



# BRANDYWINE 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: 5 a.m. - 8 p.m.  
Sunday: 12 Noon - 8 p.m.

## ALL LOCKER ROOMS CLOSE

Monday - Friday: 10:15 p.m.  
Saturday & Sunday: 8:15 p.m.

## KIDS ZONE HOURS

(Drop in babysitting for children 6 weeks to 11 years)  
Hours may vary on holidays and between sessions. Full members receive two hours of free babysitting per child per day while utilizing the facility. You are permitted to bring NUT FREE snacks for your child to enjoy during snack times. Additional information about snack times is posted in the Kids Zone. Drinks are permitted during regular hours and not restricted to snack times.

**Please check online and/or the calendar in Kids Zone to see a list of hours by date. \*Schedule is contingent on construction status.**


## BIG KIDS ROOM (Kids Zone)


(Drop in babysitting for children ages 5-11)  
Tuesday & Thursday, 5:30 - 7 p.m.


In this Big Kids room specially designed for children ages 5-11, your child will participate in board games, arts and craft activities and more.



 **PHONE:** (302) 478-9622

 **EMAIL:**  
Please make sure we have your current email address on file so we can keep you up to date via email.

 **ONLINE:**  
• [www.ymcade.org](http://www.ymcade.org)  
• [facebook.com/bwineymca](https://facebook.com/bwineymca)  
• [twitter.com/@bwineymca](https://twitter.com/@bwineymca)

 **TEXT ALERTS**  
To receive text messages regarding building closures, canceled classes or other important information, text any or all of the following short-codes to 81010.

@bryalerts: General facility messages  
@brycamp: Camp messages  
@brycare: Child care messages  
@bryswim: Aquatic/pool messages  
@brysport: Sports messages

## HOW DO I REGISTER FOR PROGRAMS?

**REGISTER ONLINE:** To register or search for program details by location, visit [www.yprograms.org](http://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 Begins: 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 Brandywine 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/brandywine-ymca/](http://www.ymcade.org/brandywine-ymca/).

## PARENTS NIGHT OUT

Drop your kids off at the YMCA and enjoy an evening out!

**REGISTRATION:** Register in advance at the Member Services Desk.

**Fridays, 6-9 p.m.**

**DATES:**

September 7  
September 21  
October 5  
October 19  
November 2  
November 16  
December 21.

**FEES:**

\$20 per child  
\$15 for additional sibling

## FAMILY PAJAMA PARTY [05501]

Enjoy a fun night swimming, snacking, and watching a movie. This party is for preschoolers and their siblings in the Movement Studio. Bring a swim suit, pajamas, a sleeping bag and a pillow. Parents must stay with their children during the movie.

Swimming: 5- 5:45 p.m.

Movie: 6 - 7:45 p.m.

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

**DAY/TIME:**

Saturday, November 3

Saturday, January 5

Saturday, March 2

**FEE:** Full Members are FREE.

**CONTACT:** [agillis@ymcade.org](mailto:agillis@ymcade.org) or (302) 510-1199

## FAMILY CAMP OUT UNDER THE STARS AT THE HANBY OUTDOOR CENTER

Sleep under the stars with your whole family at the YMCA.

**DATE:** Saturday, October 6

**START TIME:** Saturday at 5:30 p.m.

**END TIME:** Sunday at 9:30 a.m.

**LOCATION:** Hanby Outdoor Center

**FEES:** Full Members are FREE.

**WHAT TO BRING:**

Tent, flashlight, sleeping bag, pillow, snacks and bug spray

**REGISTRATION:**

August 14 - October 1 at the Member Services Desk

**ACTIVITIES:**

5:30 - 7:30 p.m.: Set up tent

6:30 - 7:30 p.m.: Dinner served

8 - 9:30 p.m.: Entertainment, marshmallows and a campfire

**Note:** No pets please. All children must be accompanied by an adult.

**CONTACT:**

Bridget O'Connor, (302) 478-8591 or [boconnor@ymcade.org](mailto:boconnor@ymcade.org)

\*The decision to cancel this event due to weather will be made on Saturday, October 6th after 1 p.m. Please call the sports hotline at (302) 230-4600 for cancellation information.

## FALL FESTIVAL

Join us for games, crafts, food and more! This event is free and open to non-members. For additional information, visit our website at [www.ymcade.org](http://www.ymcade.org).

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

**DAY/TIME:**

Sunday, October 14, 1 - 4 p.m.

**LOCATION:** Hanby Outdoor Center

**FEE:** FREE (non-members welcome)

## HOLIDAY FAMILY EVENT

Make ornaments, take pictures with Santa, listen to holiday music and enjoy cookies and cocoa.

**DAY/TIME:** Friday, December 7, 6:30 - 8 p.m.

**FEE:** FREE to Full Members

## NEW YORK BUS TRIPS

Take advantage of matinee theater bargains, see the famous sights, visit art museums or shop!

**DAY/TIME:**

Saturday, October 13 or  
Wednesday, November 28  
7:15 a.m. - 9 p.m.

**LOCATION:** bus leaves from Brandywine Y

**FEE:** \$48 per person (open to the community)

# YOUTH PROGRAMMING

## CHILD CARE

Giant Step Preschool	2 years (must be 2 by 9/1/18)	Monday, Wednesday and Friday or Tuesday and Thursday	Fall/Winter/Spring	Full Member: 3 day: \$277 2 day: \$246 Program Member: 3 day- \$326 2 day - \$289
Giant Step Preschool	3 year olds (must be 3 by 9/1/18)	Monday, Wednesday and Friday or Tuesday and Thursday (will not swim)	Fall/Winter/Spring	Full Member: 3 day- \$277 2 day - \$246 Program Member: 3 day- \$326 2 day - \$289
Giant Step Preschool	4 year olds (must be 4 by 9/1/18)	Monday - Friday	Fall/Winter/Spring	Full Member: \$347/month Program Member: \$390/month
Mid Day Fun Club for Giant Step Preschoolers (2, 3 or 5 days available)	3 & 4 year olds	Monday - Friday, 12 noon - 4 p.m.	Fall/Winter/Spring	Full Member Monday - Friday: \$347 Mon/Wed/Fri: \$236 Tues/Thurs: \$186 Program Member Monday - Friday: \$390 Mon/Wed/Fri: \$291 Tues/Thurs: \$220
Lunch Bunch for Giant Step Preschoolers	2, 3 & 4 year olds	Monday-Friday, 12 - 1 p.m. (bring lunch from home)	Fall/Winter/Spring	6 lunches for \$25
Before and After School Care	K - 5th grade	September - May	Fall/Winter/Spring	3 days \$275/month 5 days \$ 368/month AM care \$135/month
School is Out Care (Held during school in-service and vacation days)	K - 6th grade	September - June	Fall/Winter/Spring	Full Member: \$39 Program Member/Public: \$55
Summer Camp	Pre-K - 8th grade	June - August	Registration January 25, 2019	See website for details.

## DANCE/TUMBLING

Leap Forward Parent/child (Tumbling/movement program)	Crawling to 1st steps Walking to 3 years	Crawling- 1st step: Tuesday 9:15-9:45 a.m. Walking - 3 years: Tuesday, 10 - 10:30 a.m.	Fall 1 and 2	Full Member: \$48 Program Member: \$96
Dance and Movement Parent/child	2 - 3 years	Saturday 10-10:45 a.m.	Fall 1 and 2	Member: \$64 Program Member: \$128

Pre-Ballet	3 - 4 years	Tuesday 1-1:45 p.m.	Fall 1 and 2	Member: \$64 Program Member: \$128
Pre-Ballet	3-4 years	Thursday, 11-11:45 a.m.	Fall 1 and 2	Fall 1: Member: \$64 Program Member: \$128 Fall 2 (7 weeks): Member \$56 Program Member: \$112
Tap/Ballet	4 - 5 years	Tuesday , 1:45-2:30 p.m. Thursday, 4:15 - 5 p.m.	Fall 1 and 2	Fall 1: Member: \$64 Program Member: \$128 Fall 2 (7 weeks): Member: \$56 Program Member: \$112
Tap/Ballet II	6 and older	Saturday, 11-11:45 a.m.	Fall 1 and 2	Member: \$64 Program Member: \$128
Tap and Jazz	7 and over	To be announced	Fall 2	Member: \$64 Program Member: \$128
Ballet I	5 years & older	Tuesday 4:15-5 p.m.	Fall 1 and 2	Member: \$64 Program Member: \$128
Ballet II	6 years and older	Tuesday 5-5:45 p.m.	Fall 1 and 2	Fall 1 and 2: Member: \$64 Program Member: \$128
Hip Hop	6-10 years	Monday 4:15-5 p.m.	Fall 1 and 2	Fall 1: Member: \$56 Program Member: \$112 Fall 2: Member: \$64 Program Member: \$128
Modern Dance	6 and up	To be announced	Fall 2	Member: \$64 Program Member: \$128
Musical Theater Dance	6 and up	To be announced	Fall 2	Member: \$64 Program Member: \$128
Song and Dance	3-5 years	Saturday 11-11:45 a.m.	Fall 1 and 2	Member: \$64 Program Member: \$128
Tumble Tykes	3 1/2 - 5 years	Tuesday, 10:45-11:15 a.m. Saturday, 9:15-9:45 a.m.	Tuesday: Fall 1 and 2 Saturday Fall 2	Full Member: \$56 Community: \$70
Junior Tumbler	5 - 7 years	Saturday, 10 - 10:30 a.m.	Fall 2	Member: \$56 Program Member: \$70
Tumbling I	7 & older	Saturday, 10:45-11:30	Fall 2	Full Member: \$64 Program Member: \$96
Tumbling II	7 & older	Saturday, 10:45-11:30	Fall 2	Full Member: \$64 Program Member: \$96

ENRICHMENT/SPECIALTY				
Animal Encounters	5 - 9 years	Wednesday 6-7 p.m.	Fall 1 and 2	Full Member: \$50 Program Member: \$100
Arts and Crafts	4 - 6 years	Saturday 9-10 a.m.	Fall 1 and 2	Full Member: \$64 Program Member: \$128
Creative Tots Parent/Child	2-5 years	Saturday 10-11 a.m.	Fall 1: 9/29 and 10/27 Fall 2: 11/17 and 12/15	Full Member: \$12 Program Member: \$18
Creative Drawing and Painting	8-14 years	Tuesday 6-7 p.m.	Fall 1: 9/11-10/19 Fall 2: 10/30-12/18	Fall 1: Full Member: \$56 Program Member: \$112 Fall 2: Full Member: \$64 Program Member: \$128
Young Artist's Studio	7 - 12 years	Saturday 10-11 a.m.	Fall 1 and 2	Full Member: \$64 Program Member: \$128
Preschool Picassos	3 - 5 years	Thursday, 1-2 p.m.	Fall 1 (starts 9/13) and Fall 2	Full Member: \$51 Program Member: \$70
Kids and Clay	6-10 years	Monday 4:30-5:30 p.m.	Fall 1 and 2	Fall 1: Full Member: \$56 Program Member: \$112 Fall 2: Full Member: \$64 Program Member: \$128
Preschool Hands-On Science and Social Studies	4 - 5 years	Wednesday, 1-2 p.m.	Fall 1 (starts 9/12) and Fall 2	Full Member: \$51 Program Member: \$70
Minecraft Pixel Project	7 - 12 years	Saturday 1-3 p.m.	Fall 1 (October 20)	Full Member: \$40 Program Member: \$45
Sewing Doll Clothing	7 - 10 years	Sunday 1:30-3 p.m.	Fall 1 October 7	Full Member: \$16 Program Member : \$20
Legos, Legos everywhere	5 - 10 years	Monday 6-7 p.m.	Fall 1 and 2	Full Member: \$48 Program Member: \$96
Jewelry Making	5 - 9 years	Thursday 5-6pm	Fall 1 and 2	Full Member: \$50 Program Member: \$100
Comic Books Club	8 - 11 years	Thursdays, 6:30 - 7:30	Fall 1 and 2	Full Member: \$89 Program Member: \$113
YMCA Super Sitters	11 - 14 years	Tuesday 6-8 p.m.	Fall 1: Sept 18-Oct 23	Member \$68 Program and Community: \$136
Junior Leaders	Grades 3 - 6	Wednesday, 6:30 - 8 p.m.	Starts September 5	FREE
Teen Leaders	Grades 6 - 12	Tuesday, 6:30 -8 p.m.	Starts September 4	FREE

FITNESS				
Strong Enough (group sessions)	10 - 14 years	To be announced	Fall 1 and 2	Full Member: \$75 Program Member: N/A
Strong Enough (1 on 1 sessions )	12-13 years	By appointment	Fall 1 and 2	Full Member: \$170 Program Member: N/A
Youth Cardio Orientation	12-13 years	By appointment	Fall 1 and 2	Full Member: Free
Youth Strength Orientation	12-13 years	By appointment	Fall 1 and 2	Full Member: Free
Youth Personal Training	12-14 years	By appointment	Fall 1 and 2	Package rates apply
Kids Karate	4 - 6 years	Thursdays Beginner: 5 - 5:30 p.m. Intermediate: 5:30 - 6 p.m.	Fall 1 and Fall 2	Full Member: \$60 Program Member: \$100
Karate Youth	7 - 13 years	Saturdays Beginner: 11:30 a.m. - 12:10 p.m. Intermediate: 12:10 - 12:50 p.m. Advanced: 12:50 - 1:30 p.m.	Fall 1 and Fall 2	Full Member: \$60 Program Member: \$100
Yoga Parent/Child	2 - 5 years	Wednesday, 9:30 -10 a.m.	Fall 1 and 2	FREE to members
Yoga for Kids	8-14 years 5-7 years	Monday, 4:45-5:15 p.m. (8-14 years) Monday, 4:15 - 4:45 p.m. (5 - 7 years).	Fall1 (9/10/18-10/22/18) Fall 2 (10/29 - 12/17)	Fall 1: Member: \$35 Program Member: \$45 Fall 2: Member: \$40 Program Member: \$50
Youth Fitness Center (drop in)	6-12 years	See schedule in branch or on our website.	Fall 1 and 2	FREE to members

SPORTS				
Soccer Tots (Instructional)	3 - 4 years	Mondays, 5:30 - 6:15 p.m.	Sept 10 to Oct 22	Full Member: \$58 Program Member: \$110
Soccer League	5 - 13 years	Saturdays (times vary)	Sept 15 to Oct 27	Full Member: \$60 Program Member: \$110
Junior Hoops Basketball League	5 - 6 years	Saturday Afternoons	Nov 3 to Dec 15	Full Member: \$65 Program Member: \$120
Basketball Skill Development	Grades 6-8 Grades 3 - 5	Tuesdays, 5 - 5:55 p.m.	Sept 11 - Oct 23 (grades 6-8) Nov 6 to Dec.18 (grades 3-5)	Full Member: \$67 Program Member: \$120
Golf Lessons	4 - 8 years	Wednesday, 6 - 7 p.m.	Sept 19 to Oct 17	Full Member: \$110 Program Member: \$190
Intro to Wrestling	6 - 12 years	Monday, 6-7:15 p.m.	Sept 17- Nov 5	Full Member: \$80 Program Member: \$150
Sports Conditioning	3 - 8 years	TBA	October 29 - December 21	Full Member: \$70 Program Member: \$100
Archery - Hanby Outdoor Center	8 - 16 years	Saturday, 10-11a.m.	Fall I	Full Member: \$66 Program Member: \$100
Kinetic Instructional Skateboarding Clinic	6 & older	Saturday, 9-11 a.m.	Dates to be announced	Full Member: \$30 Program Member: \$30

SWIM LESSONS				
Swim Starters, A Parent/Child	6 months - 3 years	Monday, 5 - 5:30 p.m. Friday, 4:30 - 5 p.m. Saturday, 9 - 9:30 a.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Starters, B Parent/Child	6 months - 3 years	Monday, 5:30 - 6 p.m. Saturday, 9:30 - 10 a.m. Saturday, 10 - 10:30 a.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Basics 1 (with parent)	3 - 5 years	Thursday, 6 - 6:30 p.m. Friday, 5 - 5:30 p.m. Saturday, 10:45 - 11:15 a.m. Sunday, 1 - 1:30 p.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Basics 1, Preschool	3 - 5 years	Tuesday, 6 - 6:30 p.m. Friday, 5:30 - 6 p.m. Friday, 6 - 6:30 p.m. Saturday, 9:30 - 10 a.m. Saturday, 10 - 10:30 a.m. Sunday, 1 - 1:30 p.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Basics 2, Preschool	3 - 5 years	Monday, 5:15 - 5:45 p.m. Tuesday, 6 - 6:30 p.m. Friday, 6 - 6:30 p.m. Saturday, 10 - 10:30 a.m. Saturday, 11:45 - 12:15 p.m. Sunday, 1:45 - 2:15 p.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Basics 3, Preschool	3 - 5 years	Monday, 4:30 - 5 p.m. Tuesday, 6:30 - 7 p.m. Thursday, 6:30 - 7 p.m. Friday, 4:30 - 5 p.m. Friday, 5:15 - 5:45 p.m. Saturday, 9:30 - 10 a.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Basics 3 All, Preschool	3 - 5 years	Monday, 10:30 - 11 a.m. Tuesday, 11:30 - 12 noon Tuesday, 12-12:30 p.m. Tuesday, 12:30-1 p.m. Wednesday, 10:30 - 11 a.m. Thursday, 12 - 12:30 p.m. Thursday, 12:30-1 p.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Strokes 4 - Preschool	3 - 5 years	Monday, 4:30 - 5 p.m. Tuesday, 4:30 - 5 p.m. Tuesday, 6:30 - 7 p.m. Friday, 4:30 - 5 p.m. Friday, 5:45 - 6:15 p.m. Saturday, 11:15 - 11:45 a.m.	Fall 1 and 2	Full Member: \$72 Program Member: \$144
Swim Basics 1, Youth	6 - 12 years	Tuesday, 4:30 - 5:15 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 9:30 - 10:15 a.m. Saturday, 10:30 - 11:15 a.m.	Fall 1 and 2	Full Member: \$84 Program Member: \$168

Swim Basics 2, Youth	6 - 12 years	Monday, 4:30 - 5:15 p.m. Friday, 5 - 5:45 p.m. Saturday, 10:45 - 11:30 a.m. Sunday, 1:30 - 2:15 p.m.	Fall 1 and 2	Full Member: \$84 Program Member: \$168
Swim Basics 3, Youth	6 - 12 years	Monday, 5 - 5:45 p.m. Tuesday, 5 - 5:45 p.m. Friday, 5 - 5:45 p.m. Saturday, 11:30 - 12:15 p.m. Sunday, 1 - 1:45 p.m.	Fall 1 and 2	Full Member: \$84 Program Member: \$168
Swim Strokes 4 - Youth	6 - 12 years	Monday, 4:45 - 5:30 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m. Sunday, 1:30 - 2:15 p.m. Sunday, 2:15 - 3 p.m.	Fall 1 and 2	Full Member: \$84 Program Member: \$168
Swim Strokes 5 - Youth	6 - 12 years	Monday, 6 - 6:45 p.m. Thursday, 6:45 - 7:30 p.m. Friday, 5:45 - 6:30 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 11:15 - 12 noon Sunday, 2:15 - 3 p.m.	Fall 1 and 2	Full Member: \$84 Program Member: \$168
Swim Strokes 6 - Youth	6 - 12 years	Monday, 6 - 6:45 p.m. Tuesday, 5:15 - 6 p.m. Thursday, 6 - 6:45 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 11:30 - 12:15 p.m. Sunday, 2:15 - 3 p.m.	Fall 1 and 2	Full Member: \$84 Program Member: \$168
Private Swim Lessons (15 minute and 30 minute)	2 years and older	Sunday - Saturday 8 a.m. - 8 p.m.	Fall 1 and 2	Full Member: \$15/\$30 Program Member: \$30/\$60
Special Adapted Swim Instruction	All ages	Wednesday, 4:30 - 5:15 p.m. Wednesday, 5:15 - 6 p.m.	Fall 1 and 2	FREE to full members

PRECOMPETITIVE SWIM LESSONS				
Precompetitive Swim Lessons - Sand Sharks	3 - 5 years	Tuesday, 4 - 4:30 p.m. Thursday, 4 - 4:30 p.m.	9/4/2018 - 12/20/18	Member: \$260 Program Member: \$470
Precompetitive Swim Lessons - Hammerheads	6 - 12 years	Tuesday, 4:30 - 5:15 p.m. Tuesday, 6 - 6:45 p.m. Thursday, 4:30 - 5:15 p.m. Thursday, 6 - 6:45 p.m.	9/4/2018 - 12/20/18	Member: \$300 Program Member: \$540
Precompetitive Swim Lessons - Tiger Sharks	6 - 12 years	Tuesday, 5:15 - 6 p.m. Tuesday, 6:45 - 7:30 p.m. Thursday, 5:15 - 6 p.m. Thursday, 6:45 - 7:30 p.m.	9/4/2018 - 12/20/18	Member: \$300 Program Member: \$540

SWIM TEAM				
Swim Team - Age Group 1	5 - 12 years	Monday, 5:30 - 6:30 p.m. Wednesday, 5:30 - 6:30 p.m.	Fall/Winter: 9/4/18 - 3/14/19 School Year: 9/4/18 - 6/14/19	Fall/Winter: 4 payments of \$110 School Year: 6 payments of \$106
Swim Team - Age Group 2	8 - 12 years	Tuesday, 5:30 - 6:30 p.m. Wednesday, 5:45 - 6:45 p.m. Thursday, 5:30 - 6:30 p.m.	Fall/Winter: 9/4/18 - 3/14/19 School Year: 9/4/18 - 6/14/19	Fall/Winter: 4 payments of \$116 School Year: 6 payments of \$108
Swim Team - Age Group 3	8 - 12 years	Monday, 5:45 - 7 p.m. Tuesday, 5:30 - 6:45 p.m. Thursday, 5:30 - 6:45 p.m. Saturday, 9 - 10:30 a.m.	Fall/Winter: 9/4/18 - 3/14/19 School Year: 9/4/18 - 6/14/19 All Year: 9/4/18 - 7/19/19	Fall/Winter: 4 payments of \$159 School Year: 6 payments of \$148 All Year: 8 payments of \$125
Swim Team - Junior 1	9 - 12 years	Monday, 7 - 8:30 p.m. Tuesday, 6:45 - 8:15 p.m. Wednesday, 6:45 - 8:15 p.m. Thursday, 6:45 - 8:15 p.m. Saturday, 7:30 - 9:00 a.m.	Fall/Winter: 9/4/18 - 3/14/19 School Year: 9/4/18 - 6/14/19 All Year: 9/4/18 - 7/19/19	Fall/Winter: 4 payments of \$179 School Year: 6 payments of \$166 All Year: 8 payments of \$140
Swim Team - Junior Varsity	13 - 18 years	Tuesday, 7:30 - 8:30 p.m. Thursday, 7:30 - 8:30 p.m. Saturday, 7:30 - 9 a.m.	Fall/Winter: 9/4/18 - 3/14/19 School Year: 9/4/18 - 6/14/19 All Year: 9/4/18 - 7/19/19	Fall/Winter: 4 payments of \$136 School Year: 6 payments of \$126 All Year: 8 payments of \$107
Swim Team - Junior 2	13 - 18 years	Monday, 6:30 - 8:15 p.m. Tuesday, 5:45 - 7:30 p.m. Wednesday, 6:30 - 8:15 p.m. Thursday, 5:45 - 7:30 p.m. Friday, 5:45 - 7:30 p.m.	Fall/Winter: 9/4/18 - 3/14/19 School Year: 9/4/18 - 6/14/19 All Year: 9/4/18 - 7/19/19	Fall/Winter: 4 payments of \$204 School Year: 6 payments of \$189 All Year: 8 payments of \$160
Swim Team - Senior 1	13 - 18 years	Monday, 6:30 - 8:30 p.m. Tuesday, 5:45 - 8:15 p.m. Wednesday, 6:30 - 8:30 p.m. Thursday, 5:45 - 7:45 p.m. Friday, 5:15 - 7:45 p.m. Sunday, 9:30 a.m. - 12 p.m.	School Year: 9/4/18 - 6/14/19 All Year: 9/4/18 - 7/19/19	School Year: 6 payments of \$244 All Year: 8 payments of \$206
Swim Team - Senior 2	13 - 18 years	Monday, 3:45 - 6:15 p.m. Tuesday, 5:15 - 6:45 a.m. Tuesday, 3:45 - 5:45 p.m. Wednesday, 3:45 - 6:15 p.m. Thursday, 5:15 - 6:45 a.m. Thursday, 3:45 - 5:45 p.m. Friday, 3:45 - 5:45 p.m. Sunday, 9:30 a.m. - 12 p.m.	School Year: 9/4/18 - 6/14/19 All Year: 9/4/18 - 7/19/19	School Year: 6 payments of \$260 All Year: 8 payments of \$220

Swim Team - National	14 - 18 years	Monday, 3:30 - 6:15 p.m. Tuesday, 5:15 - 6:45 a.m. Tuesday, 3:30 - 5:45 p.m. Wednesday, 3:30 - 6:15 p.m. Thursday, 5:15 - 6:45 a.m. Thursday, 3:30 - 5:45 p.m. Friday, 3:30 - 5:45 p.m. Sunday, 7 - 10 a.m.	All Year: 9/4/18 - 7/19/19	All Year: 8 payments of \$240
High School Warm-Up	14 - 18 years	Tuesday, 7:30 - 8:30 p.m. Thursday, 7:30 - 8:30 p.m.	Fall: 9/11/18 - 11/1/18	Member: \$145 Community: \$290

### CERTIFICATIONS

Ellis Lifeguarding Certification	15 years & up	September 7, 14, 15 and 16 October 12, 19, 20 and 21 November 9, 16, 17 and 18 December 7, 14, 15 and 16	Fall 1 and 2	Full Member: \$230 Program Member & Community: \$220
Adult & Child CPR/AED/First Aid	16 years & up	Saturday, 10 a.m. - 2 p.m.	October 20, 2018	Member & Community: \$40



# ADULT PROGRAMMING

ENRICHMENT/ SPECIALTY			
Active Older Adult Social Club	Wednesdays, 1 - 2:30 p.m.	Fall 1 and 2	FREE to full members
Bunco	Saturday, 6:30 - 8 p.m.	Fall 1 and 2	FREE to full members
Knitting and Crocheting (16 and up - open to public)	Wednesdays, 6:30 - 8 p.m.	Fall 1 and 2	Full Member: \$64 Program Member: \$88
Adult Painting (open to public)	Monday 6 - 7:30 p.m.	Fall 1 - starts 9/10 Fall 2 - starts 10/29	Fall 1: Member: \$56 Program Member/ Public: \$77  Fall 2 Member: \$64 Program Member/ Public: \$88
Adult Ballet (16 and up)	Saturday, 12 - 12:55 p.m.	Fall 1 and 2	Full Member: \$64 Program Member: \$128
NYC Bus Trip open to community	Saturday, 7:15 a.m. - 9 p.m.	October 13, 2018	\$48 per person
Holiday NYC Bus Trip open to community	Wednesday, 7:15 a.m. - 9 p.m.	November 28, 2018	\$48 per person

FITNESS			
Fitness Center Equipment Orientations (Youth Cardio and Strength Orientations also available. See Youth Section for details.)	Available for ages 14 and up. By appointment. Walk-ins may be available if there is an opening in the schedule.	Ongoing	Member: free Community: N/A
Fitness Assessment (16 and up)	By appointment	Ongoing	FREE to full members
Personal Training (12 and up)	By appointment	Ongoing	Package Rates Apply
Small Group Training (14 and up)	Schedule varies by session	Fall 1 and 2	Member: \$50 Community: N/A
Personal Training for Cancer patients and survivors (16 and up)	By appointment	Ongoing	Package Rates Apply
Les Mills GRIT (16 and up)	Purchase punch pass at the membership desk.	Ongoing	Member: \$99 Community: \$N/A
Group Fitness Classes *No Registration Required 14 years & up unless designated as Family Friendly. Family friendly classes are for youth 8 and up with a participating adult.	See schedule in branch or the YMCA of Delaware App	Ongoing	Member: free Community: N/A

HEALTH AND 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	Contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.
LIVESTRONG at the YMCA (Cancer Survivors)	For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.	Program Starts September 25th and runs for 12 weeks.	Free to Members and Non-Members

SPORTS			
Bowling League (all ages)	Sunday, 6 p.m. at First State Lanes	Sept 16 to Nov 18	Full Member: \$15 per week per person (to be paid to First State Lanes)
Karate	Saturdays Beginner: 1:30 - 2 p.m. Advanced: 1:30 - 2:30 p.m. Black Belt: 2-3 p.m. (instructor invitation only)	Fall 1 and Fall 2	Full Member: \$70 Program Member: \$110

SWIM			
Swim Strokes - Adult	Monday, 7 - 7:40 p.m. Wednesday, 7 - 7:40 p.m. Sunday, 3 - 3:40 p.m.	Fall 1 and 2	Full Member: \$80 Program Member: \$160  Monday class only Full Member: \$70 Program: \$140
Private Swim Lessons 15 minute and 30 minute lessons	Sunday - Saturday, 8 a.m. - 8 p.m.	Fall 1 and 2	Full Member: \$15/\$30 Program: \$30/\$60
Special Adapted Swim Instruction	Wednesday - 4:30 - 5:15 p.m. Wednesday 5:15 - 6 p.m.	Fall 1 and 2	FREE to full members
Water Fitness Classes *No Registration Required	See website for days and times	Fall 1 and 2	FREE to full members

# 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)

# DID YOU KNOW THE YMCA IS A NON-PROFIT CHARITY

that provides numerous programs and services to the community?

## BRANDYWINE YMCA 2017 IMPACT

# \$600,000

WAS PROVIDED IN FINANCIAL ASSISTANCE to those in need, keeping our doors open to everyone in the Brandywine community in 2017.

## 50%

Donors provided scholarships to **50% of the children in our early childhood education program**, providing a safe and enriching place for them to learn, grow and thrive.



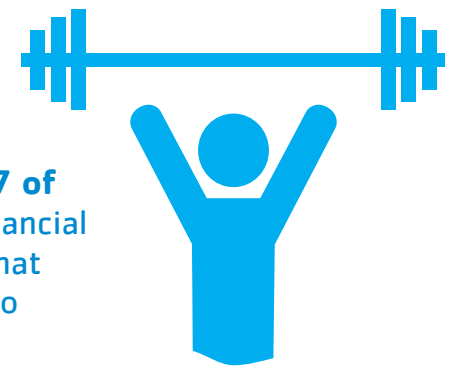
## 200 CHILDREN

had the opportunity to **participate in sports programs** thanks to donor support.



## 637

Donors supported **637 of our members** with financial assistance, ensuring that everyone has a place to belong.



## 156

Community support provided **156 youth with the opportunity to attend summer day camp** where they experienced the outdoors, made lasting friendships and saw a reduction in summer learning loss.



## 314

**single parent households** were provided with much needed financial assistance thanks to donor support.

**DONATE TODAY** to ensure the YMCA can continue to expand its impact in our community! [www.ymcade.org/donate](http://www.ymcade.org/donate)





## 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)