



# BEAR-GLASGOW FAMILY YMCA WINTER 2019 PROGRAM SCHEDULE

## PROGRAM SESSION DATES:

**WINTER:** January 2 - February 24, 2019  
Member Registration Begins: December 10, 2018  
Community Registration Begins: December 17, 2018



# INFORMATION CENTER

## FACILITY HOURS

MONDAY - FRIDAY: 5 am - 10 pm

SATURDAY: 6 am - 8 pm

SUNDAY: 8 am - 8 pm

## KIDS ZONE HOURS

Drop-off babysitting for children ages **6 weeks - 12 years**.

MONDAY - THURSDAY: 8 am - 1 pm / 4 - 8:30 pm

FRIDAY: 8 am - 1 pm / 4 - 7:30 pm

SATURDAY: 8 am - 3 pm

SUNDAY: 9 am - 2:30 pm

\*Hours may vary on holidays and between session breaks. Service is available and free to full members and their dependent children. Members will receive two hours of care per day while using the facility. Children will be cared for by qualified, trained staff in a fun, caring and supportive environment.

## YOUTH FITNESS CENTER

AGES: 7 - 13 years

MONDAY - THURSDAY: 4 pm - 8:30 pm

FRIDAY: 4 - 7:30pm (Parents are welcome to join their child each Friday night!)

SATURDAY: 9 am - 3 pm

SUNDAY: 9 am - 12 pm

## HOLIDAYS & IMPORTANT DATES

DECEMBER 24 (Christmas Eve): CLOSED at 2 pm

DECEMBER 25 (Christmas): CLOSED

DECEMBER 31 (New Year's Eve): CLOSED at 5 pm

JANUARY 1 (New Year's Day): 10 am - 2 pm

JANUARY 21 (MLK Day) Normal Schedule

FEBRUARY 18 (President's Day) Normal Schedule

## HOW DO I REGISTER FOR PROGRAMS?

**REGISTER ONLINE:** To register or search for program details by location, visit [yprograms.org](http://yprograms.org) for 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.

## WINTER 2019 PROGRAM SESSION DATES

**WINTER:** January 2 - February 24

Member Registration begins: December 10

Community Registration begins: December 17

## 2019 SUMMER CAMP REGISTRATION

Registration begins: January 25

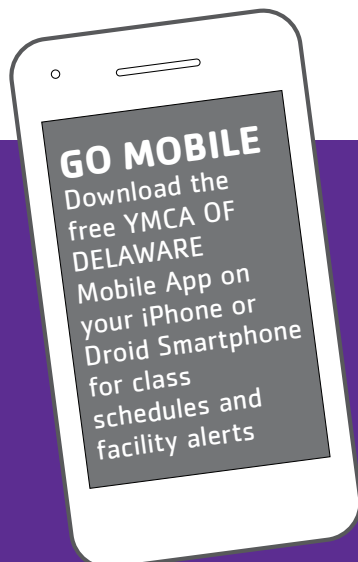
## Y CONNECT

**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%! For more details visit [ymcade.org](http://ymcade.org).

## FINANCIAL ASSISTANCE

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 [ymcade.org](http://ymcade.org).



### 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.

@bgyalerts: General

@bgycamp: Day Camp

@bgycare: Child Care

@bgyswim: Aquatics

@bgyfit: Fitness

@bgygroupex: Group Exercise

@bgysport: Sports

### LET'S CONNECT!



(302) 836-9622  
[www.ymcade.org](http://www.ymcade.org)

# AROUND THE Y

There's always something happening at the Bear-Glasgow 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 [ymcade.org](http://ymcade.org).

## ▶ FAMILY EVENTS

### TEEN NIGHTS

**GRADES:** 6 - 12

Are your teens constantly looking for something to do on a Saturday night? **Bring them to the Y on the second Saturday of each month.**

The Bear-Glasgow Family Y transforms into a hangout spot for teens (under staff supervision). Teens can play basketball, take a dip in the pool, workout, do homework or kick back and relax. We recommend you pre-register your teen(s) because space fills up quickly and is limited. A parental waiver is required.

**DATES:** 12/8, 1/12, 2/9, 3/9 and 4/13

**TIME:** 7:30 - 10 p.m.

**FEES:** Members: \$5  
Community: \$10

### PARENTS DROP & SHOP

**AGES:** 6 weeks - 12 years

Let the Y help you get your holiday shopping done! Your kids will enjoy fun activities while being supervised by our trained staff. Dinner is provided. To sign up, please visit the Member Services desk to complete a program packet.

**DATE/TIME:** 4:30 - 7:30 p.m.

Sunday, December 16

**FEE:** Included in your membership!  
Limited space, register early.

### COOKIES & CRAFTS WITH SANTA

**THURSDAY, DECEMBER 13, 5 - 7 p.m.**

Join us in the lobby for some holiday fun as we will make ornaments, eat Christmas cookies, and listen to Santa read a story. **FEE:** Included in your membership!

### KIDS AND PARENTS NIGHT OUT

**AGES:** 6 weeks - 12 years

Enjoy a Saturday evening out while your kids spend time at the Y. Children will enjoy fun activities, while being supervised by our trained staff. Dinner is provided. To sign up, please visit the Member Services desk to complete a program packet.

**DATES:** 1/12, 1/26, 2/9, 2/23, 3/16 and 3/30

**TIME:** 4:30 - 7:30 p.m.

**FEE:** Members \$10 per child, \$5 for each additional child in your family. Limited space available, register early.

### MLK DAY AT THE Y

**FRIDAY, JANUARY 21, 10 a.m. - 2 p.m.**

We will commemorate Dr. King's spirit to bring people together, give back and serve others. This is a family friendly Open House event! Bring a friend, neighbor or family member to the Y for a fun filled day of games and activities, while we celebrate the diversity within our community. Additionally, join our Jr. Teen & Teen Leaders that will lead a service project to further strengthen our community. Visit the Member Services Desk for more details. **No fees. All are welcome!**

### BEACH PARTY

**FRIDAY, JANUARY 25, 6 - 8 p.m.**

Get rid of your mid-winter blues and join us for a YMCA Beach Party! Members and non-members are welcome to attend this lively evening full of family activities and tons of fun! Plus, learn about our summer camps.

## ▶ VOLUNTEER

### GIVE BACK AND VOLUNTEER

Consider your time a gift to the Y 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 [ymcade.org/about-us/volunteer](http://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](http://www.ymcade.org), or ask our staff how you can donate today.

## ▶ 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 Jamila Anderson at [Janderson@ymcade.org](mailto:Janderson@ymcade.org).





# YOUTH PROGRAMMING

CHILD CARE				
<b>Before School Care</b> (Christina and Colonial District)	Grades K - 6	<b>Monday - Friday, 7 a.m. to start of school</b>	2018-2019 School Year	<b>Member: \$230 Community: \$300</b>
<b>After School Care</b> (Christina, Colonial and Newark Charter)	Grades K - 6	<b>Monday - Friday, end of school to 6 p.m.</b>	2018-2019 School Year	<b>Member: \$305 Community: \$395</b>
<b>After School Care</b> (Christina, Colonial and Newark Charter)	Grades K - 6	<b>Monday - Friday, 7 a.m. to start of school &amp; end of school to 6 p.m.</b>	2018-2019 School Year	<b>Member: \$385 Community: \$470</b>
<b>Vacation Program</b> (Before or After School Care Participants)	Grades K - 6	Scheduled School Days Off	2018-2019 School Year	<b>Member: \$40 Community: \$55</b>
DISTRICT	BEFORE AND AFTER SCHOOL LOCATIONS		POC SITE ID	Delaware Stars Level
<b>Christina School District</b>	CMS Honors Academy		Not Available	Not Enrolled
	Jones Elementary		1710179400	Not Enrolled
	Keene Elementary		1710236900	Level 4
	Leasure Elementary		1710129100	Level 4
	Marshall Elementary		1710129300	Level 5
	McVey Elementary		1710129200	Level 5
	Oberle Elementary		1720003400	Not Enrolled
<b>Colonial School District</b>	Carrie Downie Elementary		1710387200	Level 5
	Castle Hills Elementary		1710420600	Not Enrolled
	CEEP (Colwyck)		1710371800	Not Enrolled
	New Castle Elementary		1710451100	Not Enrolled
	Pleasantville Elementary		1710367100	Level 5
	Southern Elementary		1710236800	Level 5
	Wilbur Elementary		1710388000	Level 4
	Wilmington Manor		1710387300	Level 5
<b>Newark Charter</b> (Charter provides transportation to the Bear-Glasgow YMCA)	Newark Charter		1710409500	Not Enrolled

DANCE				
<b>Ballet I</b>	6 - 12 years	<b>Saturday, 10 - 11 a.m.</b>	Winter	<b>Member: \$62 Community: \$78</b>
<b>Creative Dance</b>	3 - 4 years	<b>Thursday, 10 - 10:45 a.m. Saturday, 8:30 - 9:15 a.m.</b>	Winter	<b>Member: \$62 Community: \$78</b>
<b>Pre-Ballet</b>	4 - 5 years	<b>Monday, 5:45 - 6:30 p.m. Saturday, 9:15 - 10 a.m.</b>	Winter	<b>Member: \$62 Community: \$78</b>
<b>Tap</b>	6 - 12 years	<b>Monday, 5 - 5:45 p.m.</b>	Winter	<b>Member: \$62 Community: \$78</b>

<b>KARATE</b>				
<b>Kenpo Karate For Kids</b>	8 - 12 years	<b>Monday, 7:15 - 8 p.m.</b>	Winter	<b>Member: \$72 Community: \$90</b>
<b>Little Tigers Karate Program</b>	4 - 7 years	<b>Monday, 6:15 - 7 p.m.</b>	Winter	<b>Member: \$72 Community: \$90</b>

<b>LEADERSHIP</b>				
<b>Jr. Leaders</b>	8 - 12 years	<b>Monday, 6 - 7 p.m.</b>	Winter	<b>Member: \$25 Community: \$35</b>
<b>Teen Leaders</b>	13 - 17 years	<b>Monday, 7 - 8 p.m.</b>	Winter	<b>Member: \$25 Community: \$35</b>
<b>Youth in Government Model Legislative and Judicial Program</b>	Grades 9 - 12	<b>Thursday, 6:30 - 8 p.m.</b>	1/10/19 - 4/13/19	<b>Fees: \$325/year</b>

<b>MOVEMENT</b>				
<b>Lil' Movers</b>	2-3 years with parent	<b>Saturday, 11:15 a.m. - 12 p.m.</b>	Winter	<b>Member: \$60 Community: \$85</b>
<b>Petite Energy</b>	1-2 years with parent	<b>Saturday, 9:45 - 10:30 a.m.</b>	Winter	<b>Member: \$60 Community: \$85</b>

<b>SPORTS</b>				
<b>All Sports Clinic Instructional</b>	3 - 6 years	<b>Saturday, 9 - 9:45 a.m.</b>	Winter	<b>Member: \$60 Community: \$90</b>
<b>Basketball Instructional</b>	5 - 12 years	<b>5 - 8 years:</b> Thursday, 6 - 7 p.m.  <b>9 - 12 years:</b> Thursday, 7 - 8 p.m.	Winter	<b>Member: \$60 Community: \$90</b>
<b>Basketball League</b>	5 - 15 years	Games are held Saturday, mornings. All teams practice one day per week.	1/7/19 to 3/2/19	<b>Member: \$70 Community: \$105</b>
<b>Indoor Soccer League</b>	3 - 13 years	Games are held Saturday, mornings. All teams practice one day per week.	1/7/19 to 3/2/19	<b>Member: \$70 Community: \$105</b>
<b>Volleyball Instructional</b>	7 - 16 years	<b>Thursday, 7 - 8 p.m.</b>	Winter	<b>Member: \$60 Community: \$90</b>

# YOUTH PROGRAMMING

SWIM				
<b>Swim Starters, A</b> Parent/Child	6 - 19 months	<b>Monday, 10:30 - 11 a.m.</b> <b>Wednesday, 6 - 6:30 p.m.</b> <b>Thursday, 10 - 10:30 a.m.</b> <b>Thursday, 5:30 - 6 p.m.</b> <b>Friday, 10 - 10:30 a.m.</b> <b>Saturday, 10:10 - 10:40 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148
<b>Swim Starters, B</b> Parent/Child	20 months - 3 years	<b>Monday, 10:30 - 11 a.m.</b> <b>Wednesday, 6:30 - 7 p.m.</b> <b>Thursday, 10 - 10:30 a.m.</b> <b>Thursday, 5:30 - 6 p.m.</b> <b>Friday, 10 - 10:30 a.m.</b> <b>Saturday, 9:35 - 10:05 a.m.</b> <b>Saturday, 10:10 - 10:40 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148
<b>Pre-School Swim Basics</b> Level 1 with parent	3 - 5 years	<b>Monday, 10 - 10:30 a.m.</b> <b>Monday, 6:15 - 6:45 p.m.</b> <b>Thursday, 6 - 6:30 p.m.</b> <b>Saturday, 11:35 - 12:05 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148
<b>Pre-School Swim Basics</b> Level 1	3 - 5 years	<b>Monday, 10 - 10:30 a.m.</b> <b>Monday, 5:45 - 6:15 p.m.</b> <b>Monday, 6:15 - 6:45 p.m.</b> <b>Tuesday, 4:30 - 5:00 p.m.</b> <b>Wednesday, 6 - 6:30 p.m.</b> <b>Thursday, 10:30 - 11 a.m.</b> <b>Thursday, 5:30 - 6:00 p.m.</b> <b>Thursday, 6 - 6:30 p.m.</b> <b>Friday, 4 - 4:30 p.m.</b> <b>Saturday, 9:35 - 10:05 a.m.</b> <b>Saturday, 10:10 - 10:40 a.m.</b> <b>Saturday, 12:25 - 12:55 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148
<b>Pre-School Swim Basics</b> Level 2	3 - 5 years	<b>Monday, 10:30 - 11 a.m.</b> <b>Monday, 5:45 - 6:15 p.m.</b> <b>Monday, 6:15 - 6:45 p.m.</b> <b>Tuesday, 4:30 - 5:00 p.m.</b> <b>Wednesday, 6 - 6:30 p.m.</b> <b>Wednesday, 6:30 - 7 p.m.</b> <b>Thursday, 10:30 - 11 a.m.</b> <b>Thursday, 5:30 - 6:00 p.m.</b> <b>Thursday, 6 - 6:30 p.m.</b> <b>Friday, 4 - 4:30 p.m.</b> <b>Saturday, 9:35 - 10:05 a.m.</b> <b>Saturday, 10:10 - 10:40 a.m.</b> <b>Saturday, 12:25 - 12:55 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148

# YOUTH PROGRAMMING

<b>Pre-School Swim Basics</b> Level 3	3 - 5 years	<b>Monday, 10:30 - 11 a.m.</b> <b>Monday, 5:45 - 6:15 p.m.</b> <b>Tuesday, 5 - 5:30 p.m.</b> <b>Wednesday, 6:30 - 7 p.m.</b> <b>Thursday, 10 - 10:30 a.m.</b> <b>Thursday, 6 - 6:30 p.m.</b> <b>Friday, 4 - 4:30 p.m.</b> <b>Saturday, 9:35 - 10:05 a.m.</b> <b>Saturday, 10:10 - 10:40 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148
<b>Pre-School Swim Strokes</b> Level 4	3 - 5 years	<b>Monday, 5:15 - 5:45 p.m.</b> <b>Tuesday, 5 - 5:30 p.m.</b> <b>Wednesday, 5:15 - 5:45 p.m.</b> <b>Thursday, 10 - 10:30 a.m.</b> <b>Thursday, 5:30 - 6 p.m.</b> <b>Friday, 4 - 4:30 p.m.</b> <b>Saturday, 12:25 - 12:55 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$65 8 weeks - \$74  <b>Community:</b> 7 week - \$130 8 weeks - \$148
<b>Swim Basics</b> Level 1	6-12 years	<b>Monday, 7 - 7:45 p.m.</b> <b>Tuesday, 7:35 - 8:20 p.m.</b> <b>Wednesday, 5:15 - 6 p.m.</b> <b>Thursday, 4 - 4:45 p.m.</b> <b>Friday, 4:30 - 5:15 p.m.</b> <b>Saturday, 8:45 - 9:30 a.m.</b> <b>Saturday, 10:45 - 11:30 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Swim Basics</b> Level 2	6-12 years	<b>Monday, 4:30 - 5:15 p.m.</b> <b>Monday, 6 - 6:45 p.m.</b> <b>Monday, 7 - 7:45 p.m.</b> <b>Tuesday, 7:35 - 8:20 p.m.</b> <b>Wednesday, 5:15 - 6 p.m.</b> <b>Thursday, 4 - 4:45 p.m.</b> <b>Friday, 4:30 - 5:15 p.m.</b> <b>Saturday, 8:45 - 9:30 a.m.</b> <b>Saturday, 10:45 - 11:30 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Swim Basics</b> Level 3	6-12 years	<b>Monday, 4:30 - 5:15 p.m.</b> <b>Monday, 7 - 7:45 p.m.</b> <b>Tuesday, 7:35 - 8:20 p.m.</b> <b>Wednesday, 4:30 - 5:15 p.m.</b> <b>Wednesday, 7 - 7:45 p.m.</b> <b>Thursday, 4:45 - 5:30 p.m.</b> <b>Friday, 4:30 - 5:15 p.m.</b> <b>Saturday, 8:45 - 9:30 a.m.</b> <b>Saturday, 10:45 - 11:30 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Swim Strokes</b> Level 4	6-12 years	<b>Monday, 7 - 7:45 p.m.</b> <b>Tuesday, 7:35 - 8:20 p.m.</b> <b>Wednesday, 4:30 - 5:15 p.m.</b> <b>Wednesday, 7 - 7:45 p.m.</b> <b>Thursday, 4:45 - 5:30 p.m.</b> <b>Friday, 5:15 - 6 p.m.</b> <b>Saturday, 8:45 - 9:30 a.m.</b> <b>Saturday, 10:45 - 11:30 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Swim Strokes</b> Level 5	6-12 years	<b>Monday, 4:30 - 5:15 p.m.</b> <b>Tuesday, 5:30 - 6:15 p.m.</b> <b>Wednesday, 4:30 - 5:15 p.m.</b> <b>Wednesday, 7 - 7:45 p.m.</b> <b>Thursday, 4:45 - 5:30 p.m.</b> <b>Friday, 5:15 - 6 p.m.</b> <b>Saturday, 11:35 - 12:20 p.m.</b> <b>Sunday, 12 - 12:45 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172

# YOUTH PROGRAMMING

<b>Youth Swim Strokes</b> Level 6	6-12 years	<b>Monday, 4:30 - 5:15 p.m.</b> <b>Tuesday, 5:30 - 6:15 p.m.</b> <b>Wednesday, 4:30 - 5:15 p.m.</b> <b>Wednesday, 7 - 7:45 p.m.</b> <b>Thursday, 4:45 - 5:30 p.m.</b> <b>Friday, 5:15 - 6 p.m.</b> <b>Saturday, 11:35 - 12:20 p.m.</b> <b>Sunday, 12 - 12:45 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Homeschool</b>	6 - 14 years	<b>Monday, 11 - 11:55 a.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Teens Swim Basics</b>	13 - 17 years	<b>Monday, 7:45 - 8:30 p.m.</b> <b>Friday, 5:15 - 6 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
<b>Teens Swim Strokes</b>	13 - 17 years	<b>Wednesday, 7:45 - 8:30 p.m.</b> <b>Friday, 5:15 - 6 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community:</b> 7 week - \$152 8 weeks - \$172
Pre-Competitive <b>Panda Bears</b>	4-7 years	<b>Monday, 5:15 - 5:45 p.m.</b> <b>Wednesday, 5:15 - 5:45 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member: \$148</b> <b>Community: \$200</b>
Pre-Competitive <b>Polar Bears</b>	8 - 12 years	<b>Tuesday, 6:30 - 7:30p.m.</b> <b>Thursday, 6:40 - 7:40 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member: \$185</b> <b>Community: \$235</b>
Pre-Competitive <b>Swim Tea.m. Prep</b>	8 - 18 years	<b>Tuesday, 6:30 - 7:30p.m.</b> <b>Thursday, 6:40 - 7:40 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member: \$185</b> <b>Community: \$235</b>
Pre-Competitive <b>Stroke Mechanics</b>	8 - 18 years	<b>Saturday, 11:35 - 12:20 p.m.</b>	Winter (M, Tu, W = 7 weeks Th, F, Sa, Su = 8 weeks)	<b>Member: \$86</b> <b>Community: \$172</b>

# STRONG SWIMMERS CONFIDENT KIDS







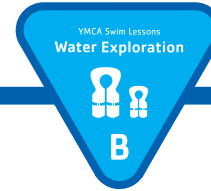
# Swim Lesson DESCRIPTIONS

## 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.



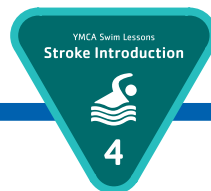
**2 / WATER MOVEMENT**  
In stage two, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



**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

FITNESS				
<b>Couch to 5K</b>	12 years and up	<b>Monday, 5:45 - 6:45 p.m.</b> <b>Sunday, 9 - 10 a.m.</b>	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>FITQUEST</b> Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals.	All ages	With Y approved exercise and meal plans tailored to you, our coaches will create a wellness program for all ages and fitness levels.	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>Group Fitness</b>	10 years and up	See Schedule for Family/ Youth Friendly Classes	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>HIIT The Ground</b>	14 years and up	<b>Friday, 11:30 - 12:30 p.m.</b>	Winter	<b>Member: \$40</b>
<b>Intermediate Circuit</b>	18 years and up	<b>Thursday, 8 - 9 a.m.</b> <b>Friday, 10:15 - 11 a.m.</b>	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>Jump Start</b>	12 years and up	<b>By appointment</b>	Winter	<b>Member: \$59</b>
<b>Obstacle Course Race Training</b>	14 years and up	<b>Thursday, 5:30 - 6:30 p.m.</b>	Winter	<b>Member: \$65</b>
<b>Running Strength 101</b>	14 years and up	<b>Monday, 6:45 - 7:30 p.m.</b>	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>Running Strength Advanced</b>	14 years and up	<b>Tuesday, 6 - 7 a.m.</b> <b>Thursday, 6:45 - 7:45 p.m.</b>	Winter	<b>Member: \$57</b>
<b>Senior Circuit</b>	18 years and up	<b>Tuesday, 11 a.m. - 12 p.m.</b>	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>Transform Training Program</b>	18 years and up	<b>As scheduled</b>	Winter	TBD
<b>TRX Advance Circuit</b>	14 years and up	<b>Tuesday, 4:30 - 5:25 p.m.</b> <b>Tuesday, 5:30 - 6:25 p.m.</b> <b>Thursday, 5:45 - 6:40 a.m.</b> <b>Thursday, 9:30 - 10:25 a.m.</b> <b>Sunday, 11 - 11:55 a.m.</b>	Winter	<b>Member: \$40</b>
<b>TRX Basics</b>	14 years and up	<b>Monday, 6 - 6:45 p.m.</b> <b>Tuesday, 8:30 - 9:15 p.m.</b> <b>Sunday, 10 - 10:45 a.m.</b>	Winter	<b>INCLUDED WITH MEMBERSHIP</b>
<b>Women on Weights</b>	18 years and up	<b>Monday and Wednesday, 10-11 a.m.</b>	Winter	<b>INCLUDED WITH MEMBERSHIP</b>



# ADULT PROGRAMMING

## SPORTS

<b>Adult 35+ Basketball League</b>	35 years and older	One game per week. <b>Wednesday 8 - 10 p.m.</b> 1/23/19 - 3/6/19	1/23/19 - 3/6/19	<b>Member: \$45</b> <b>Community: \$65</b>
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## AQUATICS

<b>Water Group Exercise</b>		See Schedule for Classes		
<b>Lifeguard Certification</b>	15 years and up		Winter	For more details, contact Megan Fiorelli (302) 392-2411 or Kathy Lemasters (302) 392-2417.
<b>Swim Basics and Swim Strokes</b>	18 years and older	Monday, 7:45 - 8:30 p.m. Tuesday 8:20 - 9:05 p.m. Wednesday, 11 - 11:45 a.m. Wednesday, 7:45 - 8:30 p.m. Thursday 11 - 11:45 a.m. Friday 10 - 10:45 a.m. Sunday 11 - 11:45 a.m.	Winter (M, Tu, W = 7 weeks  Th, F, Sa, Su = 8 weeks)	<b>Member:</b> 7 weeks - \$76 8 weeks - \$86  <b>Community</b> 7 week - \$152 8 weeks - \$172







# 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) 478-9622

## **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) 472-9622

## **CAMP TOCKWOGH**

24370 Still Pond Neck Road  
Worton, MD 21678  
(800) 331-2267

## **ASSOCIATION OFFICE**

100 West 10th Street  
Suite 1100  
Wilmington, DE 19801  
(302) 221-9622

## 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)

