



SUSSEX 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, 5:30 a.m. – 9:30 p.m.

Saturday, 7:30 a.m. – 6 p.m.

Sunday, 8:30 a.m. – 6 p.m.

KIDS ZONE HOURS

Child care services are available on a first-come, first-served basis to members while participating in a YMCA program or using the fitness center and pool. The maximum stay per child is two hours. **The minimum age is six weeks.**

Monday – Friday, 4 – 8 p.m.

Saturday, 8 a.m. – 12 p.m.

RATES: Full Family Members: FREE
(Children must be listed on membership)

Community: \$5 per hour per child

* A membership card or cash receipt must be shown to a staff upon arrival. Please be aware that due to the small size of our facility, there may be times when the Kids Zone has reached capacity and we cannot accommodate additional children.

HOLIDAYS & IMPORTANT DATES

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.

HOW DO I REGISTER FOR PROGRAMS?

REGISTER ONLINE: To register or search for program details by location, visit 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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2019 SUMMER CAMP REGISTRATION

Registration begins: January 25

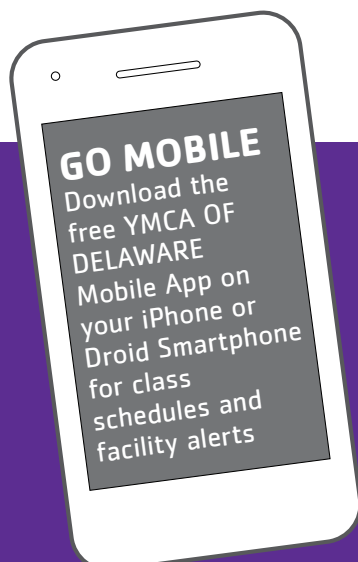
Y CONNECT

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 go to 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.



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.

@sfyalerts: General facility

@sfysport: Sports

@sfycamp: Summer Camp

@sfyswim: Aquatics

@sfycare: Child Care

LET'S CONNECT!



(302) 296-9622

www.ymcade.org/sussex

AROUND THE Y

There's always something happening at the Sussex 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/locations/sussex.

▶ MEMBER STORIES

What does the Y mean to you? Do you have a YMCA story about how we helped you or your family? We want to hear from you! Share your passion for the Y by submitting your Y Story via email to Tamisha Hopkins at thopkins@ymcade.org.

▶ 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 www.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 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, or ask our staff how you can donate today.

▶ EVENTS

PARENT NIGHT OUT

3rd Friday of each month
Drop the kids off at the Y and enjoy a night out without the kids. **Please register in advance at the Member Services Desk.**

FAMILY FUN NIGHTS

2nd Friday of each month
The Sussex Family YMCA will host a family night the 2nd Friday of every month. Bring the whole family to play group games, have a healthy snack, create a seasonal craft, then finish the evening off with some family pool time. **RSVP to Member Services Desk.**

BEACH PARTY

Friday, January 25, 6 p.m.
Think sunshine and warmth with our annual Beach Party to promote all things summer including the first day of Summer Camp registration.

▶ FAMILY FITNESS

YOGA FOR KIDS [01505]

AGES: 6 and up

Yoga for Kids focuses on creative movement, body awareness, and an introduction to the mind-body connection through the use of games, stories, music and imagination. There is no need to be able to touch your toes or sit perfectly still. Students should come with an open mind and a willingness to move, explore, express themselves and have fun! **See schedule online for days and times.**



YOUTH PROGRAMMING

CHILD CARE

Before and After School Care	K - 6th grade		Before or After \$190 Both \$348
School's Out Care	K - 6th grade		Member: \$24 Community: \$50
Teen Leadership Program	11-14 years	Tuesdays and Thursdays, 3:45 - 6:30 p.m.	INCLUDED IN MEMBERSHIP

FITNESS

Personal Training Youth	8-12 years	By appointment	3 Sessions: \$65 6 Sessions: \$120 12 Sessions: \$205
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SPORTS

Preschool Basketball Academy	3 - 5 years	Mondays and Saturdays, 6 - 7 p.m.	Member \$50 Community \$85
Youth Basketball League	7 - 14 years	Tuesdays, Thursdays and Saturdays	Member \$80 Community \$100

SWIM

Bouncin'-N-Bubbles	18 months - 3 years	Saturdays, Tumbling: 10:15 - 10:45 a.m. Swimming: 11:00 - 11:30 a.m.	Member: \$73 Community: \$140
Pool Parties	3 - 12 years	Typically scheduled on Saturday afternoons. Includes: <ul style="list-style-type: none"> One hour of pool time One hour of classroom or party room time. 	Please contact Tracey at tkneifl@ymcade.org for more information.
Private Swim Lessons	All ages	TBD - please fill out PL request form on the home page of our Sussex Family YMCA website	Member: \$90 Community: \$145
Semi Private Swim Lessons	All ages	TBD - please fill out PL request form on the home page of our Sussex Family YMCA website	Member: \$70 Community: \$110
Swim Starters, A & B	6 months - 3 years	Saturdays, 11-11:30 a.m.	Member: \$52 Community: \$86
Swim Strokes	3 - 5 years	LEVEL 4: Saturdays, 11-11:30 a.m.	Member: \$52 Community: \$86
Swim Strokes	6 - 12 years	LEVELS 4-6: Saturdays, 8:30-9:15 a.m.	Member: \$67 Community: \$100
Swim Team	5 - 18 years	Visit SFY Tsunami Swim Team website for more information, sfyswim.com	Contact: Coach Anna anna.seiffert@ymcade.org
Youth Adapted Swim Instruction	All ages	As scheduled.	INCLUDED IN MEMBERSHIP Community: \$95

TUMBLING

Tumbling & Aerial 1 and 2	3-13 years	Mondays, 4:45 - 6:45 p.m. Saturdays, 10:45a.m. - 12:45 p.m.	Member: \$55 Community: \$155
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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.

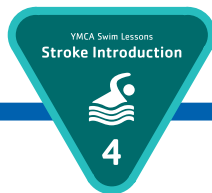


3 / WATER STAMINA

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			
Fast Track	Wednesday, 9 - 10 a.m.		Member: \$37 Community: \$50
Fit for 2	By appointment		3 Sessions \$145 6 Sessions \$227 12 Sessions \$412
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.		INCLUDED IN MEMBERSHIP
Group Fitness	See schedule online or the YMCA of Delaware App.		INCLUDED IN MEMBERSHIP *No Registration Required
Personal Training	By appointment		3 Sessions \$131 6 Sessions \$211 12 Sessions \$380
Senior Circuit	Monday/Thursday, 9 - 10 a.m. Tuesday/Friday, 9 - 10 a.m.		Member: \$48 Community: \$65
SWIM			
Adult Adapted Swim Instruction	As scheduled		INCLUDED IN MEMBERSHIP Community: \$95
ASHI CPR, First Aid, and AED Training	As scheduled		Member/Community: \$30 Group rates available
Masters Swim Program	As scheduled		Member: \$36 Community: \$58
Private Swim Lessons	TBD - please fill out PL request form on the home page of our Sussex Family YMCA website		Member: \$90 Community: \$145
Semi Private Swim Lessons	TBD - please fill out PL request form on the home page of our Sussex Family YMCA website		Member: \$70 Community: \$110
Water Fitness Classes	See schedule online or the YMCA of Delaware App.		Member: \$36* Community: \$72* *No registration required except for Back At It and Aqua Strength Training
WELLNESS			
Diabetes Prevention Program	Contact the Healthy Living Department for more details at healthyliving@ymcade.org or (302) 572-9622.		
LIVESTRONG® at the YMCA (Cancer Survivors) 12 week program	Wednesday/Friday or Tuesday/Thursday Starts Tuesday, 2/26	FREE FOR MEMBERS AND COMMUNITY Contact the Healthy Living Department for more details at healthyliving@ymcade.org or (302) 572-9622.	
Massage Therapy Sport, Mu-xing Zone, Relaxing, Reiki and Tai Massage		50-MINUTES	80-MINUTES
	One Session	Member \$65 Community \$80	Member \$100 Community \$120
	3 Package Session	Member \$180 Community \$220	Member \$210 Community \$240
	5 Package Session	Member \$320 Community \$420	Member \$320 Community \$420

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

