MIDDLETOWN FAMILY YMCA**

404 N. Cass Street  
Middletown, DE 19709  
(302) 616-9622

### **WALNUT ST. YMCA**

1000 N. Walnut Street  
Wilmington, DE 19801  
(302) 472-YMCA

### **CAMP TOCKWOGH**

24370 Still Pond Neck Road  
Worton, MD 21678  
(800) 331-CAMP

### **ASSOCIATION OFFICE**

100 West 10th Street  
Suite 1100  
Wilmington, DE 19801  
(302) 221-YMCA

## OUR MISSION

The YMCA is an association of people of all ages, ethnic groups and religious affiliations that strives to cultivate the human potential, self-esteem, and dignity of all people. Our organization exists to develop and practice the Christian principles of love, caring, inclusiveness, justice and peace... and to enrich the emotional, physical and social life of all individuals, families and our community.

**CONNECT WITH US!**



[WWW.YMCADE.ORG](http://WWW.YMCADE.ORG)