



WHAT CAN YOU DO AT THE YMCA?

At the Y, we want people of all ages to live active, healthy lifestyles, build strong relationships and have fun! Use our program guide to find out what AWESOME activities and events you and your entire family can enjoy at the Y!



If I am A BABY OR TODDLER I CAN...

- Learn to **swim** with a parent or guardian
- Learn a new song in **Movement Programs** such as Tumbling
- **Play water games** with mom, dad or an adult guardian in the pool
- Play at the **Kids Zone** while my parents workout

If I am 2-5 YEARS I CAN...

- Play **sports** such as Soccer, Basketball or Baseball
- Register for programs like Gymnastics, Dance, Martial Arts, Yoga, or Art
- **Learn to swim** in a group or take private lessons
- **Play in the** Indoor or Outdoor pools with my family
- Attend **Preschool****
- Create a finger puppet at **Kids Zone** while my parents workout

If I am 6-12 YEARS I CAN...

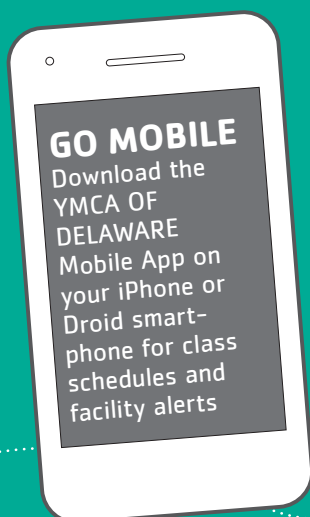
- Join a **sports** team!
- Register for programs like Gymnastics, Dance, Martial Arts, Yoga, or Art
- **Learn to swim** like a fish
- **Play** in the Indoor or Outdoor pools
- Join the **Swim Team**
- Spend a day as a Superhero at **Summer Day Camp**
- Spend the night on the Chesapeake at **YMCA Camp Tockwogh**
- Attend **Before and After School Care**
- Participate in **Family Fitness** classes
- Create a finger puppet at **Kids Zone** while my parents workout
- Kids 8 - 13 stay active in the **Youth Fitness Center**

If I am A TWEEN OR TEEN I CAN...

- Play **sports** at the Y
- Workout in the Fitness Center without a parent
- **Learn to swim**
- **Swim** in the Indoor or Outdoor pools
- Participate in group exercise classes
- Attend **Summer Day Camp** or be a **Counselor-In-Training**
- Spend the night on the Chesapeake at **YMCA Camp Tockwogh**
- Join the **Swim Team**
- Register for Lifeguarding classes
- Be a part of a **Junior or Teen Leadership program**, or **Youth In Government**

* Not all programs are offered at each location. Please check the program guide or online for a full listing.

** Preschool programming is offered at the Western, Brandywine and Downtown Wilmington locations only.



THE Y FOR ALL



If I am **AN ADULT** I CAN...

- Play **Sports**
- Get active in Group Exercise classes including Zumba®, Yoga, Barre, LesMills™ BodyPump, TRX, Spin, Aquatic Fitness and so much more!
- Sign up for a **FREE Fitness Consultation**
- Workout in the **Fitness Center**
- **Swim** laps in the pool
- **Learn to swim** in a group, or take private lessons
- Sign up for **Personal Training** by myself or with a friend
- Register for **Small Group Training Sessions**
- Join a **Running Group**
- Bring a guest for a **FREE** visit to the Y
- **Volunteer** to join a committee or the Y Board, or help with fundraising
- Become CPR or First Aid Certified
- Attend Special Events

If I am an **ACTIVE OLDER ADULT** I CAN...

- Participate in low impact Group Exercise classes including, Yoga, Zumba Gold, Senior Stretch, Silver Spin, Aquatic Fitness and so much more!
- Join a **Social Group**
- Workout in the **Fitness Center**
- **Swim** in the Indoor or Outdoor Pools
- Join the **Masters Swim Team**
- **Learn to swim** in a group, or take private lessons
- Sign up for **Personal Training** by myself or with a friend
- Bring a guest for a **FREE** visit to the Y
- **Volunteer** to join a committee or the Y Board, or help with fundraising
- Become CPR or First Aid Certified
- Attend special events

My **FAMILY** CAN...

- Attend **FREE Family Events** such as Movie Nights, Festivals, Healthy Kids Day and Pool Parties.
- Take a **Family Exercise class**
- Relax with **Family Yoga**
- Leave the kids with us on a **Parents Night Out** (registration required)
- **Shoot hoops** in the **gym**
- Play a game of **Gaga** at the Gaga Pit
- Kick a soccer ball around on the field
- Enjoy a **picnic** by the outdoor pool
- Play a game of Marco Polo in our Indoor or Outdoor **pools**
- Walk or jog together
- **Volunteer** as a family at the Y or a special event
- Celebrate a birthday

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THE Y FOR ALL