



CENTRAL AND WALNUT STREET YMCAS

WINTER 2019 PROGRAMS SCHEDULE

PROGRAM SESSION DATES:

WINTER SESSION: January 2 - February 24, 2019

Full Member Registration Begins: Monday, December 10

Program Member Registration Begins: Monday, December 17



INFORMATION CENTER

CENTRAL YMCA

FACILITY HOURS

Monday – Thursday:

5 a.m. – 10 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday: 7:30 a.m. – 6 p.m.

Sunday: 8 a.m. – 5 p.m.

CENTRAL YMCA POOL HOURS

Monday – Thursday: 5 a.m. – 9 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday: 7:30 a.m. – 5:50 p.m.

Sunday: 8 a.m. – 4:50 p.m.

CENTRAL YMCA PARKING

- Free two hour parking is available to all members in the Central YMCA lot while using the YMCA facility. Your membership card will open the gate to the Y parking lot as you enter from Washington Street.
- Metered parking is available on the streets around the YMCA.
- After 5 p.m. weekdays and all day Saturday and Sunday, free parking is available at the Della Donne lot at the corner of Jefferson and 11th Street for YMCA of Delaware members who are using the facility.

WALNUT STREET YMCA

FACILITY HOURS*

Monday–Thursday: 7 a.m. – 7 p.m.

Friday: 7 a.m. – 8 p.m.

Saturday: 10 a.m. – 6 p.m.

Sunday: Closed

CHILD CARE HOURS:

Monday–Friday: 7 a.m. – 6 p.m.

*After school care is open until 7 p.m.

WALNUT STREET YMCA POOL HOURS*

Pool hours vary during the week. Please call or visit the Member Services desk for an updated schedule.

Saturday: 10 a.m. – Noon

*Schedules for specific program areas including the gym and pool vary at our Walnut Street location. Please call for specific open times.

WALNUT STREET PARKING

- Parking is available on the streets surrounding Walnut Street. Please adhere to the posted signs regulating city parking.
- Additional parking is available for free after 5 p.m. at the Colonial Parking lot located at 10th and Walnut streets.

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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HOLIDAYS & IMPORTANT DATES

DECEMBER 24 (Christmas Eve):

8 a.m. – 2 p.m.

DECEMBER 25 (Christmas):

CLOSED

DECEMBER 31 (New Year's Eve):

8 a.m. – 5 p.m.

JANUARY 1 (New Year's Day):

10 a.m. – 2 p.m.



CENTRAL: (302) 254-9622
WALNUT STREET: (302) 472-9622



ONLINE

- www.ymcade.org
- [Facebook.com/centralwilmingtonymca](https://www.facebook.com/centralwilmingtonymca)
- [Facebook.com/walnutstymca](https://www.facebook.com/walnutstymca)
- [Instagram.com/central_y_de](https://www.instagram.com/central_y_de)



TEXT ALERTS

To receive text messages regarding building closures, canceled classes or other important information about the Central YMCA, text any of the following short-codes to (302) 241-0904.

@cyalerts: General facility messages

@cycamp: Camp messages

@cyfit: Fitness messages

@cyswo: Aquatic/pool messages

@cysport: Sports messages

AROUND THE Y

There's always something happening at the Central and Walnut Street Ys. 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/locations/central-ymca.

COMMUNITY PROGRAMMING

RESIDENCE

The residence program provides housing for single men 18 years and older. Our housing program also offers referral and assistance programs as well as partnerships with other social service agencies to assist in addressing life issues. To be eligible for our residence program you must fill out an application and meet certain guidelines. In our residence program, we strive to support our members' spirits, minds, and bodies. For an application or more information, contact Dara Westerman at (302) 571-6950 ext. 101.

ACHIEVERS

The Achievers' goal is to encourage youth to develop educational and career awareness with the assistance and guidance of mentors from diverse career backgrounds. This program helps youth raise their academic standards, develop a positive sense of self, build character, explore diverse college and career options, and learn from role models who inspire them to greater heights. For more information, contact Anesha Truesdale at ATruesdale@ymcade.org.

BACK ON TRACK

The Back on Track program in cooperation with the Delaware Division of Youth Rehabilitative Services, (DYRS) provides low level probation services for youth.



JUVENILE CIVIL CITATION

The primary purpose of Juvenile Civil Citation is to prevent further delinquency through appropriately addressing participating youth offenses without creating a delinquency record. This program offers law enforcement the option of issuing the youth a civil citation in lieu of arrest. Youth are appointed by the Juvenile courts.

TEEN WORKFORCE PROGRAM

The Teen Workforce Program is designed to prepare teenagers for the workforce. Participating teens commit to 5 weeks of workshops at the Walnut Street YMCA, where they learn about professionalism, communication skills, work etiquette, resume writing interviewing skills and more. Upon successful completion of the workshops, the teens will be employed by the YMCA for a ten-week period. During their employment, they will work with a mentor who will help them develop the skills to be successful in the work place.

EVENTS

WALNUT ST. HOLIDAY CELEBRATION

December 15, 11 a.m. – 2 p.m.

The Holidays are HERE!! Join the Walnut St. YMCA as we celebrate the holidays with food, games, fun and fellowship! This event is free and open to the community.

Location: Walnut St. YMCA

BEACH PARTY

Friday, January 25, 6 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.

BLACK HISTORY PROGRAM

February 2, 2019

The Black Achievers Program, along with New Castle County, will host its annual Black History Program entitled The Enduring Power of Black Artist. You don't want to miss it! This event is free and open to the community.

Location: Walnut St. YMCA

YOUTH PROGRAMMING

CHILDCARE				
Walnut Street Preschool	2 - 5 years	Monday - Friday, 7 a.m. - 6 p.m.	Year-round	\$850/month
Central YMCA Preschool	6 weeks - Pre-K	Monday - Friday, 6:45 a.m. - 6 p.m.	Year-round	0-11 months: \$1,075/month 12-23 months: \$970/month 2-5 years: \$850/month
Before and After School Care - Walnut Street YMCA	School Age	Monday - Friday, 7 a.m. - Start of school School dismissal - 7 p.m.	2018/19 School Year	Both before and after care: Full Member: \$125 Progra.m. Member: \$140 Before or after only: Full Member: \$90 Progra.m. Member: \$100

ENRICHMENT/SPECIALTY				
Achievers	8 - 12 grade	Saturday, 10 a.m. - 12 p.m.	Year-round	FREE TO MEMBERS AND COMMUNITY.
Drill Team	Steppers: 5+ years Drummers: 7+ years	Tuesday, 6 -8 p.m. Thursday, 6 - 8 p.m. Saturday, 1:30 - 3:30 p.m.	Year-round	\$50
Youth In Government	9 - 12 grade	Saturday, 12:30 - 2 p.m.	1/5 - 4/20/19	\$290
Teen Center/Open Gym	6 - 12 grade	Saturday, 12-6 p.m.	Year-round	FREE TO MEMBERS AND COMMUNITY.

FITNESS				
Fitness Center Orientation	8 + years	As Scheduled between 3 p.m. and 5 p.m.	Winter	INCLUDED IN MEMBERSHIP
Group Fitness	10 + years	See Schedule for Family/ Youth Friendly Classes	Winter	INCLUDED IN MEMBERSHIP
SPORT (Fitness and Leadership Program)	13-18 years	Tuesday and Thursday 3:30 - 5:30 p.m.	Winter	INCLUDED IN MEMBERSHIP

SWIM				
Swim Starters, Parent/Child	6 months - 3 years	Thursday, 5:30 - 6 p.m. Saturday, 10:05 - 10:35 a.m. Sunday, 3:15 - 3:45 p.m.	Winter	Member: \$66 Community: \$95
Swim basics, 1 & 2	3-5 years	Thursday, 5:30 - 6 p.m. Saturday, 10:05 - 10:35 a.m. Sunday, 2-2:30 p.m. (Swim Basics 1 only)	Winter	Member: \$66 Community: \$95
Swim basics, 3	3-5 years	Saturday, 9:15 - 10 a.m. Sunday, 2:45 - 3:15 p.m.	Winter	Member: \$66 Community: \$95
Swim Basics, 1 & 2	6-12 years	Thursday, 6:05 - 6:50 p.m. Saturday, 10:40 - 11:25 a.m. Sunday, 2 - 2:45 p.m.	Winter	Member: \$78 Community: \$95
Swim Basics, 3	6-12 years	Saturday, 9:15 - 10 a.m. Sunday, 2:30 - 3:15 p.m.	Winter	Member: \$78 Community: \$95
Swim Basics & Swim Strokes	13 + years	Thursday, 7 - 7:45 p.m. Saturday, 9:15 - 10 a.m. Sunday, 3:15 - 4 p.m.	Winter	Member: \$78 Community: \$95

ADULT PROGRAMMING

WELLNESS

<p>Diabetes Prevention Program This 12-month program is designed to help individuals with prediabetes reduce their risk of developing diabetes. The program is proven to reduce the risk of developing type 2 diabetes by more than 58-72%.</p>	<p>For schedules, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>	<p>Winter</p>	<p>For more details, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>
<p>LIVESTRONG at the YMCA The LIVESTRONG at the YMCA 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. 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.</p>	<p>Tuesday and Thursday, 10:30 a.m.- 12 p.m.</p>	<p>Program Starts February 11th and runs for 12 weeks.</p>	<p>FREE TO MEMBERS AND COMMUNITY.</p>

FITNESS

<p>FitQuest FitQuest is a personalized wellness program designed to meet your specific fitness needs and is included in your Y membership at no additional cost. Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals.</p>	<p>Offered all days/times throughout the week. See a fitness center or member service staff to schedule an appointment.</p>	<p>Winter</p>	<p>INCLUDED IN MEMBERSHIP</p>
<p>Personal Training Our certified trainers will design personalized workouts based on your goals and interests. Your first session will be a consultation to ensure that your trainer develops the best plan to meet your needs and help you achieve your goals.</p>	<p>Offered all days/times throughout the week. See a fitness center or member service staff to schedule.</p>	<p>Winter</p>	<p>60 MINUTE SESSIONS 1 Development Session: \$65 3 Sessions: \$165 6 Sessions: \$265 12 Sessions: \$465 24 Sessions: \$865</p> <p>30 MINUTE SESSIONS 3 sessions: \$90 6 sessions: \$170 12 sessions: \$310</p>
<p>Small Group Training Class size is limited so you will get plenty of expert instruction while still tapping into the motivation of the group!</p>	<p>See small group training schedule for class days, times, and descriptions.</p>	<p>Winter</p>	<p>See small group training schedule at the front desk for pricing.</p>
<p>Group Fitness *No Registration Required From low-impact exercise and chair classes, stretching and strength training to indoor cycling, water exercise, and yoga, you'll find a group class that's fun, supportive and keeps you moving.</p>	<p>For a full list of classes, visit the schedules section of our website, or download the YMCA of Delaware App.</p>	<p>Winter</p>	<p>INCLUDED IN MEMBERSHIP</p>
<p>LesMills GRIT Intensity Interval training to take your fitness to the next level. Class size is limited so your coach can help you achieve your individual best performance! GRIT is a fee based program.</p>	<p>See GRIT schedule for class days, times, and descriptions.</p>	<p>Winter</p>	<p>\$30 per month for unlimited classes</p>
<p>W.O.D. (Workout of the Day) Group training specifically designed to get you as fit as possible without the need to spend hours in the gym training. Our goal is to improve your strength, cardiovascular system, and overall health.</p>	<p>See small group training schedule for class days, times, and descriptions.</p>	<p>Winter</p>	<p>\$30 per month for unlimited classes</p>
<p>Transform Program (8 weeks) Work with a coach to transform your fitness today! Program includes pre/post test, nutrition, goal setting, access to all small group training classes, online fitness tracking and more.</p>	<p>To be scheduled with your assigned coach</p>	<p>Winter</p>	<p>\$129</p>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE ARE TRANSFORMING LIVES **TOGETHER**

100,000

people in our communities have been positively impacted by the YMCA in 2018.

\$5.5 MILLION in financial assistance was provided to children, teens, families, and adults to allow them to participate in Y programs.

5,000 donors made charitable gifts to the YMCA in 2018.



WATER SAFETY

10 people die every day from unintentional drowning.

OUR IMPACT

The YMCA's Water Wise program has taught over **10,000 kids** to swim for free.



FINANCIAL ASSISTANCE

2 in 5 Americans struggle to make ends meet.

OUR IMPACT

Last year the Y provided financial assistance to **10,000 individuals** ensuring everyone has access to programs and membership regardless of ability to pay.



HEALTHY LIVING

2 in 3 Delaware adults suffer from a chronic health condition.

OUR IMPACT

In 2018, **450 individuals** participated in Y programs designed to prevent diabetes, manage childhood obesity and support cancer survivors.



SUMMER LEARNING LOSS

On average, children from low-income households lose up to 3 months of learning during the summer.

OUR IMPACT

Last summer, the Y provided financial assistance to more than **1,100 children** so they could learn, grow and thrive in summer camp.



ACADEMIC ENRICHMENT

2 out of 3 children in Delaware lack access to quality before and after school programs.

OUR IMPACT

Last year **16,536 youth** participated in YMCA out of school enrichment programs including Youth In Government, Black Achievers, Teen Leader Clubs, Summer camp, Sports and more.



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



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

