



BRANDYWINE 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 a.m. - 10 pm

SATURDAY: 5 a.m. - 8 pm

SUNDAY: 12 Noon - 8 pm

KIDS ZONE HOURS

6 weeks - 11 years

Drop-off babysitting for children ages

MONDAY: 7:45 a.m. - 8:30 pm

TUESDAY: 7:45 a.m. - 2 pm and 4 pm - 8:30 pm

WEDNESDAY: 7:45 a.m. - 2 pm and 4 pm - 8:30 pm

THURSDAY: 7:45 a.m. - 2 pm and 4 pm - 8:30 pm

FRIDAY: 7:45 a.m. - 2 pm and 4 pm - 8:30 pm

SATURDAY: 7:45 a.m. - 2 pm

SUNDAY: Noon - 6 pm

Please check online and/or the calendar in Kids Zone to see a list of hours by date. Full members receive 2 hours of free babysitting per child per day while utilizing the facility.

BIG KIDS ROOM

AGES: 5-11

TUESDAY & THURSDAY: 5:30 - 7 pm

Held in the Montchanin Room, children can participate in board games, arts and craft activities and more!

YOUTH FITNESS CENTER

AGES: 6-12 years

See schedule in branch or on our website (walk-ins welcome).

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.

WINTER 2019 PROGRAM SESSION DATES

WINTER: January 2 - February 24

Member Registration begins: December 10

Community Registration begins: December 17

UPCOMING IMPORTANT DATES

EARLY CAMP REGISTRATION

Friday, January 25, 6 - 8 pm

GIANT STEP REGISTRATION 2019-2020 SCHOOL YEAR

- **RETURNING STUDENTS AND SIBLINGS**
February 4, 2019
- **NEW STUDENTS**
February 25, 2019

HOLIDAYS & IMPORTANT DATES

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

DECEMBER 25 (Christmas): CLOSED

DECEMBER 31 (New Year's Eve): 5 a.m. - 5 pm

JANUARY 1 (New Year's Day): 10 a.m. - 2 pm



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
- facebook.com/bwineymca
- instagram.com/brandywine_ymca



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

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 ymcade.org/locations/brandywine.

▶ FAMILY EVENTS

PARENTS NIGHT OUT

AGES: 2 - 12

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

FEES:

\$20 per child

\$15 for additional sibling

REGISTRATION:

Register in advance at the Member Services Desk.

FRIDAYS 6 - 9 pm

(1st & 3rd Fridays of the month)

- DECEMBER 21
- JANUARY 4
- JANUARY 18
- FEBRUARY 1
- FEBRUARY 15

BEACH PARTY

JANUARY 25, 6 - 8 p.m.

Warm up with music, games, crafts and a dip in the pool! Early summer camp registration will be available.

FEES: FREE for members

LOCATION: Brandywine YMCA

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



FAMILY PAJAMA PARTY

JANUARY 5: "SING" MOVIE

MARCH 2: "FERDINAND" MOVIE

Enjoy a fun Saturday night of swimming from 5 - 5:45 p.m., snacking, and watching movies from 6 - 7:45 p.m. at the Y. 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.**

FEES: FREE for members

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

CONTACT MELINA GILLIS
agillis@ymcade.org or
(302) 510-1199

▶ 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 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 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.

▶ 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.

YOUTH PROGRAMMING

CHILD CARE

Giant Step Preschool	2 years	Monday, Wednesday, and Fridays or Tuesday and Thursday	Winter/Spring	Member: 2 days: \$246 3 days: \$277 Community: 2 days - \$289 3 days- \$326
Giant Step Preschool	3 years	Monday, Wednesday, and Fridays or Tuesday and Thursday	Winter/Spring	Member: 3 days- \$277 2 days - \$246 Community: 3 days- \$326 2 days - \$289
Giant Step Preschool	4 years	Monday - Fridays	Winter/Spring	Member: \$347/month Community: \$390/month
Mid-Day Fun Club for Giant Step Preschoolers (2, 3 or 5 days available)	3 & 4 years	Monday - Fridays, 12 - 4 p.m.	Winter/Spring	Member Monday, - Fridays,: \$347 Mon/Wed/Fri: \$236 Tues/Thurs: \$186 Community Monday, - Fridays,: \$390 Mon/Wed/Fri: \$291 Tues/Thurs: \$220
Lunch Bunch for Giant Step Preschoolers	2 - 4 years	Monday - Fridays, 12 - 1 p.m. Bring lunch from home.	Winter/Spring	6 lunches for \$25
Giant Step Preschool	2 - 4 years	September - May	2019 - 2020	Returning Students & Siblings Registration Starts February 5, 2019 Community Registration Starts February 25, 2019
Before and After School Care	K - 5th grade	September - May	2019 - 2020	3 days \$275/month 5 days \$ 368/month Morning Care \$135/month
School is Out Care Held during school in-service and vacation days.	K - 5th grade	September - June	2019 - 2020	Member: \$39 Community: \$55
Summer Camp	Pre-K - 8th grade	Early registration, Friday January 25, 2019, 6-8 pm	June - August	See website for details ysummercamp.org .

**LEARN.
THRIVE.
GROW.**



YOUTH PROGRAMMING



DANCE/TUMBLING

Pre-Ballet	3 - 4 years	Tuesdays, 1-1:45 p.m. Thursdays, 11-11:45 a.m.	Winter: 7 weeks	Member: \$51 Community: \$78
Ballet I	5 + years	Tuesdays, 4:30-5:15 p.m.	Winter: 7 weeks	Member: \$60 Community: \$91
Ballet II	6 + years	Tuesdays, 6 - 6:45 p.m.	Winter: 7 weeks	Member: \$60 Community: \$91
Dance and Movement (Parent/Child)	2 - 3 years	Saturdays, 10-10:45 a.m.	Winter	Member: \$68 Community \$104
Hip Hop	6 - 10 years	Thursdays, 4:30 - 5:15 p.m.	Winter 7 weeks	Member: \$68 Community: 104
Jazz	7 + years	Saturdays, 12 - 12:45 p.m.	Winter	Member: \$68 Community: \$104
Junior Tumbler	5 - 7 years	Saturdays, 10 - 10:30 a.m.	Winter	Member: \$56 Community: \$70
Leap Forward Parent/child (Tumbling/Movement Program)	Crawling - 1st steps Walking - 3 years	Tuesdays, Crawling - 1st step 9:15-9:45 a.m. Walking - 3 years 10 - 10:30 a.m.	Winter	Member: \$48 Community: \$96
Modern Dance	6 + years	To be determined	Winter	Member: \$68 Community: \$104
Musical Theater Dance	6 + years	To be determined	Winter	Member: \$68 Community: \$104
Song and Dance	3 - 5 years	Saturdays, 11 - 11:45 a.m.	Winter	Member: \$68 Community: \$104
Tap/Ballet	4 - 6 years	Tuesdays, 5:15 - 6 p.m.	Winter: 7 weeks	Member: \$51 Community: \$78
Tap/Ballet II	6 + years	Saturdays, 11:10-11:55 a.m.	Winter	Member: \$68 Community: \$104
Tap/Ballet	4 - 5 years	Tuesdays, 1:45-2:30 p.m.	Winter	Member: \$51 Community: \$78
Tumble Tykes	3½ - 5 years	Tuesdays, 10:45-11:15 a.m. Saturdays, 9:15-9:45 a.m.	Winter	Tuesdays, Member: \$49 Community: \$61 Saturdays, Member: \$56 Community: \$70
Tumbling I	7 + years	Saturdays, 10:45-11:30 a.m.	Winter	Member: \$64 Community: \$96
Tumbling II	7 + years	Saturdays, 10:45-11:30 a.m.	Winter	Member: \$64 Community: \$96

YOUTH PROGRAMMING

ENRICHMENT/ SPECIALTY				
Arts and Crafts	4 - 6 years	Saturdays, 9-10 a.m.	Winter	Member: \$68 Community: \$104
Comic Books Club	8 - 11 years	Thursdays, 6:30 - 7:30 p.m.	Winter	Member: \$56 Community: \$75
Creative Drawing and Painting	8-14 years	Tuesdays, 6-7 p.m.	Winter: 1/8 - 2/19	Member: \$60 Community: \$91
Creative Tots (Parent/Child)	3 - 5 years	Saturday, 10-11 a.m.	Winter: 1/12 or 2/9	Member: \$12 Community: \$15
Gym and Swim	3 - 5 years	Mondays, 10 - 11 a.m.	Winter: 7 weeks	Member: \$120 Community: \$150
Indoor Recess	5 - 11 years	Wednesdays, 6 - 7:30 p.m.	Winter	Member: \$10 Community: \$20
Jewelry Making	5 - 9 years	Thursdays, 5 - 6 p.m.	Winter	Member: \$50 Community: \$75
Junior Leaders	Grades: 3 - 6	Wednesdays, 6:30 - 7:30 p.m.		FREE
Kids Clay 3D Art	6-10 years	Mondays, 4:30-5:30 p.m.	Winter: 1/7 - 2/18	Member: \$60 Community: \$91
Legos, Legos Everywhere	5 - 10 years	Mondays, 6-7 p.m.	Winter	Member: \$50 Community: \$75
Preschool Hands-On Science and Social Studies	4 - 5 years	Wednesdays, 1-2 p.m.	Winter	Member: \$56 Community: \$77
Teen Leaders	Grades: 6 - 12	Tuesdays, 6:30 - 8 p.m.	Winter	FREE
YMCA Super Sitters	11 - 14 years	Tuesdays, 6 - 8 p.m.	Winter	Member \$75 Community: \$105
Young Artist's Studio	7 - 12 years	Saturdays, 10 - 11 a.m.	Winter	Member: \$68 Community: \$104
Youth in Government	Grades: 6 - 12	Thursdays, 6:30 - 8 p.m.	January - April	Member: \$325



YOUTH PROGRAMMING



FITNESS

Karate (Youth)	7 - 13 years	Saturdays, Beginner: 1 - 1:55 p.m. Intermediate: 2 - 2:55 p.m. Advanced: 3 - 3:55 p.m.	Winter	Member: \$70 Community: \$95
Kids Karate	4 - 6 years	Thursdays, Beginner: 5 - 5:30 p.m. Intermediate: 5:30 - 6 p.m.	Winter	Member: \$64 Community: \$95
Strong Enough Group Sessions	10 - 13 years	Choose one: Wednesdays, 4:15 p.m. Fridays, 6:30 p.m. Saturdays, 10 a.m.	Winter	Member: \$75 Community: N/A
Strong Enough One-on-one sessions	10-13 years	By appointment.	Winter	Member: \$170 Community: N/A
Yoga (Parent/Child)	2 - 5 years	Wednesdays, 9:15 -9:45am	Registration required.	FREE WITH MEMBERSHIP
Yoga for Kids	5 - 7 years	Mondays, 4:15 - 4:45 p.m.	Winter 1/7 - 2/18	Member: \$35 Community: \$45
	8 - 14 years	Mondays, 4:45 - 5:15 p.m.		
Youth Cardio Orientation	12-13 years	By appointment.	Winter	Member: Free
Youth Fitness Center	6-12 years	See schedule in branch or on our website (walk-ins welcome).	Winter	FREE WITH MEMBERSHIP
Youth Personal Training	12-14 years	By appointment.	Winter	Package rates apply
Youth Strength Orientation	12-13 years	By appointment.	Winter	Member: Free

YOUTH PROGRAMMING

SPORTS

Basketball League	7 - 15 years	Saturdays , times vary	January 12 - March 2 Register now!	Member: \$74 Community: \$110
Basketball Skill Development	Grades 3 - 5	Tuesdays , 5 - 5:55 p.m.	Winter: 1/8 - 2/19	Member: \$74 Community: \$105
Instructional Indoor Soccer	3 - 5 years	Saturdays , 12:15 - 12:45 p.m.	Winter: 1/19 - 2/9	Member: \$50 Community: \$85
	6 - 8 years	Saturdays , 1 - 1:45 p.m.		
Sports Conditioning	Grades 3 - 8	Fridays , 5 - 5:55 p.m.	Winter: 1/8 - 2/19	Member: \$74 Community: \$105
Spring Soccer League	5 - 13 years	Saturdays , times vary	Registration starts Tuesday, 1/2. Spring: 4/6 - 6/1	Member: \$66 Community: \$105

SWIM LESSONS

Swim Starters, A Parent/Child	6 months - 3 years	Mondays , 5 - 5:30 p.m. Fridays , 4:30 - 5 p.m. Saturdays , 9 - 9:30 a.m.	Winter	Member: \$72 Community: \$107
Swim Starters, B Parent/Child	6 months - 3 years	Mondays , 5:30 - 6 p.m. Saturdays , 9:30 - 10 a.m. and 10 - 10:30 a.m.	Winter	Member: \$72 Community: \$107
Swim Starters Parent/Child	6 months - 3 years	Wednesdays , 10 - 10:30 a.m. Thursdays , 11:30 a.m.-12 p.m.	Winter	Member: \$72 Community: \$107
Swim Basics 1 with parent	3 - 5 years	Thursdays , 6 - 6:30 p.m. Fridays , 5 - 5:30 p.m. Saturdays , 10:45 - 11:15 a.m. Sundays , 1 - 1:30 p.m.	Winter	Member: \$72 Community: \$107
Swim Basics 1 Preschool	3 - 5 years	Tuesdays , 6 - 6:30 p.m. Fridays , 5:30 - 6 p.m. and 6 - 6:30 p.m. Saturdays , 9:30 - 10 a.m. and 10 - 10:30 a.m. Sundays , 1 - 1:30 p.m.	Winter	Member: \$72 Community: \$107
Swim Basics 2 Preschool	3 - 5 years	Mondays , 5:15 - 5:45 p.m. Tuesdays , 6 - 6:30 p.m. Fridays , 6 - 6:30 p.m. Saturdays , 10 - 10:30 a.m. and 11:45 - 12:15 p.m. Sundays , 1:45 - 2:15 p.m.	Winter	Member: \$72 Community: \$107
Swim Basics 3 Preschool	3 - 5 years	Mondays , 4:30 - 5 p.m. Tuesdays , 6:30 - 7 p.m. Thursdays , 6:30 - 7 p.m. Fridays , 4:30 - 5 p.m. and 5:15 - 5:45 p.m. Saturdays , 9:30 - 10 a.m.	Winter	Member: \$72 Community: \$107

YOUTH PROGRAMMING

Swim Basics All Preschool	3 - 5 years	Mondays, 10:30 – 11 a.m. Tuesdays, 11:30 – 12 p.m., 12 - 12:30 p.m. and 12:30 – 1 p.m. Wednesdays, 10:30 – 11 a.m. Thursdays, 12 –12:30 p.m. and 12:30–1 p.m.	Winter	Member: \$72 Community: \$107
Magic Carpet Ride Shuttle from Kids Zone to swim lessons.	3 - 5 years	Wednesdays, 10:15 a.m.	Winter	FREE
Swim Strokes 4 - Preschool	3 - 5 years	Mondays, 4:30 - 5 p.m. Tuesdays, 4:30 - 5 p.m. and 6:30 - 7 p.m. Fridays, 4:30 - 5 p.m. and 5:45 - 6:15 p.m. Saturdays, 11:15 - 11:45 a.m.	Winter	Member: \$72 Community: \$107
Swim Basics 1	6 - 12 years	Tuesdays, 4:30 – 5:15 p.m. Fridays, 4:30 – 5:15 p.m. Saturdays, 9:30 – 10:15 a.m. and 10:30 - 11:15 a.m.	Winter	Member: \$84 Community: \$142
Swim Basics 2	6 - 12 years	Mondays, 4:30 – 5:15 p.m. Fridays, 5 - 5:45 p.m. Saturdays, 10:45 – 11:30 a.m. Sundays, 1:30 – 2:15 p.m.	Winter	Member: \$84 Community: \$142
Swim Basics 3	6 - 12 years	Mondays, 5 - 5:45 p.m. Tuesdays, 5 - 5:45 p.m. Fridays, 5 - 5:45 p.m. Saturdays, 11:30 a.m. – 12:15 p.m. Sundays, 1 – 1:45 p.m.	Winter	Member: \$84 Community: \$142
Swim Strokes 4	6 - 12 years	Mondays, 4:45 - 5:30 p.m. Saturdays, 8:45 - 9:30 a.m. and 10:45 – 11:30 a.m. Sundays, 1:30 – 2:15 p.m. and 2:15 - 3 p.m.	Winter	Member: \$84 Community: \$142
Swim Strokes 5	6 - 12 years	Mondays, 6 - 6:45 p.m. Thursdays, 6:45 - 7:30 p.m. Fridays, 5:45 - 6:30 p.m. Saturdays, 8:45 - 9:30 a.m. and 11:15 a.m. – 12 p.m. Sundays, 2:15 - 3 p.m.	Winter	Member: \$84 Community: \$142
Swim Strokes 6	6 - 12 years	Mondays, 6 - 6:45 p.m. Tuesdays, 5:15 - 6 p.m. Thursdays, 6 – 6:45 p.m. Saturdays, 8:45 - 9:30 a.m. and 11:30 – 12:15 p.m. Sundays, 2:15 - 3 p.m.	Winter	Member: \$84 Community: \$142
Private Swim Lessons (15 minute and 30 minute)	2 + years	Sunday, – Saturdays, 8 a.m. – 8 p.m.	Winter	Member: \$15/\$30 Community: \$30/\$60
Special Adapted Swim Instruction	All ages	Wednesdays, 4:30 - 5:15 p.m. and 5:15 - 6 p.m.	Winter	FREE WITH MEMBERSHIP Community: \$120

YOUTH PROGRAMMING

PRECOMPETITIVE SWIM LESSONS

Precompetitive Swim Lessons - Sand Sharks	3 - 5 years	Tuesdays, 4 - 4:30 p.m. Thursdays, 4 - 4:30 p.m.	Winter: 1/3 - 3/21	Member: \$260 Community: \$435
Precompetitive Swim Lessons - Hammerheads	6 - 12 years	Tuesdays, 4:30 - 5:15 p.m. and 6 - 6:45 p.m. Thursdays, 4:30 - 5:15 p.m. and 6 - 6:45 p.m.	Winter: 1/3 - 3/21	Member: \$300 Community: \$495
Precompetitive Swim Lessons - Tiger Sharks	6 - 12 years	Tuesdays, 5:15 - 6 p.m. and 6:45 - 7:30 p.m. Thursdays, 5:15 - 6 p.m. and 6:45 - 7:30 p.m.	Winter: 1/3 - 3/21	Member: \$300 Community: \$495

SWIM TEAM

Swim Team Age Group 1	5 - 12 years	Mondays, 5:30 - 6:30 p.m. Wednesdays, 5:30 - 6:30 p.m.	Fall/Winter: 9/4 - 3/14 School Year: 9/4 - 6/14	FALL/WINTER: 4 payments of \$110 SCHOOL YEAR: 6 payments of 106
Swim Team Age Group 2	8 - 12 years	Tuesdays, 5:30 - 6:30 p.m. Wednesdays, 5:45 - 6:45 p.m. Thursdays, 5:30 - 6:30 p.m.	Fall/Winter: 9/4 - 3/14 School Year: 9/4 - 6/14	FALL/WINTER: 4 payments of \$116 SCHOOL YEAR: 6 payments of \$108
Swim Team Age Group 3	8 - 12 years	Mondays, 5:45 - 7 p.m. Tuesdays, 5:30 - 6:45 p.m. Thursdays, 5:30 - 6:45 p.m. Saturdays, 9 - 10:30 a.m.	Fall/Winter: 9/4 - 3/14 School Year: 9/4 - 6/14 All Year: 9/4 - 7/19	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	Mondays, 7 - 8:30 p.m. Tuesdays, 6:45 - 8:15 p.m. Wednesdays, 6:45 - 8:15 p.m. Thursdays, 6:45 - 8:15 p.m. Saturdays, 7:30 - 9:00 a.m.	Fall/Winter: 9/4 - 3/14 School Year: 9/4 - 6/14 All Year: 9/4/18 - 7/19	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	Tuesdays, 7:30 - 8:30 p.m. Thursdays, 7:30 - 8:30 p.m. Saturdays, 7:30 - 9 a.m.	Fall/Winter: 9/4 - 3/14 School Year: 9/4 - 6/14 All Year: 9/4/18 - 7/19	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	Mondays, 6:30 - 8:15 p.m. Tuesdays, 5:45 - 7:30 p.m. Wednesdays, 6:30 - 8:15 p.m. Thursdays, 5:45 - 7:30 p.m. Fridays, 5:45 - 7:30 p.m.	Fall/Winter: 9/4 - 3/14 School Year: 9/4 - 6/14 All Year: 9/4/18 - 7/19	FALL/WINTER: 4 payments of \$189 SCHOOL YEAR: 6 payments of \$126 ALL YEAR: 8 payments of \$160

YOUTH PROGRAMMING

Swim Team - Senior 1	13 - 18 years	Mondays, 6:30 - 8:30 p.m. Tuesdays, 5:45 - 8:15 p.m. Wednesdays, 6:30 - 8:30 p.m. Thursdays, 5:45 - 7:45 p.m. Fridays, 5:15 - 7:45 p.m. Sundays, 9:30 a.m. - 12 p.m.	School Year: 9/4 - 6/14 All Year: 9/4/18 - 7/19	SCHOOL YEAR: 6 payments of \$244 ALL YEAR: 8 payments of \$206
Swim Team - Senior 2	13 - 18 years	Mondays, 3:45 - 6:15 p.m. Tuesdays, 5:15 - 6:45 a.m. and 3:45 - 5:45 p.m. Wednesdays, 3:45 - 6:15 p.m. Thursdays, 5:15 - 6:45 a.m. and 3:45 - 5:45 p.m. Fridays, 3:45 - 5:45 p.m. Sundays, 9:30 a.m. - 12 p.m.	School Year: 9/4 - 6/14 All Year: 9/4/18 - 7/19	SCHOOL YEAR: 6 payments of \$260 ALL YEAR: 8 payments of \$220
Swim Team - National	14 - 18 years	Mondays, 3:30 - 6:15 p.m. Tuesdays, 5:15 - 6:45 a.m. and 3:30 - 5:45 p.m. Wednesdays, 3:30 - 6:15 p.m. Thursdays, 5:15 - 6:45 a.m. and 3:30 - 5:45 p.m. Fridays, 3:30 - 5:45 p.m. Sundays, 7 - 10 a.m.	All Year: 9/4/18 - 7/19	ALL YEAR: 8 payments of \$240

CERTIFICATIONS				
Ellis Lifeguarding Certification	15 + year	Jan - TBD Feb - TBD	Winter	Member: \$210 Community: \$280
Ellis Lifeguarding Recertification Must show current certification.	15 + year	Jan - TBD Feb - TBD	Winter	Member: \$130 Community: \$180

STRONG SWIMMERS CONFIDENT KIDS





Swim Lesson DESCRIPTIONS

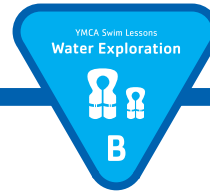
SWIM STARTERS

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.

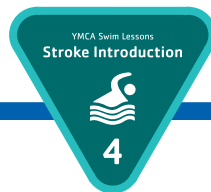


3 / WATER STAMINA

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.

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.

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

ADULT PROGRAMMING

ENRICHMENT/ SPECIALTY

Active Older Adult Social Club		Wednesdays, 1 - 2:30 pm	Winter	FREE WITH MEMBERSHIP
Adult Ballet		Saturdays, 12 - 12:55 pm	Winter	Full Member: \$68 Community: \$104
Adult Painting		Mondays, 6 - 7:30 pm	Winter	Full Member: \$56 Community: \$70
Bunco Night		Saturdays, 6:30 - 8 pm	Winter	FREE WITH MEMBERSHIP
Knitting and Crocheting		Wednesdays, 6:30 - 8 pm	Winter	Full Member: \$64 Community: \$80

FITNESS

Group Fitness Classes*	See schedule in branch or the YMCA of Delaware App	Ongoing	FREE WITH MEMBERSHIP
Fitness Center Equipment Orientations	By appointment. Walk-ins may be available if there is an opening in the schedule.	Ongoing	FREE WITH MEMBERSHIP
FITQUEST Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals.	With Y approved exercise and meal plans tailored to you, our coaches will create a wellness program for all ages and fitness levels.	Ongoing	FREE WITH MEMBERSHIP at no additional cost.
Les Mills GRIT	Purchase punch pass at the membership desk.	Ongoing	Member: \$99
Personal Training	By appointment.	Ongoing	Package Rates Apply
Small Group Training	Schedule varies by session	Ongoing	Member: \$50 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.	Ongoing	Contact the Healthy Living Department for more details at healthyliving@ymcade.org or (302) 572-9622.
LIVESTRONG® at the YMCA (Cancer Survivors)	Monday and Wednesday 1 - 2:30 p.m.	Ongoing	FREE FOR MEMBERS AND COMMUNITY Contact the Healthy Living Department for more details at healthyliving@ymcade.org or (302) 572-9622.



ADULT PROGRAMMING

SPORTS

Karate		Saturdays, Beginner: 4 - 4:55 pm. Advanced: 4 - 4:55 pm Black Belt: 5 - 6 pm (instructor invitation only)	Winter	Full Member: \$70 Community: \$95
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SWIM

Private Swim Lessons		Sunday - Saturday, 8 a.m. - 8 pm	Winter	Member: \$15/\$30 Community: \$30/\$60
Special Adapted Swim Instruction		Wednesdays, 4:30 - 5:15 pm and 5:15 - 6 pm	Winter	FREE WITH MEMBERSHIP Community: \$120
Swim Strokes		Mondays, 7 - 7:40 pm Wednesdays, 7 - 7:40 pm Sundays, 3 - 3:40 pm	Winter	Member: \$80 Community: \$160 MONDAY CLASS ONLY Member: \$70 Community: \$140
Water Fitness Classes*		See website for days and times	Winter	FREE WITH 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) 478-9622

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

