



WESTERN 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 - THURSDAY: 5 a.m. - 10 p.m.
FRIDAY: 5 a.m. - 9:30 p.m.
SATURDAY: 6 a.m. - 8 p.m.
SUNDAY: 8 a.m. - 8 p.m.

POOL HOURS

INDOOR POOL

Monday - Friday: 7 a.m. - 9:15 p.m.
Saturday: 7 a.m. - 8 p.m.
Sunday: 8 a.m. - 8 p.m.

BUBBLE POOL

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. - 1:30 p.m. | 3:30 - 8:30 p.m.

FRIDAY: 8 a.m. - 1:30 p.m. | 3:30 p.m. - 7:30 p.m.

SATURDAY & SUNDAY: 8 a.m. - 1:30 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 2 hours of care per day while using the facility.

YOUTH FITNESS CENTER

Monday-Thursday: 3:30-8:30 p.m.
Friday: 3:30 - 7:30 p.m.
Saturday & Sunday: 9 a.m. - 1:30 p.m.

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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Program Member Registration: August 20

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Full Member Registration: October 15
Program Member Registration: October 22

HOLIDAYS & IMPORTANT DATES

NOVEMBER 22 (Thanksgiving): CLOSED

DECEMBER 24 (Christmas Eve): 5 a.m. - 2 p.m.

DECEMBER 25 (Christmas): CLOSED

DECEMBER 31 (New Year's Eve): 5 a.m. - 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 Western 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/western

MEMBER STORIES

What does the Y mean to you? Do you have a story about how the YMCA helped you or your family? We want to hear about it! Share your passion for the Y by submitting your Y Story via email to Kelly Worrall at kworrall@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 targeted programming and 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.

CYCLE-A-THON

Support the Western Family YMCA Annual Campaign by participating in our annual Cycle-A-Thon. This indoor cycle ride is open to the community and brings people of all fitness levels together for a great cause. Look for event details at www.ymcade.org and in the branch. Registration will be open late fall.

FAMILY EVENTS

FAMILY MOVIE NIGHT

DATES VARY - VISIT THE MEMBER SERVICES DESK FOR DETAILS

Spend time with the whole family as you enjoy a popular kid-friendly movie on the big screen at the Y.

TRUNK OR TREAT

OCTOBER 26, 2018

Bring the kids to this fun, safe outdoor event featuring decorated trunks filled with goodies for all. Costumes are encouraged.

PARENT'S NIGHT OUT

EVERY FRIDAY NIGHT

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

COOKIES WITH SANTA

DECEMBER 8, 2018

Stop by with the kids and get pictures with Santa as well as a small snack.

NEW YEAR'S DAY

JANUARY 1, 2019

Start 2018 off with a bang! We will be open to the community 10 a.m. to 2 p.m. so bring a guest and begin your New Year with healthy living, exercise and support - all at the Western Family YMCA. There will be fun to be had (yes, that means exercise too!) and giveaways to encourage your participation as well as your successes.

SAVE UP TO 20%!

REFER YOUR FRIENDS AND EVERYONE SAVES!

Bring your friends to the Y and they will receive a free guest pass for the day! Plus, if they join, you both will save 10% on your monthly membership fees. Refer a second friend and you will save 20%! www.ymcade.org/connect



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.

@wfyalerts: General Facility

@wfyfit: Fitness

@wfyfcamp: Summer Camp

@wfyfsport: Sports

@wfyfcare: Child Care

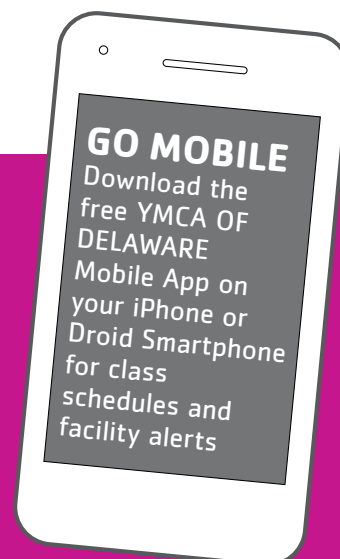
@wfyfswim: Aquatics

LET'S CONNECT!



(302) 709-9622

www.ymcade.org/western



YOUTH PROGRAMMING

CHILD CARE				
Giant Step (Part-Day Preschool) (POC accepted)	3-5 years	Monday through Friday 9am-11:30am	2018-19 school year	3 days per week Member: \$238 monthly Program: \$305 monthly 5 days per week Member: \$284 monthly Program: \$341 \$25 yearly registration fee \$60 yearly activity fee
Full-Day Preschool at Meadowood (POC accepted)	3-5 years	Monday through Friday 7am-5:30pm	All year	Member: \$818 monthly Program: \$893 monthly \$25 yearly registration fee per family
Before and After School Care (POC accepted)	K - 8th grade	Monday through Friday 7am until school begins and school dismissal until 6pm (No before care for Middle School)	2018-19 school year	Before Care Only Full Member: \$222/month Program Member: \$286/month After Care Only Full Member: \$318/month Program Member: \$376/month Before and After Care Full Member: \$407/month Program Member: \$494/month The above rates are monthly for a 5 days per week option. Partial week options are available by contacting Jen Reid at jreid@ymcade.org.
School's Out Care (POC accepted)	K - 8th grade (must be a before and after school care participant)	7am-6pm on select days when the Red Clay and/or Christina District are closed	2018-19 school year	\$40 per person/per day

ENRICHMENT/SPECIALTY				
Youth in Government Junior	11-14 years	Thursdays, 6:30-8pm	Fall 1	Member: \$100 Community: \$100
Model United Nations	13-20 years	Wednesdays, 6:30-8pm	Fall 1 and 2	Member: \$320 Community: \$320
Youth Personal Training (3 sessions)	7-13 years	Varies	Fall 1 and 2	Member: \$83
Youth Personal Training (6 sessions)	7-13 years	Varies	Fall 1 and 2	Member: \$145
Youth Personal Training (12 sessions)	7-13 years	Varies	Fall 1 and 2	Member: \$260
Parent's Night Out	6 weeks - 12 years	Fridays, 5-8pm	Fall 1 and 2	Member: \$10 per child

DANCE				
AcroDance 1	6-10 years	Friday, 4:30-5:30pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
AcroDance 2	8-12 years	Friday, 5:30-6:30pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
AcroDance 3	10-17 years	Friday, 6:30-7:30pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Ballet 1	8-12 years	Saturday, 10:15-11:15am	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Ballet 2	10-17 years	Saturday, 12:15-1:15pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Ballet 3	9-17 years	Tuesday, 6-7pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Kinder Ballet 1	4-7 years	Saturday, 9:15-10am	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Kinder Ballet 2	5-6 years	Saturday, 1:15-2pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
PreBallet	6-8 years	Saturday, 11:45am-12:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
PrePointe	10-17 years	Tuesday, 7-7:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
KinderDance	4-6 years	Tuesday, 4:45-5:30pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Creative Movement Dance	3-4 years	Tuesday, 5:30-6:15pm Saturday, 10-10:45am	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Dance Company	10-17 years	Friday, 6:45-7:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Hip Hop 1	6-8 years	Thursday, 5:45-6:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Hip Hop 2	8-12 years	Thursday, 6:45-7:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Modern Dance 1	8-12 years	Saturday, 11:15am-12:15pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Modern Dance 2	10-17 years	Friday 5:45-6:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Modern Dance 3	10-17 years	Tuesday, 5-6pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Tap	6-10 years	Thursday, 4:45-5:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Teen Tap/Jazz	10-17 years	Saturday, 10:45-11:45am	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Jazz	6-10 years	Saturday, 12:45-1:45pm	Fall (Sept-Dec)	Member: \$182 Program Member: \$218
Private Dance (8 lessons)	10 + years	Varies	Fall (Sept-Dec)	Member: \$184
Private Dance (4 lessons)	10 + years	Varies	Fall (Sept-Dec)	Member: \$105

SPORTS				
Basketball Skills (Instructional)	7 - 15 years	Tuesdays (7 - 8 years) Thursdays (9 - 15 years) 6 - 7:30pm	Fall 2 (Shorter Skills Session - 4weeks)	Member: \$30 Program Member: \$47.50
Basketball Skills (Instructional)	3 - 4 years	Saturdays, 9 - 10am	Fall 2	Member: \$60 Program Member: \$95
Basketball League	5 - 6 years 7 - 15 years	5-6 years: Saturdays 10:15 - 11:30am 7-15 years: Practice: Tuesday - Friday, 6 - 9pm (times may vary based on gym availability) Games will be held on Saturdays	Fall 2 - Winter	5-6 years (8 week program) Member: \$60 Program Member: \$95 7-15 years (10 week program) Member: \$95 Program Member: \$125
Soccer Skills (Instructional)	3 - 4 years	Saturdays, 9 - 11am	Fall 1	Member: \$60 Program Member: \$95
Soccer League	5 - 13 years	Practices Tuesday - Friday Games on Saturdays, 8:30am - 2pm (times may vary)	Fall 1	Member: \$65 Program Member: \$105
Flag Football League	6-14 years	Practices Tuesday - Friday Games on Saturdays 11am - 3:30pm (times may vary)	Fall 1	Member: \$65 Program Member: \$105
Tennis Skills	6-13 years	Saturdays, 10-11:30am	Fall 1	Member: \$60 Program Member: \$95
Volleyball Skills	7-14 years	Saturdays, 10 - 11:30am	Fall 1	Member: \$60 Program: \$95
Cheerleading Skills	7-13 years	Monday, 6:30pm - 7:30pm	Fall 1	Member: \$60 Program: \$95
Toddler Super Sports	2-3 years	Monday, 5:30 - 6:15pm	Fall 2	Member: \$30 Program: \$60


SWIM LESSONS				
Swim Starters A, Parent/Child	6 months - 3 years	Monday, 6-6:30pm Wednesday, 6-6:30pm Thursday, 10:05-10:35am Saturday, 9:45-10:15am	Fall 1 and 2	Member: \$74 Community: \$148
Swim Starters B, Parent/Child	6 months - 3 years	Monday, 6-6:30pm Wednesday, 6-6:30pm Thursday, 10:40-11:05am Saturday, 10:20-10:50am	Fall 1 and 2	Member: \$74 Community: \$148
Swim Basics, Level 1 - Toddler	6 months - 3 years	Monday, 6-6:30pm Wednesday, 6:35-7:05pm Thursday, 11:10-11:40am Saturday, 9-9:30am	Fall 1 and 2	Member: \$74 Community: \$148

Preschool, Swim Basics Level 1	3 - 5 years	Monday, 5:30-6pm Monday, 6:30-7pm Tuesday, 5:15-5:45pm Wednesday, 6:05-6:30pm Wednesday, 7:10-7:40pm Thursday, 10:05-10:35am Thursday, 5:15-5:45pm Friday, 5:50-6:20pm Saturday, 9:45-10:15am Saturday, 10:20-10:50am	Fall 1 and 2	Member: \$74 Community: \$148
Preschool, Swim Basics Level 2	3 - 5 years	Monday, 5:30-6pm Monday, 6:30-7pm Tuesday, 5:15-5:45pm Wednesday, 6-6:30pm Thursday, 10:40-11:05am Thursday, 5:15-5:45pm Friday, 5:50-6:20pm Saturday, 9:45-10:15am, Saturday, 10:20-10:50am	Fall 1 and 2	Member: \$74 Community: \$148
Preschool, Swim Basics Level 3	3 - 5 years	Monday, 6:30-7pm Tuesday, 5:15-5:45pm Wednesday, 7:25-7:55pm Thursday, 11:10-11:40am Thursday, 5:15-5:45pm Friday, 5:50-6:20pm Saturday, 9:45-10:15am	Fall 1 and 2	Member: \$74 Community: \$148
Preschool, Swim Strokes Level 4	3 - 5 years	Monday, 6:30-7pm Tuesday, 5:15-5:45pm Thursday, 5:15-5:45pm Saturday, 10:20-10:50am	Fall 1 and 2	Member: \$74 Community: \$148
Youth, Swim Basics Level 1	6 - 12 years	Monday, 5:35-6:20pm Wednesday, 7:25-8:10pm Thursday, 4:25-5:10pm Saturday, 11-11:45am	Fall 1 and 2	Member: \$84 Community: \$168
Youth, Swim Basics Level 2	6 - 12 years	Monday, 7:05-7:50pm Thursday, 4:25-5:10pm Friday, 5-5:45pm Saturday, 8:55-9:40am	Fall 1 and 2	Member: \$84 Community: \$168
Youth, Swim Basics Level 3	6 - 12 years	Monday, 4:45-5:30pm Thursday, 4:25-5:10pm Friday, 5-5:45pm Saturday, 11-11:45am	Fall 1 and 2	Member: \$84 Community: \$168
Youth, Swim Strokes Level 4	6 - 12 years	Monday, 4:45-5:30pm, Monday, 7:05-7:50pm Tuesday, 4:25-5:10pm Wednesday, 6:35-7:20pm Friday, 5-5:45pm Saturday, 8:55-9:40am	Fall 1 and 2	Member: \$84 Community: \$168


Youth, Swim Strokes Level 5	6 - 12 years	Monday, 4:45-5:30pm Tuesday, 4:25-5:10pm Wednesday, 6:35-7:20pm Saturday, 11-11:45am	Fall 1 and 2	Member: \$84 Community: \$168
Youth, Swim Strokes Level 6	6 - 12 years	Monday, 7-7:05pm Tuesday, 4:25-5:10pm Saturday, 8:55-9:40am	Fall 1 and 2	Member: \$84 Community: \$168
Private Swim Lessons	All Ages	Times vary	Year round	Member: \$240

COMPETITIVE SWIM				
Swim Academy	5 - 12 years	Tuesday, 5:50-6:35pm Thursday, 5:50-6:35pm	September 11-December 20	Full Members: \$348/year or \$87/ month
Green Swim Team	8 & Under	Tues/Thurs 6:35-7:20pm	August 27-March	Full Members: \$551
Bronze Swim Team	7-9 years	Sunday 1-1:45pm Tues/Thurs 5- 6:15pm, Saturday 11:30am-12:45pm	August 27-March	Full Members: \$602
Silver Swim Team	9-11 years	Mon.-Wed., 5 - 6:30pm Friday, 5:45 - 7:15pm Saturday 10-1130am	August 27-March	Full Members: \$768
Gold Swim Team	11-13 years	Sunday, 1 - 2:45pm Mon., Wed, Thurs, 5-7pm Friday, 6-7:45pm Saturday, 9:30-1130am	August 27-March	Full Members: \$860
Advanced swim team	13 years & up	Sunday, 10:30am -12:30pm Monday, 6:30-830pm Tues/Thurs., 6:15-8:45pm Friday, 3:45-5:45pm Saturday 8-10am	August 27-March	Full Members: \$1040
National Swim Team	13 years & up	Mon.-Thurs., 6:15-8:45pm Friday, 3:45-5:45pm Saturday, 7:30-10am	Year round	Full Members: \$2020






Swim Lesson DESCRIPTIONS




SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.




B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.


SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:


- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage one. This stage lays the foundation that allows for a student's future progress in swimming.



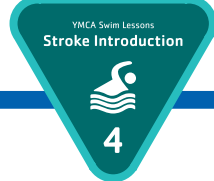
2 / WATER MOVEMENT
In stage two, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.




3 / WATER STAMINA
In stage three, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES


Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION
Students in stage four develop stroke technique in front crawl and back crawl as well as learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students in stage five work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
In stage six, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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)	Tuesdays & Thursdays, 1-2:30 pm & 5:30 -7 p.m.	Program starts September 11, 2018 and runs for 12 weeks.	Free to both members and non-members
Healthy Weight & Your Child	Monday and Wednesday, 6-8 pm	Fall 1	\$100 per family
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
Personal Training * We also offer Personal Training for options for Cancer patients and survivors	Offered all days/times throughout the week. Scheduled by appointment only.	Fall 1 and 2	<p>30 MINUTE SESSIONS 3 sessions: \$95 6 sessions: \$175 12 sessions: \$315 24 sessions: \$570</p> <p>60 MINUTE SESSION 3 sessions: \$170 6 sessions: \$280 12 sessions: \$475 24 sessions: \$890</p> <p>PARTNER TRAINING 3 sessions: \$210 6 sessions: \$350 12 sessions: \$570 24 sessions: \$1,050</p>
Small Group Training	See small group training schedule for class days, times, and descriptions.	Fall 1 and 2	7 week session (30 minute classes): \$50 7 week session (45-60 minute classes): \$70
Group Fitness Classes *No Registration Required	See schedule online or the YMCA of Delaware App	Fall 1 and 2	Free with full facility membership
Dance - Adult Hip Hop	Thursday, 7:45-8:45pm	Fall (Sept-Dec)	Member Cost: \$182 Program Member Cost: \$218

AQUATICS			
Swim Basics, Teen/Adult	Monday, 8-8:45pm Wednesday, 8-8:45pm Saturday, 8-8:45pm	Fall 1 and 2	Member: \$84 Community Member: \$168
Swim Strokes, Teen/Adult	Monday, 8-8:45pm Wednesday, 8-8:45pm	Fall 1 and 2	Member: \$84 Community Member: \$168
Private Swim Lessons	Contact the branch to schedule	Fall 1 and 2	Varies
Lifeguard Certification (15 years and older)	Tuesday, 5-9pm Friday, 5-9pm Saturday, 10-6pm Sunday, 10am - Class Completion	November 13, 16, 17 and 18 December 11, 14, 15, 16	Full Members: \$250 Program Members: \$300 Community Members: \$350
Lifeguard Recertification (15 years and older)	Saturday, 10-6pm	November 17th December 15th	Full Members: \$140 Program Members: \$190 Community Members: \$240
Water Fitness Classes *No Registration Required	See schedule online or on the YMCA of Delaware app	Fall 1 and 2	Free with full facility membership





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