



# DOVER 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: 7 a.m. - 6 p.m.  
Sunday: 7 a.m. - 6 p.m.

## KIDS ZONE

(Drop off baby sitting available for children ages 6 weeks - 12 years)

Monday - Sunday: 8:15 a.m. - 1 p.m.  
Monday - Friday: 4 p.m. - 8:30 p.m.

\* Hours may vary on holidays and between session breaks.

Our staff are dedicated to nurturing our young members in a safe environment with a focus on the character development values of caring, honesty, respect and responsibility. Full privilege members may utilize this service for up to 2 hours per day, per child in your family. We ask that parents please label all items your child brings with them. Immunizations must be up to date and an emergency form must be on file. Parents are required to remain on the premises.

**FEE:** Open to all full members for free.

## YOUTH FITNESS CENTER

**AGES:** Fun for ages 7 to 13 years

Monday - Friday: 4 - 8:30 p.m.  
Saturday & Sunday: 9 a.m. - 1 p.m.

**FEE:** Open to all full members for free.

All children must be signed in and out by their parent/guardian.

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## 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): Closed at 2 p.m.

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

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

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

# 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?

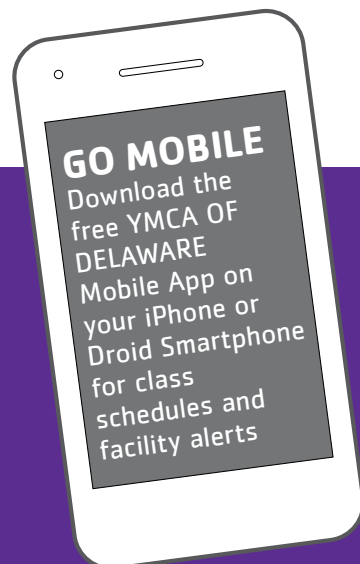
There is no cost for participants.

## 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).



### GO MOBILE

Download the free YMCA OF DELAWARE Mobile App on your iPhone or Droid Smartphone for class schedules and facility alerts

### PHONE

(302) 346-9622

### MOBILE

Text @dyalerts to (302) 353-1707 for text alerts.

### EMAIL

Please make sure we have your current e-mail address on file so we can keep you up-to-date. If you wish to opt in or out of YMCA emails, please let the staff at our Member Services Desk know.

### LET'S CONNECT!



(302) 346-9622  
[www.ymcade.org/dover-ymca](http://www.ymcade.org/dover-ymca)

## 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)



# AROUND THE Y

There's always something happening at the Dover 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/dover-ymca](http://www.ymcade.org/dover-ymca)

## FACILITY ENHANCEMENTS

**Saturday, August 25th** the 4 lane & 8 lane pools will close.

The entire facility will be closed **Monday, August 27- Friday, August 31st**. The membership desk will remain open during this week.

**Saturday, September 1st** the Fitness Center and Membership Desk will be open.

We will be closed **Monday, September 3rd** for Labor Day and the entire facility and all program areas will reopen **Tuesday, September 4th**.

During this time we will be improving our program areas.

- Pools will be drained and acid washed.
- New door frames and doors will be installed in the 4 lane pool.
- Locker rooms will be deep cleaned.
- New Cardio and Strength equipment will to into the fitness center.
- Cycling Bikes will be replaced.
- The Fitness Center will receive a professional high dusting and floor cleaning.
- Floors to be resurfaced in the Fitness Studio, Movement Studio and Gymnasium.
- The parking lot will be repaired, re-coated and re-striped .

## A NIGHT AT THE Y

**AGES:** 11-15

Join your friends and make lots of new ones every second Saturday night at the Y! We believe that all youth and teens deserve a safe place to go. Dedicated staff will be ready to engage your children in a variety of fun, supervised activities including swimming, tournaments in the gym, GaGa, fitness classes, movies and more. Pre-registration required. Registration closes each event day at noon.

**FEES:** \$10

A NIGHT AT THE Y THEMES:

### October 13th - Monster Mash

Halloween costumes encouraged for this Spooky good time. We will have a ghoulish time playing some favorite games while the DJ spins your favorite tunes. Prizes given for best dressed and other categories.

### November 10

#### American Ninja Warrior

Do you have what it takes to be the next American Ninja Warrior? Test your ability with some fun, challenging obstacle courses on land and water.

### December 8

#### Ugly Holiday Sweater Event

Celebrate all things tacky this holiday season starting with your sweater. Games, activities and our DJ will get you in the holiday spirit.

### January 12 - Dinner and Movie

Come dressed as your favorite movie character, play movie charades and watch a favorite pick. Popcorn included!

### February 9 - Achy Breaky Heart

Test your ability with some heart pumping activities including Parkour course, Ninja Dodgeball, and fun races. Plus, get healthy eating tips.

## FRIDAY FUN [08707]

**AGES:** 3 and up

Join us on scheduled Fridays for a whole lot of fun. Drop the kids off and enjoy some time alone. Your kids will have dinner, swim, make crafts, and participate in other youth enrichment activities like yoga, tumbling, music and more! Check the Youth Enrichment bulletin board for upcoming dates. Please wear a swimsuit if you are going to swim. Pre-registration is required. All children who would like to swim must get swim tested and must be potty trained. Please register in advance at the Member Services Desk.

### DATES:

September 14 & 21

October 5 & 19

November 2, 16

December 7, 14, 21, 28

January 11 & 25

**TIME:** 6-9 p.m.

### FEES:

Full Member: \$12 each child

Non-members: \$17 per child

## THE GREAT GRAPE DAY 5K

Get Ready, Get Set for our 1st annual 5k Run/Walk Race through the beautiful grounds of Pizzadili Winery, or enjoy a 1 mile walk with the family. After the race stay and enjoy a Family focused social with food/wine/music and children's activities. Racers will receive a t-shirt and awards per age category. All proceeds will benefit the Dover YMCA's Annual Campaign.

Register online at Active.com or by mail in forms.

### DATE & TIME:

Sunday, October 7, 9 a.m. - 1 p.m.

## HALLOWEEN TRAIL

Bring your ghosts and goblins to the Halloween Trail for some spooky fun. Crafts, games, activities and lots of treats. Walk the trail for a haunting good time.

### DATE & TIME:

Saturday, October 20  
5-7 p.m.

### LOCATION:

Dover Y Outdoor Complex

## HOLIDAY CRAFT AND VENDOR FAIR

Join us for the 4th Annual Holiday Craft and Vendor Fair. Get some holiday shopping done and support our local vendors and crafters. Tell your friends.

### DATE & TIME:

Wednesday, November 7  
9 a.m. - 3 p.m.

## PAY IT FORWARD NOVEMBER

Our Annual Canned Food Drive returns! Please plan to bring your canned food donations to the Y throughout the month of November. We will donate them to local food pantries for distribution to our neighbors in Kent County.

## THANKSGIVING LUNCHEON

Please join us for a Thanksgiving Luncheon to be held on Wednesday, November 14 from Noon - 2 p.m. Prepare your favorite holiday dish and join your Y family for lunch and fellowship. Please register at the Member Services Desk.

**DATE & TIME:** Wed., November 14

## SANTA'S WORKSHOP

The holiday season has arrived and Santa's elves have been busy all year preparing gifts for everyone on your list. Come check out the vendor village in our gymnasium and stop by the kids station to make a special holiday craft. Our special guest, Santa, will be here to visit with everyone. Stop by, take a photo with him, and drop your wish list in our North Pole Express Mailbox.

### DATE & TIMES:

Saturday, December 15  
Vendor Village: 9 a.m. - 4 p.m.  
Santa: 10 a.m. - 1 p.m.



# YOUTH PROGRAMMING

CHILD CARE				
Before and After School Care	K - 8th grade	Monday - Friday,	2018-19 school year	Member: \$290/month Community: \$385/month
Before Care	K - 8th grade	Monday - Friday, 7 a.m. - start of school	2018-19 school year	Member: \$110/month Community: \$175/month
After Care	K - 8th grade	Monday - Friday, School dismissal - 6 p.m.	2018-19 school year	Member: \$205/month Community: \$300/month

ENRICHMENT/SPECIALTY				
Inchworms	2 years	Tuesday/Thursday, 9 - 10 am	Fall 1 and 2	Member: \$60 Community: \$85
Caterpillars	3 years	Tuesday/Thursday, 10:30am - 12:30 pm	Fall 1 and 2	Member: \$100 Community: \$125
Dragonflies	4-5 years	Monday/Wednesday/Friday	Fall 1 and 2	Member: \$130 Community: \$155
Musical Notes	6 months- 3 years	Wednesday, 9 - 9:30 am	Fall 1 and 2	Member: \$35 Community: \$60
Creative Creations	3 years and up	Sunday, 10:15 - 11 am	Fall 1 and 2	Member: \$30 Community: \$45
First Lego Jr.	K - 4th grade	TBD	Fall 1 and 2	Rates TBD
First Lego League	K - 4th grade	TBD	Fall 1 and 2	Rates TBD

DANCE				
Tiny Tutus	2 - 3 years	Wednesday, 9:30 - 10 am	Fall 1 and 2	Member: \$25 Community: \$40
Pre-Ballet	3 - 4 years	Wednesday, 10:15 - 11 am Saturday, 9:30 - 10:15 am	Fall 1 and 2	Member: \$45 Community: \$60
Ballet/Tap/Jazz	6 & up	Wednesday 6 - 7 pm	Fall 1 and 2	Member: \$55 Community: \$70
Ballet/Tap	5 & up	Wednesday 5 - 5:45 pm Saturday, 9 - 10 am	Fall 1 and 2	Member: \$45 Community: \$60
Hip Hop	7 & up	Monday, 5 - 5:45pm	Fall 1 and 2	Member: \$45 Community: \$60
Martial Arts	5 & up	Monday, 6:30 - 7:30 pm	Fall 1 and 2	Member: \$55 Community: \$70

FITNESS/WELLNESS				
Youth 1 on 1 Personal Training	14 - 17 years	As Scheduled	Fall 1 and 2	3 sessions: \$75 6 sessions: \$130 12 session \$225
Youth Fit For Two	14 - 17 years	As Scheduled	Fall 1 and 2	6 sessions: \$75 12 sessions: \$130
Strong Enough	10 - 16 years	Thursdays, 6:30 - 7:30 pm	Fall 1 and 2	Members \$30 for 6 weeks

SPORTS				
Basketball (Instructional)	6 - 8 Years	Monday, 5:45 - 6:30 pm	Fall 1 and 2	Member: \$45 Community: \$60
Basketball (Instructional)	9 & up	Monday, 5:45 - 6:30 pm	Fall 1 and 2	Member: \$45 Community: \$60
Tot Basketball	3 - 5 years old	Monday, 5 - 5:45 pm	Fall 1 and 2	Member: \$45 Community: \$60
Little Kickers	3 - 5 years	Friday - 9:30 am	Fall 1 and 2	Member: \$45 Community: \$60
Youth Fall Soccer	3-15 years	TBA	Fall	Member: \$55 Community: \$70
Girls Only Soccer	10 & up	TBA	Fall	Member: \$55 Community: \$70
Instructional Volleyball	7 - 17 year olds	Tuesday, 5:30 - 6:30 pm	Fall 1 and 2	Member: \$45 Community: \$60
Indoor Instructional Flag Football	5 - 12 year olds	Thursday, 5:30 - 6:30 pm	Fall 2	Member: \$45 Community: \$60

TUMBLING				
Gymnastics	6-13 years	Tuesday, 6 - 6:45 pm	Fall 1 and 2	Member: \$45 Community: \$60
Tumble Tykes	3-5 years	Tuesday, 11 - 11:45 am Tuesday, 5 - 5:45 pm Sunday, 11:30am - 12:15 pm	Fall 1 and 2	Member: \$45 Community: \$60
Rumble Tumble	Walkers- 2 years	Tuesday, 9:30 - 10 am	Fall 1 and 2	Member: \$25 Community: \$40
Twisting Toddlers	2-3 years	Tuesday, 10:15 - 10:45 am	Fall 1 and 2	Member: \$25 Community: \$40

SWIM LESSONS				
Swim Starters, Parent/Child	6 months - 3 years	Monday, 5 - 5:30 pm Tuesday, 5:50 - 6:20 pm Thursday, 11 - 11:30 am Saturday, 9 - 9:30 am Saturday, 11 - 11:30 am	Fall 1 and 2	Members: \$49 Community: \$95
Swim Basics, Level 1 (with parent)	3-5 years	Wednesday, 5 - 5:30pm Thursday, 5:50 - 6:20pm Saturday, 9 - 9:30 pm	Fall 1 and 2	Members: \$49 Community: \$95
Swim Basics, Level 1, 2 and 3	3-5 years	Monday/Wednesday, 5 - 5:30 pm Tuesday/Thursday, 5:50 - 6:20 pm Saturday, 9:35 - 10:05 am Saturday, 11 - 11:30 am	Fall 1 and 2	Members: \$49 Community: \$95
Swim Strokes, Level 4	3-5 years	Monday/Wednesday, 5 - 5:30 pm Tuesday/Thursday, 5:50 - 6:20 pm Saturday, 9:35 - 10:05 am Saturday, 11 - 11:30 am Sunday, 10 - 10:30 am	Fall 1 and 2	Members: \$49 Community: \$95
Swim Basics, Level 1, 2 and 3	6-12 years	Monday/Wednesday, 5:35 - 6:20 pm Tuesday/Thursday, 6:25 - 7:10 pm Saturday, 10:10 - 10:55 am Sunday, 10:35 - 11:20 am	Fall 1 and 2	Members: \$60 Community: \$120
Swim Strokes, Level 4	6-12 years	Monday/Wednesday, 6:25 - 7:10 pm Tuesday/Thursday, 6:25 - 7:10 pm Saturday, 10:10 - 10:55 am Sunday, 10:35 - 11:20 am	Fall 1 and 2	Members: \$60 Community: \$120
Swim Strokes, Level 5 and 6	6-12 years	Monday/Wednesday, 6:25 - 7:10 pm Tuesday/Thursday, 5 - 5:45 pm Saturday, 10:10 - 10:55 am	Fall 1 and 2	Members: \$60 Community: \$120

SWIM TEAM				
New Swimmer Evaluations	5-18 years	Mon., August 20 and Wed., August 22, 5 - 6 pm.	2018 -2019 Season	N/A
Little Explorers	5-9 years	Monday/Wednesday 6:30 - 7:15 pm Saturday 11 - 11:45 am	2018 -2019 Season	Members: \$282 Community: \$392
Mini Dolphins	5-9 years	Tuesday/Thursday, 6:30 - 7:15 pm Saturday 11 - 11:45 am	2018 -2019 Season	Members: \$342 Community: \$503
Bronze	7-12 years	Tuesday/Thursday/Friday, 6 - 7:15 pm Saturday 10 - 11 am	2018 -2019 Season	Members: \$480 Community: \$683
Silver	9-14 years	Monday/Wednesday/Friday, 6 - 7:15 pm Saturday 10 - 11:30 am	2018 -2019 Season	Members: \$528 Community: \$758
Gold	10-14 years	Monday/Wednesday/Friday, 6 - 7:15 pm Saturday 10 - 11:30 am	2018 -2019 Season	Members: \$576 Community: \$826
Platinum 1	13-18 years	Monday - Friday, 4 - 6 pm Saturday, 8 - 10 am.	2018 -2019 Season	Members: \$774
High School Warm up	14-18 years	Monday - Friday, 4 - 5:30 pm	2018 -2019 Season	Members: \$250 Community \$350



# ADULT PROGRAMMING

WELLNESS			
Diabetes Prevention Program	For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.	Fall 1 and 2	For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.
LIVESTRONG at the YMCA (Cancer Survivors)	Mon. & Thurs., 1-2:30pm Tues. & Thurs., 6:30-8pm	Program starts September 11, 2018 and runs for 12 weeks.	Free to both members and non-members
FITNESS			
FREE Fitness Consultation	Offered all days/times throughout the week. See a fitness center or member service staff to schedule.	Fall 1 and 2	Free with full facility membership
Fitness Assessment	Offered all days/times throughout the week. See a fitness center or member service staff to schedule.	Fall 1 and 2	Full members: \$30
Personal Training	Offered all days/times throughout the week. Scheduled by appointment only.	Fall 1 and 2	<b>60 MINUTE SESSIONS</b> 1 Development Session: \$45 3 Sessions: \$120 6 Sessions: \$210 12 Sessions: \$360  <b>30 MINUTE SESSIONS</b> 3 sessions: \$75 6 sessions: \$126 12 sessions: \$228
Small Group Training	See small group training schedule for class days, times, and descriptions.	Fall 1 and 2	6 sessions (30 min.): \$80 6 sessions (30 min.): \$120 12 sessions (30 min.): \$150 12 sessions (60 min.): \$240
Group Fitness Classes *No Registration Required	See schedule online or the YMCA of Delaware App	Fall 1 and 2	Free with full facility membership
Belly Dancing	Saturday, 9:45-10:30am	Fall 1 and 2	\$42/ 8 week session
Beginner Flow Motion	Saturday, 10-10:45am	Fall 1 and 2	\$80/ 8 week session
Flow Motion Boot Camp	Saturday, 9-9:45am	Fall 1 and 2	\$80/ 8 week session

SPORTS			
Basketball League 35 & Over COED	Monday - Games start at 7pm	Fall 1 and 2	Member: \$60 Community: \$75
Dodgeball Adult COED	Thursday, 7:30pm	Fall 1 and 2	Member: \$35 Community: \$50

SWIM			
Swim Basics, (Adults and Teens)	Tuesday/Thursday, 5-5:45pm Sunday, 11:25-12:10am	Fall 1 and 2	Members: \$60 Community: \$120
Swim Strokes, (Adults and Teens)	Tuesday/Thursday, 6:25-7:10pm Saturday, 8:10 - 8:55am Sunday, 11:25am-12:10pm.	Fall 1 and 2	Members: \$60 Community: \$120
Swim Strokes, Mastery (Adults and Teens)	Tuesday, 7:15 - 8pm	Fall 1 and 2	Members: \$60 Community: \$120
Masters Swimming	Tuesday/Thursday, 6-7 am Tuesday/Thursday, 7:15-8:30 pm Sunday 7:30-9 am	Fall 1 and 2	Members: \$160 Community: \$240





## 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)