



SUSSEX 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: 5:30 a.m. – 9:30 p.m.

Saturday: 7:30 a.m. – 6 p.m.

Sunday: 8:30 a.m. – 6 p.m.

*Note: pool opens one hour earlier than the facility.

KIDS ZONE

Child care services are available on a first-come, first-served basis to full members and program members while participating in a YMCA program or using the fitness center and pool. The maximum stay per child is two hours. The minimum age is six weeks.

Hours

Monday – Friday: 4 – 8 p.m.

Saturday: 8 a.m. – 12 noon

RATES:

Full Family Members: FREE (Children must be listed on membership)

Program Members: \$5 per hour per child

* A membership card or cash receipt must be shown to a staff upon arrival. Please be aware that due to the small size of our facility, there may be times when the Kids Zone has reached capacity and we cannot accommodate additional children.

HOW DO I REGISTER FOR PROGRAMS?

REGISTER ONLINE: To register or search for program details by location, visit www.yprograms.org. Current program listings will be available on the first day of registration (dates listed below).

REGISTER IN PERSON OR BY PHONE:

Stop by our branch, or give us a call on the first day of registration and we will be happy to assist you.

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HOLIDAYS & IMPORTANT DATES

NOVEMBER 22 (Thanksgiving): CLOSED

DECEMBER 24 (Christmas Eve): 8 a.m. – 2 p.m.

DECEMBER 25 (Christmas): CLOSED

DECEMBER 31 (New Year's Eve): 8 a.m. – 5 p.m.

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

* The pool will not open one hour earlier on the above dates.

AROUND THE Y

There's always something happening at the Sussex 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/sussex

MEMBER STORIES

What does the Y mean to you? Do you have a YMCA story about how we helped you or your family? We want to hear from you! Share your passion for the Y by submitting your Y Story via email to Tamisha Hopkins at thopins@ymcade.org.

VOLUNTEER

GIVE BACK AND VOLUNTEER
Consider your time a gift to the YMCA and your community. We are always looking for individuals who enjoy donating their time to help around the Y. Volunteer positions include, but are not limited to, youth sports coaches, event volunteers, fundraisers, facility volunteers and storybook readers. For more information, or to apply, go to www.ymcade.org/about-us/volunteer.

ANNUAL CAMPAIGN FUNDRAISER

The YMCA of Delaware is so much more than a gym and swim. As a nonprofit, community-building charity, we strive to make our programs widely affordable and accessible to all, regardless of ability to pay. Our donors enable us to serve low-income families who need us the most through our Open Doors Financial Assistance program. All the funds raised for our annual giving campaign go directly back to the community through membership and program scholarships. Give online at www.ymcade.org, or ask our staff how you can donate today.

EVENTS

PARENT NIGHT OUT

(3rd Friday of each month)

Drop the kids off at the Y and enjoy a night out without the kids.

REGISTRATION: Please register in advance at the Member Services Desk.

FAMILY FUN NIGHTS

(2nd Friday of each month)

The Sussex Family YMCA will host a family night the 2nd Friday of every month. Bring the whole family to play group games, have a healthy snack, create a seasonal craft, then finish the evening off with some family pool time. RSVP to Member Services Desk.

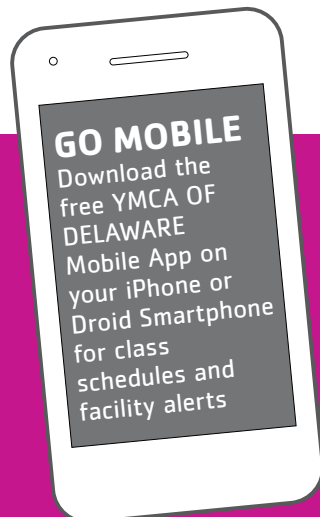
FAMILY FITNESS

YOGA FOR KIDS [01505]

AGES: 6 and up

Yoga for Kids focuses on creative movement, body awareness, and an introduction to the mind-body connection through the use of games, stories, music and imagination. There is no need to be able to touch your toes or sit perfectly still. Students should come with an open mind and a willingness to move, explore, express themselves and have fun!

DAY & TIME: See schedule online for days and times.



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.

@sfyalerts: General facility

@sfysport: Sports

@sfycamp: Summer Camp

@sfyswim: Aquatics

@sfycare: Child Care

LET'S CONNECT!



(302) 296-9622

www.ymcade.org/sussex

YOUTH PROGRAMMING

CHILD CARE				
Before and After School Care	K - 6th grade	Monday-Friday	2018-19 school year	Before care: \$190/month After care: \$190/month Both: \$348/month
School's Out Care	K - 6th grade	School vacation days	2018-19 school year	BASE students: \$24 Full Members: \$35 Community: \$50
Summer Camp	Preschool - 8th grade	Monday - Friday	Summer 2019	Full members: \$150/week Community: \$200/week

TUMBLING/DANCE				
Tumbling & Aerial 1 and 2 (Gymnastics)	3 - 13 years	Mondays, 4:45 - 6:45 pm Saturdays, 10:45am-12:45pm	Fall 1 and 2	Member: \$50 Community: \$100
Creative Dance	5 - 8 years and 8 - 12 years	Tuesdays, 4:30 - 5:15 pm Thursdays, 5:30 - 6:30 pm	Fall 1 and 2	Member: \$50 Community: \$100

FITNESS																
Personal Training (Youth)	8 - 12 years	As scheduled	Fall 1 and 2	<table border="0"> <tr> <td></td> <td>Members:</td> <td>Community:</td> </tr> <tr> <td>3 Sessions</td> <td>\$56</td> <td>\$116</td> </tr> <tr> <td>6 Sessions</td> <td>\$106</td> <td>\$212</td> </tr> <tr> <td>12 Sessions</td> <td>\$196</td> <td>\$392</td> </tr> </table>		Members:	Community:	3 Sessions	\$56	\$116	6 Sessions	\$106	\$212	12 Sessions	\$196	\$392
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3 Sessions	\$56	\$116														
6 Sessions	\$106	\$212														
12 Sessions	\$196	\$392														

SPORTS				
Flag Football	6 - 14 years	Tuesday and Thursday, 5:30 - 7 pm	Fall 1 and 2	Member: \$125 Community: \$150
Soccer (Before and After School Care)	6-14 years	Tuesday and Wednesday during before and after school care	Fall 1 and 2	Call for pricing
Volleyball	8 - 13 years	Tuesday and Thursday, 6 - 8 p.m.	Fall 1	Member: \$100 Community: \$125

SWIM				
Swim Starters, A & B (Parent/Child)	6 months - 3 years	Thursday, 11 - 11:30 am Saturday, 8 - 8:30 am	Fall 1 and 2	Member: \$60 Community: \$95
Swim Basics	3 - 5 years	Tuesday, 4:30 - 5 pm Saturday, 9 - 9:30 am Saturday, 9:30 - 10 am Saturday, 11:30 am- 12 pm	Fall 1 and 2	Member: \$ 60 Community: \$95
Swim Strokes	3 - 5 years	Saturday, 9:30 - 10 am	Fall 1 and 2	Member: \$60 Community: \$95
Swim Basics	6 - 12 years	Thursday, 4:30 - 5:15 pm Saturday, 10 - 10:45 am	Fall 1 and 2	Member: \$75 Community: \$105
Swim Strokes	6 - 12 years	Saturday, 10:45 - 11:30 am	Fall 1 and 2	Member: \$75 Community: \$105
Private Swim Lessons (Four 30 minute sessions)	All ages	As scheduled	Fall 1 and 2	Member: \$85 Community: \$140
Semi Private Swim Lessons (Four 30 minute sessions)	All ages	As scheduled	Fall 1 and 2	Member: \$65 Community: \$105
Special Adapted Swim Instruction	All ages	As scheduled	Fall 1 and 2	Free
Lifeguard Certification	15 years and up	Varies	Fall 1 and 2	Member: \$250 Community: \$350
Lifeguard Renewal	15 years and up	Varies	Fall 1 and 2	Member: \$140 Community: \$240
Fall Conditioning - HS Warm Up (Swim Team)	9th grade and up	2 day or 4 day option	Fall 1 and 2	Member: \$60/ \$120 Community: \$90/ \$180
Swim Team (Please visit www.sfyswim.com for additional swim team details)	5 - 18 Years	Please visit www.sfyswim.com for additional swim team details	Fall 1 and 2	Varies

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)	Tuesday/Thursday, 1 - 2:30 pm Wednesday/Friday, 1 - 2:30 pm	Program starts September 4, 2018 and runs for 12 weeks.	Free to both members and non-members

FITNESS

FREE Fitness Consultation	By appointment only	Fall 1 and 2	Free to Members
Senior Circuit	Tues/Thurs, 9-10 am 10 - 11 am	Fall 1 and 2	Member: \$32 Community: \$64
Fast Track	Mon/Wed, 9-10 am 10-11 am	Fall 1 and 2	Member: \$32 Community: \$64
Group Fitness	See schedule online or the YMCA of Delaware App	Fall 1 and 2	Free to Members

PERSONAL TRAINING

Personal Training (Individual)	By appointment only	Fall 1 and 2	Members: Community:	
			3 Sessions	\$114 \$228
			6 Sessions	\$184 \$368
			12 Sessions	\$330 \$660
Personal Training (Yoga)	By appointment only	Fall 1 and 2	Members: Community:	
			3 Sessions	\$114 \$228
			6 Sessions	\$184 \$368
			12 Sessions	\$330 \$660
Personal Training (Fit for 2)	By appointment only	Fall 1 and 2	Members: Community:	
			3 Sessions	\$145 N/A
			6 Sessions	\$227 N/A
			12 Sessions	\$412 N/A

AQUATICS

Private Swim Lessons	As scheduled	Fall 1 and 2	Member: \$85 Community: \$140
Semi Private Swim Lessons	As scheduled	Fall 1 and 2	Member: \$65 Community: \$105
Special Adapted Swim Instruction	As scheduled	Fall 1 and 2	Member: Free Community: Free
Lifeguard Certification	<ul style="list-style-type: none"> September 10,14, 15 and 16 October 8,12,13 and 14 November 5, 9, 10 and 11 	Fall 1 and 2	Member: \$250 Community: \$350
Lifeguard Renewal	<ul style="list-style-type: none"> September 15 October 13 November 10 	Fall 1 and 2	Member: \$140 Community: \$240

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

QUESTIONS?

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

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