



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019/ WINTER 2020 PROGRAMS

BEAR-GLASGOW FAMILY YMCA

FALL 1: September 3 - October 27

FALL 2: October 28 - December 22

WINTER 2020: January 6 - February 23



Look inside and discover all the Y has to offer!

We have something for everyone – Swim lessons, dance, youth and adult sports, fitness, healthy living programs and more!



		BEAR – GLASGOW	BRANDYWINE	CENTRAL	DOVER	MIDDLETOWN	SUSSEX	WALNUT STREET	WESTERN
AQUATICS	Swim Lessons	•	•	•	•	•	•	•	•
	Lap Swimming	•	•	•	•	•	•	•	•
	Lifesaving Certification	•	•	•	•		•	•	•
	Youth Competitive Swim Team	•	•		•		•	•	•
	Masters Swimming		•		•		•		•
	Fitness & Therapeutic Classes	•	•	•	•		•		•
DANCE	Adult	•	•		•				
	Youth	•	•		•			•	•
FITNESS	Pilates	•	•	•	•	•	•		•
	Spinning/Cycling	•	•	•	•	•	•		•
	Cardio & Strength Fitness Classes	•	•	•	•	•	•		•
	Yoga	•	•	•	•	•	•		•
	Barre	•	•	•	•	•	•		•
	Small Group Training	•	•	•	•	•	•		•
SPORTS	Adult	•	•		•		•		
	Youth	•	•		•		•	•	•
CHILD CARE	Before & After School Care	•	•		•	•	•	•	•
	Preschool Half Day		•						•
	Preschool Full Day			•				•	•
	Summer Day Camp	•	•		•	•	•	•	•
SENIORS	Aquatic & Fitness Programs	•	•	•	•		•		•
FACILITIES	Adult Fitness Center	•	•	•	•	•	•		•
	Youth Fitness Center	•	•		•		•		•
	Gymnasium	•	•	•	•		•	•	•
	Indoor Track			•					
	Racquetball & Squash Courts			•					
	Indoor Pool	•	•	•	•		•	•	•
	Outdoor Pool	•	•		•				•
	Sauna	•	•	•	•				•
	Family Changing Room	•	•	•			•		•
SERVICES	Fitness Evaluations	•	•	•	•	•	•		•
	Party Rentals (birthday & other)		•	•	•	•		•	•
	Personal Training	•	•	•	•	•	•		•
	Babysitting – “Kids Zone”	•	•	•	•	•	•		•
PREVENTION PROGRAMS	YMCA Diabetes Prevention Program	•	•	•	•		•		•
	Healthy Weight & Your Child	•		•	•				•
	LIVESTRONG at the YMCA	•	•	•	•	•	•		•
YOUTH AND TEENS	Youth & Teen Enrichment	•	•	•	•		•	•	•
	Youth in Government	•	•	•	•		•	•	•

8 LOCATIONS TO SERVE YOU STATEWIDE!

IT'S ALL AT THE YMCA!



A YMCA membership gives you much more than access to our facility. It helps you lead a healthier life by building relationships and provides a way for you to connect with your community while helping others. A YMCA membership sets you on the path to good health in spirit, mind and body, so you can enjoy a full and balanced life.

FACILITY FEATURES

• **NEW Functional Training Center**

- Assault Air Runner Treadmills, Rogue Echo Air Bike, Power Racks, Torque Tank Power Sled, Monkey Bars, Vertical and Infinity Ropes, TRX Straps, Heavy Bags, Weighted Tires and more
- Fitness Center: State-of-the-Art Cardio Equipment, Strength Circuit, Free Weights
- Youth Fitness Center for Kids 7 to 12 ye
- Spinning Studio with 40+ Spin Bikes
- Stretching/Training Area
- TRX Group Training Classes: Basic, Advanced and Specialty Classes
- Small Group Training Classes for Everyone
- Indoor pool: 8 lane, 25-yard pool
- Group Water Exercise Classes: Variety of classes
- Beautiful State-of-the-Art Gymnasium: Family, Adult, Teen Pick-Up Basketball
- Men's and Women's Locker Rooms
- Family Locker Room
- Outdoor Pool Complex: Family Fun Pool with Beach Entry and 8-Lane Pool, 25-meter
- Over 100 Group Exercise Classes Weekly- HIIT, Yoga, Pilates, Barre, Spinning, Zumba, BodyPump, BodyCombat, GRIT and more
- Heated Yoga
- Free Fitness Consultations; Access to Variety of Personal Training Options
- Monthly Member and Family Events
- Variety of classes for Preschool, Youth and Family Fun (Swim Lessons, Dance, Family Zumba, etc.)
- Variety of Youth Sports Options
- Free Drop-In Babysitting for Children Ages 6 weeks – 12 years for up to two hours per day

VISIT HUNDREDS OF YMCA LOCATIONS AT NO EXTRA CHARGE!

YMCA of Delaware Members have the flexibility to access any of the Delaware locations and most YMCAs across the country at no extra charge! Simply present your YMCA membership card and photo ID at participating YMCAs and enjoy complimentary access.



REFER YOUR FRIENDS AND EVERYONE SAVES!

SAVE UP TO 20% on your membership each month with our Y CONNECT REFERRAL PROGRAM.

INFORMATION CENTER

FACILITY HOURS

Monday - Friday: 5 a.m. - 10 p.m.

Saturday: 6 a.m. - 8 p.m.

Sunday: 8 a.m. - 8 p.m.

**All locker rooms close 15 minutes after the facility closes

KIDS ZONE HOURS

(Drop in babysitting for children 6 weeks to 12 years)

Monday - Thursday:

8 a.m. - 1 p.m. and 4 - 8:30 p.m.

Friday: 8 a.m. - 1 p.m. and 4 - 7:30 p.m.

Saturday: 8 a.m. - 3 p.m.

Sunday: 9 a.m. - 2:30 p.m.

Hours may vary on holidays and between sessions. Members receive two hours of free babysitting, per their dependent child, per day while utilizing the facility. Children will be cared for by qualified, trained staff in a fun, caring and supportive environment.

YOUTH WELLNESS CENTER

AGES: 7 to 12 years

Monday - Thursday: 4 p.m. - 8:30 p.m.

Friday: 4 p.m. - 7:30 p.m.

Saturday: 9 a.m. - 3 p.m.

Sunday: 9 a.m. - Noon

PROGRAM SESSION DATES

FALL 1: September 3 - October 27

Member Registration Begins: August 12

Community Registration Begins: August 19

FALL 2: October 28 - December 22

Member Registration Begins: October 14

Community Registration Begins: October 21

WINTER 2020: January 6 - February 23

Member Registration Begins: December 16

Community Registration Begins: December 23

PROGRAM REGISTRATION

WEB REGISTRATION:

Members may begin to register at 6 a.m. on the first day of program registration at www.ymcade.org.

REGISTER IN PERSON OR BY PHONE:

Stop by our branch or give us a call and we will be happy to assist you with program registration.

FINANCIAL ASSISTANCE IS AVAILABLE

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 www.ymcade.org.

HOLIDAY SCHEDULE & IMPORTANT DATES

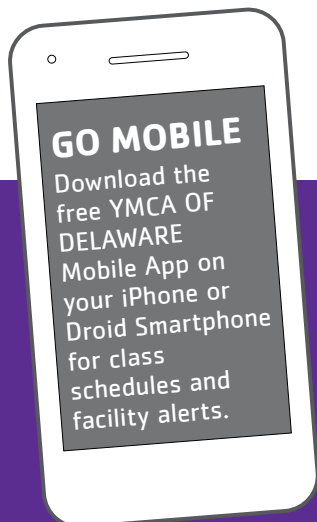
NOVEMBER 28 (Thanksgiving): 8 a.m. - 12 noon

DECEMBER 24 (Christmas Eve): CLOSE 2 p.m.

DECEMBER 25 (Christmas Day): CLOSED

DECEMBER 31 (New Year's Eve): CLOSE 5 p.m.

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



PHONE:

(302) 836-9622



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



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.

@bgyalerts: General facility messages

@bgycamp: Day Camp messages

@bgycare: Child Care messages

@bgyswim: Aquatic/pool messages

@bgysport: Sports messages

@bgygroupex: Group Exercise messages

@bgyfit: Fitness messages



AROUND THE Y

There's always something happening at the Bear-Glasgow Family YMCA. Be sure to check our website frequently for our most current list of events. Visit www.ymcade.org.

KIDS & PARENTS NIGHT OUT

SATURDAYS • 4:30 – 7:30 P.M.

AGES: 6 weeks – 12 years

Enjoy an evening out while your child(ren) spend time at the Y. 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. Must register at least one day in advance. This is a members only benefit.

DATES:

- September 7, 21
- October 5, 19
- November 9, 23
- December 7

FEES: \$10 per child and \$5 for additional sibling

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 is limited and fills up quickly. A parental waiver is required.

DATES/TIME: 7:30 – 10 P.M.

- October 12
- November 9
- December 14
- January 11
- February 8
- March 14
- April 11

FEES: Members \$5
Community \$10

SCHOLASTIC BOOK FAIR

SEPTEMBER 9 – 13

Love books? Visit the scholastic book fair which is returning this fall. All proceeds and donations support our Before and After School Care and Kids Zone.

BACK TO SCHOOL NIGHT

THURSDAY, SEPTEMBER 12

6:30 – 8 P.M.

Join us for an evening filled with back-to-school fun including a moon bounce, obstacle course, healthy snacks, crafts and games. This event is open to all YMCA members and Before and After School families.

5K FALL FAMILY FESTIVAL

SATURDAY, OCTOBER 26

We are excited to partner with AARP for this year's 5K Fall Family Festival. Come dressed in your Halloween costume! This event will be held at Glasgow Park and the Bear-Glasgow Family YMCA. It will include music, games, a costume contest and a 5K walk or run. This event is for all members and non-members. The festival and kiddie K are free, but registration is required for the 5K. Visit the Member Service Desk for details.

LOCATION: Glasgow Park – near the tennis courts

9:30 a.m.: Race Registration

10:30 a.m.: Kiddie K Start

11:00 a.m.: 5K Start

11:30 a.m. – 2:30 p.m.: Festival & Post Race Awards (held at the Bear-Glasgow Family YMCA)

COOKIES & CRAFTS WITH SANTA

THURSDAY, DECEMBER 12

5-7 PM

Join us for some holiday fun as we will make ornaments, eat holiday cookies, and listen to Santa read a story.

HOLIDAY DROP & SHOP

AGES: 6 weeks – 12 years

Let the Y help you get your holiday shopping done! Children will enjoy fun YMCA activities while being supervised by our trained staff. Dinner is provided. To sign up, please complete a program packet which can be picked up at the Member Services Desk.

DATES/TIME: 4:30 – 7:30 p.m.

Sunday, December 1

Sunday, December 15

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





DID YOU KNOW THE YMCA IS A NON-PROFIT?

THE Y FOR ALL

Every day we work side-by-side with our neighbors to make sure that everyone regardless of age, income or background, has the opportunity to learn, grow and thrive. When you are a part of the YMCA, you are helping to strengthen our community. Through community support we are able to open doors not only for kids, but also for families, adults and senior citizens alike by providing financial assistance to those who are unable to afford the cost of memberships, childcare and programs.

OUR MISSION

The YMCA of Delaware 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.

HOW CAN WE HELP YOU?



LEADERSHIP



TERRY MULLAN
Executive Director
tmullan@ymcade.org



COURTNEY HOY
Senior Child Development
Director
choy@ymcade.org



MARTY WHITE
Senior Health & Wellness
Director
lwhite@ymcade.org

MEMBERSHIP



AMY DESMOND
Sr. Membership Director
adesmond@ymcade.org



BRANDI HENDERSON
Child Development
Director
bhenderson@ymcade.org



ALEXIS DREW
Asst. Physical Director
(Inclusive Programming)
adrew@ymcade.org



LOU CORNIER
Membership Coordinator
lcornier@ymcade.org



JESSICA BURR
Childcare Director
jburr@ymcade.org



PAMELA COX
Group Exercise Director
pcox@ymcade.org



LISA CHARLES
Membership Coordinator
lcharles@ymcade.org



ANTONIO THORNTON
Assistant Childcare &
Camp Director
athornton@ymcade.org

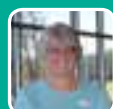


TAMMY MACKIE
Youth Fitness Coordinator
tmackie@ymcade.org

OFFICE



HEATHER BORKOSKI
Office Manager
hborkoski@ymcade.org



LAURIE HAUSHALTER
Kids Zone Coordinator
lhaushalter@ymcade.org



ANITA STEWARD
Childcare/Camp Registrar
asteward@ymcade.org



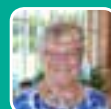
SPORTS / CAMP

JOHN GILROY
Sports / Camp Director
jgilroy@ymcade.org



BEN KETTNER
Childcare/Camp Registrar
bkettner@ymcade.org

AQUATICS



KATHY LEMASTERS
Aquatic Director
klemasters@ymcade.org



MEGHAN FIORELLI
Assistant Aquatic Director
mfiorelli@ymcade.org

BOARD OF GOVERNORS

SHANNON CLARK
Board Chair

DONNA BATES
Board Governance Chair

AARON BASS
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Finance Chair

YOLANDA
BROWN-THOMAS
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BOARD EMERITUS:
MIKE DEFINO



ADULT PROGRAMMING

FITNESS

BOOM

This class is designed specifically for baby boomers who want to stay fit, get results, feel energized, and hang out with their friends all at the same time. Classes are exclusively for active older adults searching for a faster-paced class set at the right intensity level.

See schedule in branch or the YMCA of Delaware App

Fall I
Fall II
Winter

Member: \$40
Community: N/A

Circuit - Group Circuit (14 and up)

This is a 45 minute class of interval style training designed to increase your strength and cardiovascular ability. This class is appropriate for an intermediate exerciser who wants to get to the next level.

Friday,
10:15 - 11 a.m.

Fall I
Fall II

Included with Membership

Circuit - Senior Circuit (18 and up)

This 55 minute group class is geared towards active older adults, and will incorporate circuit training that focuses on balance, flexibility and strength.

Tuesday,
11 a.m. - 12 p.m.

Fall I
Fall II
Winter

Included with Membership

Bear FIT

You've never spent half an hour like this. Prepare yourself for the next generation of cardio HIIT training with lightning-fast intervals. Use your body weight, ropes, sleds, tires and other fun equipment to create innovative sequences that will crush your personal best and finish with an active recovery. A complete cardio and strength challenge that demands everything you've got.

See schedule in branch or the YMCA of Delaware App

Fall I
Fall II
Winter

Member: \$40
Community: N/A

FITQUEST (14 and up)

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.

By Appointment

Ongoing

Included with Membership

THE NEW FUNCTIONAL TRAINING CENTER IS FOR EVERYONE!

Research shows that high intensity interval training (HIIT) is a superior form of cardiovascular exercise. Short bursts of activity personalized for your max heart rate using MYZONE monitors bring you to the benefit-rich anaerobic zone in a fraction of the time.

Let Bear Functional Training Center classes help you reap the benefits of lean muscle gain, body fat loss and improved cardiovascular shape by working smarter, not harder, in a supportive, small-group environment.

Whether you are a beginner interested in supervised circuit training or an athlete looking for high-intensity conditioning, you can expect results. High-energy, motivational coaches will help you achieve goals you didn't know you had, while the friendly competition and comrade will allow you to thrive and keep you coming back for more.

<p>Group Fitness Classes *No registration required. Must be 14 years and up unless the class is designated as family friendly. Family friendly classes are for youth 8 and up with a participating adult.</p>	<p>See schedule in branch or the YMCA of Delaware App</p>	<p>Ongoing</p>	<p>Included with Membership</p>
<p>IMPACT No other workout can bring you the excitement, the intensity and the physical benefits of working on the heavy bag. Participants will train to move, look and feel like a CHAMPION!</p>	<p>See schedule in branch or the YMCA of Delaware App</p>	<p>Fall I Fall II Winter</p>	<p>Full Member: \$40 Community: N/A</p>
<p>LES MILLS GRIT® (18 and up) This 30 minute high-intensity interval training (HIIT) workout designed with short rounds of high-intensity exercise followed by periods of strategic recovery. The secret to ultimate results is not adding more workouts to your routine, but increasing their intensity.</p>	<p>Monday & Wednesday, 6 - 6:30 a.m. Tuesday & Thursday, 7:30 - 8 p.m.</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$40 Community: N/A</p>
<p>Obstacle Course Race Training (OCR) (14 and up) Get your sweat on with this intensity obstacle course training class. From Spartan Race to Tough Mudder, this class takes on the skills and training required to get you around any obstacle race.</p>	<p>Friday, 9:15 - 10:15 a.m.</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$40 Community: N/A</p>
<p>Olympic Lifting Training You've seen it - Now do it! Olympic lifts are something that almost anyone can include in their exercise program. You will improve core strength, stability, body composition and flexibility while also increasing power.</p>	<p>See Schedule in branch or on the YMCA of Delaware App</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$40 Community: N/A</p>
<p>Personal Training (12 and up) 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>By Appointment</p>	<p>Ongoing</p>	<p>Package Rates Apply</p>
<p>Ropes and Rowers Get a full body workout in Ropes and Rowers. Propel athletic performance during this battle ropes, climbing ropes and rowing class.</p>	<p>See schedule in branch or the YMCA of Delaware App</p>	<p>Fall I Fall II Winter</p>	<p>Full Member: \$40 Community: N/A</p>

FITNESS

<p>Running – Couch 2 5K (14 and up) The C25K is a FREE program that allows you to ease yourself into a running program, and will have you running 3 miles (or 5K) on a regular basis in just 8 weeks. No running experience is necessary. Train weekly with the group and follow along with the homework assignments. At the conclusion of the training program, celebrate your success by participating in a local 5K event.</p>	<p>Sunday, 9 - 10 a.m.</p>	<p>Fall I</p>	<p>Included with Membership</p>
<p>Running – Strength Training for Runners (14 and up) Whether you are a brand new runner or new to strength training, this FREE beginner’s class is for you. Following a “Learn, Practice, Perfect” format, the group will perform basic workouts that incorporate functional strength movements specific to runners. This class will slow things down and allow you to learn exercises, reduce risk of injury and improve your running performance. Class size is limited.</p>	<p>Monday, 6:45 – 7:30 p.m.</p>	<p>Fall I Fall II Winter</p>	<p>Included with Membership</p>
<p>Running – Advanced Strength Training for Runners (14 and up) For most runners, the largest benefit of strength training is a reduction in running injuries. This class incorporates treadmill drills and a circuit style strength workout of basic movements that all runners should be able to do such as lunges, squats, and planks. With stronger muscles, connective tissues, and more resilience to fatigue, you’ll reduce injuries, and enjoy running instead of sitting on the sidelines. Class size is limited.</p>	<p>Tuesday, 6 – 7 a.m. Thursday, 6:45 - 7:30 p.m.</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$40 Community: N/A</p>
<p>TRX Training (14 and up) This FREE class will teach you the fundamental exercises of suspension training for lower body, upper body, and core as well as how to progress each exercise. It will also prepare you to move to the TRX advanced class. TRX builds total body strength, flexibility and core stability all at the same time. Space is limited. Registration is on a first come, first served basis.</p>	<p>Monday, 6 - 6:45 p.m. Tuesday, 8:30 - 9:15 a.m. Sunday, 12 - 12:45 p.m.</p>	<p>Fall I Fall II Winter</p>	<p>Included with Membership</p>
<p>TRX Advanced (14 and up) Once you’ve learned the basics of TRX, take your training to the next level. The class profile changes every week, so you can expect new and exciting challenges.</p>	<p>Thursday, 5:45 - 6:40 a.m. Sunday, 11 - 11:55 a.m.</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$40 Community: N/A</p>

FITNESS

<p>TRX Silver Straps (18 and up) Silver Straps is a TRX Suspension training class designed for the active older adult. TRX is an ideal system for active seniors who want to increase strength, flexibility and balance by building a stronger core.</p>	<p>Thursday, 11 – 11:45 a.m.</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$25 Community: N/A</p>
<p>TRX 30-Minute Mobility for Runners (14 and up) Take your running to the next level by increasing your mobility and agility through incorporating suspension training into your exercise regimen.</p>	<p>Friday, 6 – 6:30 a.m.</p>	<p>Fall I Fall II Winter</p>	<p>Member: \$25 Community: N/A</p>
<p>Women & Weights (18 and up) In this class, we combine cardio and weight training in a comfortable and welcoming atmosphere. In this women only group you will learn how to incorporate interval training into your workout routine, followed by a short abdominal/core workout.</p>	<p>Monday, 10 – 11 a.m. Wednesday, 10 – 11 a.m.</p>	<p>Fall I Fall II Winter</p>	<p>Included with Membership</p>
<p>Y for All Fitness Center Equipment Orientations (12 and up) For individuals of all abilities and fitness experience. Have a wellness coach help you make sense of the fitness center and learn how to safely use the equipment. You will also receive tips on gym etiquette and guidance on future workouts. If you are looking for, or need more detailed assistance getting started in an exercise program, consider a FITQUEST appointment.</p>	<p>Appointment recommended. Walk-ins may be available if there is an opening in the schedule.</p>	<p>Ongoing</p>	<p>Included with Membership</p>
<p>Y for All Fitness Training (12 and up) For individuals with diverse abilities requiring ongoing one-on-one assistance to complete their exercise routine.</p>	<p>By Appointment</p>	<p>Ongoing</p>	<p>Package Rates Apply</p>





HEALTH AND WELLNESS

<p>Diabetes Prevention Program The YMCA Diabetes Prevention Program is an evidence-based program recognized by the Centers for Disease Control and Prevention. 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 details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>	
<p>LIVESTRONG® at the YMCA 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® at the YMCA creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life.</p>	<p>Program starts September 9 and March 2, and runs for 12 weeks</p>	<p>Free to Members and Non-Members. For details and information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622</p>

SPORTS

<p>Basketball League (35 and up) The adult basketball league encourages adults to stay active in a game setting. There will be one game per week. There is a 4 team minimum for the league to run.</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall Winter</p>	<p>Member: \$50 Community: \$70</p>
<p>Instructional Archery (18 and up) This beginner class consist of an 8 week curriculum that introduces students to safety, form, shot sequence, and focus. Upon completion, all students should be able to execute the correct shot sequence, from stance to follow-through.</p>	<p>Please visit www.ymcade.org for days and times. LOCATION: Bear Glasgow YMCA Camp Archery Range</p>	<p>Fall</p>	<p>Member : \$80 Community: \$125</p>

SWIM

<p>Adults Swim Basics (18 and up) Adults learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide and exit (2) Jump, push, turn, grab. This class is appropriate for those working to swim a length of the pool or take their feet off the bottom of the pool. We will focus on individual results.</p>	<p>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.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Adult Swim Strokes (18 and up) 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. This class is appropriate for all abilities that can swim a length or more of the pool unassisted, We will focus on individual results.</p>	<p>Monday, 7:45 - 8:30 p.m. Tuesday, 8:20 - 9:05 p.m. Wednesday, 7:45 - 8:30 p.m. Sunday, 11 - 11:45 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Private Swim Lessons Learn how to swim at your own pace or work individually with a swim instructor to meet your goals. Request forms are available at the Member Services Desk. Price includes 6 sessions.</p>	<p>Contact: Meghan Fiorelli, mfiorelli@ymcade.org</p>	<p>Fall 1, Fall 2 and Winter</p>	<p>Member: 6 - 15 min - \$110 6 - 30 min - \$220 Community: 6 - 15 min - \$150 6 - 30 min - \$260</p>
<p>Water Fitness Classes Have you thought about moving your workout to the water? Jump in the pool and make a splash in Water Aerobics, Yoga, Pilates, Tai Chi and more! The water's resistance can improve strength, flexibility, and cardiovascular health as well as facilitate rehabilitation and even enhance sports skills. Water fitness provides a low-impact way to get in shape and is ideal for all skill levels, non-swimmers included.</p>	<p>See website or app for days and times. Schedules are also available at the Member Services Desk. *No Registration Required</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>FREE to full members</p>

YOUTH PROGRAMMING



CHILD CARE

Before School Care (Christina and Colonial District)	Grades K - 6	Monday - Friday, 7 a.m. to start of school	2019-2020 School Year	Member: \$235 Community: \$315
After School Care (Christina, Colonial and Newark Charter)	Grades K - 6	Monday - Friday, end of school to 6 p.m.	2019-2020 School Year	Member: \$310 Community: \$410
After School Care (Christina, Colonial and Newark Charter)	Grades K - 6	Monday - Friday, 7 a.m. to start of school and end of school to 6 p.m.	2019-2020 School Year	Member: \$390 Community: \$490
In-service & Holiday Care (Before or After School Care Participants)	Grades K - 6	Scheduled School Days Off	2019-2020 School Year	Member: \$50 Community: \$65

DISTRICT	BEFORE AND AFTER SCHOOL CARE LOCATIONS	POC SITE ID	Delaware Stars Level
Christina School District	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
Colonial School District	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 5
Wilmington Manor	1710387300	Level 5	
Newark Charter (Charter provides transportation to the Bear-Glasgow YMCA)	Newark Charter	1710409500	Not Enrolled

DANCE

<p>Creative Dance Designed for beginner level dancers, your child will be introduced to the very basic fundamentals of ballet through fun, age appropriate movement, stretches and song.</p>	3-4 Years	Please visit www.ymcade.org for days and times.	Fall 1 Fall 2 Winter	Member: \$65 community: \$95
<p>Pre-Ballet Designed for beginner level dancers, this class will continue to emphasize the basic fundamentals of ballet through stretching and movement as well as introduce arm and foot positions. *Wear any solid color leotard, pink ballet tights and pink leather soled ballet shoes. Hair should be pulled back away from face or in a bun. Please do not wear jewelry or accessories. Small earring studs are permitted.</p>	4-5 years	Please visit www.ymcade.org for days and times.	Fall 1 Fall 2 Winter	Member: \$65 community: \$95
<p>Ballet 1 Dancers will be introduced to correct arm and foot positions, correct ballet terminology, stretching and proper technique. *Wear any solid color leotard, pink ballet tights and pink leather soled ballet shoes. Hair should be pulled back away from the face or in a bun. Please do not wear jewelry or accessories. Small earring studs are permitted.</p>	6-12 years	Please visit www.ymcade.org for days and times.	Fall 1 Fall 2 Winter	Member: \$65 community: \$95
<p>Tap Tie on your tap shoes and join the long-loved tradition of tap dancing! Tap promotes coordination and an acute sense of rhythmic patterns. Warm-ups, combinations, and short routines are a part of the tap curriculum. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds and having fun.</p>	6-12 years	Please visit www.ymcade.org for days and times.	Fall 1 Fall 2 Winter	Member: \$65 community: \$95
<p>Capoeira Instructional This program focuses on developing athleticism, strength, respect, discipline, coordination and musical skill. In Capoeira class, kids and teens will work their flexibility, reflex, agility, rhythm, basic acrobatic skill, and bolster their self-confidence. In addition, youth develop their Portuguese language skills by learning basic greetings, commands, Capoeira songs and general vocabulary.</p>	5-7 years 8-12 years	Please visit www.ymcade.org for days and times	Fall 1 Fall 2 Winter	Member: \$65 community: \$95



HEALTH & FITNESS

<p>Fitness Center Orientation Upon completion of Orientations and signed parent agreement, youth ages 12-13 can gain access to the Adult Fitness Center. Access does not include the Free Weight area.</p>	12-13 years	By appointment	Ongoing	Included with membership
<p>Group Exercise Make friends, exercise to great music and experience the fun and energy that only group exercise can provide.</p>	14 and up	See schedule in branch or the YMCA of Delaware App.	Ongoing	Included with membership
<p>YOUTH PERSONAL TRAINING We will meet one-on-one with your child and train them with programs specifically designed for their needs and goals! Each session will last up to 45 minutes.</p>	7 and up	By appointment	Ongoing	Package rates apply
<p>Kid Cardio This 45 minute class is for children ages 5-12 years old and is designed to keep kids continuously moving through various cardio activities such as relays, obstacle courses, and games.</p>	5 - 12 years	See schedule in branch or the YMCA of Delaware App.	Ongoing	Included with membership

HEALTH & FITNESS

<p>Family Cardio An exercise class for the whole family. Featuring a mixture of cardio exercises, obstacle courses, circuit training, games and fun!! Parent participation is required.</p>	Families with kids 4 years and up	See schedule in branch or the YMCA of Delaware App	Ongoing	Included with membership
<p>Family Yoga This class provides families with an opportunity to connect and engage through learning yoga principles and performing child friendly yoga poses and breathing techniques. Families will learn yoga sequences to build energy, focus and concentration, and/or instill peace and calmness.</p>	Families with kids 4 years and up	See schedule in branch or the YMCA of Delaware App	Ongoing	Included with membership
<p>Family Zumba® Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you and your kids away. Add some Latin flavor and international zest into the mix and you've got Zumba!</p>	Families with kids 4 years and up	See schedule in branch or the YMCA of Delaware App	Ongoing	Included with membership

MOVEMENT

<p>Petite Energy Kids will have a blast exploring animal movements, soft play equipment, colors, shapes, bubbles, and of course music. Enjoy special time with your little ones! Children will attend classes with active parental participation.</p>	1-2 years with a parent	Saturday, 9:45 -10:30 a.m.	Fall 1 Fall 2 Winter	Member: \$62 Community: \$81
<p>Lil' Movers Come learn the fundamental skills of sports, tumbling, music and so much more. Class participants build confidence in a non-competitive atmosphere. Instruction will focus on large motor skill development through various activities and game play. Water bottles may be brought to class. Children will attend classes with active parental participation.</p>	2-3 years with a parent	Saturday, 11:15 a.m. -12 p.m.	Fall 1 Fall 2 Winter	Member: \$62 Community: \$81
<p>Athletic Youth Fundamentals The skills learned in this class will develop a safer and stronger athlete. Instruction will focus on speed, agility, and the fundamentals of changing directions. Resistance training with bands will prepare young athlete's bodies for advanced weight lifting.</p>	8-18 years	See schedule in branch or the YMCA of Delaware App.	Fall 1 Fall 2 Winter	Member: \$70 Community: \$90



SPORTS

<p>All Sports Clinic Come on out and explore a variety of sports. Throughout the session participants will learn the exciting games of soccer, football, and basketball.</p>	4 - 6 years	Please visit www.ymcade.org for days and times.	Fall 1, Fall 2 and Winter	Member: \$65 Community: \$95
<p>Archery Clinic Instructional Our beginner Archery program gradually teaches kids patience, confidence, and the skills needed to succeed as beginner archers.</p>	7-10 years 11-14 years	Please visit www.ymcade.org for days and times.	Fall 1 and Fall 2	Member: \$100 Community: \$150
<p>Basketball Skills Instructional Clinic Co-Ed This instructor led, hands-on program is a great introduction to the fundamentals of basketball. Parent involvement is encouraged.</p>	4-6 years 7-9 years 10-14 years	Please visit www.ymcade.org for days and times.	Fall 1, Fall 2 and Winter	Member: \$65 Community: \$95
<p>Basketball League Co-Ed This is a co-ed Basketball league that will focus on fun and skill development. *Age groups will travel to other YMCAs in Delaware.</p>	5-6 year 7-8 years 9-10* years 11-12* years 13-15* years	Please visit www.ymcade.org for days and times.	Winter	Member: \$70 Community: \$105 (Jerseys included)

SPORTS

<p>Flag Football League Co-Ed This is a co-ed, non-contact football league that will focus on fun and skill development. *Age groups will travel to other YMCAs in Delaware.</p>	<p>6-8* years 9-12* years 13-14* years</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall</p>	<p>Member: \$70 Community: \$105 (Jerseys included)</p>
<p>Karate Program Little Tigers This is a 45 minute class that introduces young children to the art of Kenpo Karate. It is geared towards developing coordination, basic motor skills, balance and stretching with an emphasis on the fun aspects of Karate. We strive to build coordination, concentration and confidence in each student as well as teach courtesy, fair play and a sense of accomplishment through disciplined classroom activities.</p>	<p>4-7 years</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall 1, Fall 2 and Winter</p>	<p>Member: \$75 Community: \$125</p>
<p>Kenpo Karate For Kids This is a 45 minute class that introduces older children to the art of Kenpo Karate. All children need to develop a sense of confidence and security within themselves. Kenpo Karate provides a system of defense which serves as a basis for the development of confidence, self-esteem, respect for discipline, responsibility and achievement. Children develop their inner strengths, learning to rely on their personal integrity, convictions and abilities.</p>	<p>8-12 years</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall 1, Fall 2 and Winter</p>	<p>Member: \$75 Community: \$125</p>
<p>Soccer League Co-Ed This is a developmental league that offers a place for every player, regardless of skill level to participate and learn the game of soccer. *Some age groups may travel to other YMCAs in Delaware.</p>	<p>3-4 years 5-6 years 7-8 years 9-10 years 11-13 years</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall</p>	<p>Member: \$70 Community: \$105 (Jerseys included)</p>
<p>Volleyball Instructional Skills Clinic Co-Ed This program is a great introduction to volleyball. It is a hands on, fundamentals, instruction class led by an experienced staff.</p>	<p>8-10 years 11-14 years</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$65 Community: \$95</p>
<p>Tennis Clinic Instructional This clinic is designed to help you learn the basic fundamentals of tennis. The children will learn how to use a forehand and backhand along with other exciting parts of the game from an experienced instructor.</p>	<p>6-8 years 9-12 years</p>	<p>Please visit www.ymcade.org for days and times.</p>	<p>Fall 1 Fall 2</p>	<p>Member: \$65 Community: \$95</p>



SWIM LESSONS

<p>Swim Starters, A (Parent/Child) Introduces infants and toddlers to the aquatic environment.</p>	<p>6 - 19 months</p>	<p>Monday, 10:30 - 11 a.m. Wednesday, 6 - 6:30 p.m. Thursday, 10 - 10:30 a.m. Thursday, 5:30 - 6 p.m. Saturday, 10:10 - 10:40 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$65 8 week - \$74 Community: 7 week - \$130 8 week - \$148</p>
<p>Swim Starters, B (Parent/Child) Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.</p>	<p>20 months - 3 years</p>	<p>Monday, 10:30 - 11 a.m. Wednesday, 6:30 - 7 p.m. Thursday, 10 - 10:30 a.m. Thursday, 5:30 - 6 p.m. Saturday, 9:35 - 10:05 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$65 8 week - \$74 Community: 7 week - \$130 8 week - \$148</p>
<p>Pre-School Swim Basics Level 1 (with parent) This class is for the child who is not quite ready to be in the class alone. A parent or trusted adult will come into the water at the beginning and transition out of the pool gradually throughout the session. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	<p>3 - 5 years</p>	<p>Monday, 10 - 10:30 a.m. Monday 6:15 - 6:45 p.m. Thursday, 6 - 6:30 p.m. Saturday, 11:35 a.m.-12:05 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$65 8 week - \$74 Community: 7 week - \$130 8 week - \$148</p>

SWIM LESSONS

<p>Pre-School Swim Basics, Level 1 Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	<p>3 - 5 years</p>	<p>Monday, 10 - 10:30 a.m. Monday, 5:45 - 6:15 p.m. Monday, 6:15 - 6:45 p.m. Tuesday, 4:30 - 5 p.m. Wednesday, 6 - 6:30 p.m. Thursday, 10:30 - 11 a.m. Thursday, 5:30 - 6 p.m. Thursday, 6 - 6:30 p.m. Friday, 4 - 4:30 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 10:10 - 10:40 a.m. Saturday, 12:25 - 12:55 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$65 8 week - \$74 Community: 7 week - \$130 8 week - \$148</p>
<p>Pre-School Swim Basics, Level 2 Encourages forward movement in water and basic self-rescue skills performed independently.</p>	<p>3 - 5 years</p>	<p>Monday, 10:30 - 11 a.m. Monday, 5:15 - 5:45 p.m. Monday, 5 :45 - 6:15 p.m. Monday, 6 :15 - 6:45 p.m. Tuesday, 4:30 - 5 p.m. Wednesday, 6 - 6:30 p.m. Wednesday, 6:30 - 7 p.m. Thursday, 10:30 - 11 a.m. Thursday, 5:30 - 6 p.m. Thursday, 6 - 6:30 p.m. Friday, 4 - 4:30 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 10:10 - 10:40 a.m. Saturday, 12:25 - 12:55 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$65 8 week - \$74 Community: 7 week - \$130 8 week - \$148</p>
<p>Pre-School Swim Basics, Level 3 Continues forward movement skills previously developed without flotation device, and develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	<p>3 - 5 years</p>	<p>Monday, 10:30 - 11 a.m. Monday, 5:45 - 6:15 p.m. Monday, 6:15 - 6:45 p.m. Tuesday, 5 - 5:30 p.m. Wednesday, 6:30 - 7 p.m. Thursday, 10 - 10:30 a.m. Thursday, 6 - 6:30 p.m. Friday, 4 - 4:30 p.m. Saturday, 9:35 - 10:05 a.m. Saturday, 12:25 - 12:55 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$65 8 week - \$74 Community: 7 week - \$130 8 week - \$148</p>

SWIM LESSONS

<p>Pre-School Swim Strokes, Level 4 Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.</p>	<p>3 - 5 years</p>	<p>Monday, 5:15 - 5:45 p.m. Tuesday, 5 - 5:30 p.m. Wednesday, 5:15 - 5:45 p.m. Thursday, 10 - 10:30 a.m. Thursday, 5:30 - 6 p.m. Friday, 4 - 4:30 p.m. Saturday, 12:25 - 12:55 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Youth Swim Basics, Level 1 Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	<p>6 - 12 years</p>	<p>Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 5:15 - 6 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Youth Swim Basics, Level 2 Encourages forward movement in water and basic self-rescue skills performed independently.</p>	<p>6 - 12 years</p>	<p>Monday, 4:30 - 5:15 p.m. Monday, 6 - 6:45 p.m. Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 5:15 - 6 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Youth Swim Basics, Level 3 Continues forward movement skills previously developed without flotation device, and develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	<p>6 - 12 years</p>	<p>Monday, 4:30 - 5:15 p.m. Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4 - 4:45 p.m. Friday, 4:30 - 5:15 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Youth Swim Strokes, Level 4 Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.</p>	<p>6 - 12 years</p>	<p>Monday, 7 - 7:45 p.m. Tuesday, 7:35 - 8:20 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4:45 - 5:30 p.m. Friday, 5:15 - 6 p.m. Saturday, 8:45 - 9:30 a.m. Saturday, 10:45 - 11:30 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>

SWIM LESSONS

<p>Youth Swim Strokes, Level 5 Introduces breaststroke and butterfly, and reinforces water safety through treading water and sidestroke.</p>	<p>6 - 12 years</p>	<p>Monday, 4:30 - 5:15 p.m. Tuesday, 5:30 - 6:15 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4:45 - 5:30 p.m. Friday, 5:15 - 6 p.m. Saturday, 11:35 - 12:20 p.m. Sunday, 12 - 12:45 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Youth Swim Strokes, Level 6 Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.</p>	<p>6 - 12 years</p>	<p>Monday, 4:30 - 5:15 p.m. Tuesday, 5:30 - 6:15 p.m. Wednesday, 4:30 - 5:15 p.m. Wednesday, 7 - 7:45 p.m. Thursday, 4:45 - 5:30 p.m. Friday, 5:15 - 6 p.m. Saturday, 11:35 - 12:20 p.m. Sunday, 12 - 12:45 p.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Youth Homeschool Children will be grouped together based on comfort in the water and swim abilities. Swim lessons provide your child with potentially life-saving skills to protect them around water as well as expand their physical activity capabilities that can be for leisure or sport.</p>	<p>6 - 12 years</p>	<p>Monday, 10:55 - 11:55 a.m.</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 7 week - \$76 8 week - \$86 Community: 7 week - \$152 8 week - \$172</p>
<p>Private Swim Lessons Learn how to swim at your own pace or work individually with a swim instructor to meet your goals. Request forms are available at the Member Services Desk. Price includes 6 sessions.</p>	<p>4 years and older</p>	<p>Contact: Meghan Fiorelli Mfiorelli@ymcade.org</p>	<p>Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)</p>	<p>Member: 6 - 15 minute lessons: \$110 6 - 30 minute lessons: \$220 Community: 6 - 15 minute lessons: \$150 6 - 30 minute lessons: \$260</p>

SWIM LESSONS

<p>Teen Swim Basics Adults learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide and exit (2) Jump, push, turn, grab. This class is appropriate for those working to swim a length of the pool or take their feet off the bottom of the pool. We will focus on individual results.</p>	13 - 17 years	Monday, 7:45 - 8:30 p.m. Friday, 5:15 - 6 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)	Member: 6 week - \$66 7 week - \$76 Community: 6 week - \$132 7 week - \$152
<p>Teen 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. This class is appropriate for all abilities that can swim a length or more of the pool unassisted, We will focus on individual results.</p>	13 - 17 years	Monday, 7:45 - 8:30 p.m. Friday, 5:15 - 6 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)	Member: 6 week - \$66 7 week - \$76 Community: 6 week - \$132 7 week - \$152

TRAINING/CERTIFICATION

<p>Ellis Lifeguarding Certification PRE-REQUISITES: perform feet first surface dive in deep water, retrieve a 10-pound brick, tread water for one minute using legs only, and swim 100 continuous yards of freestyle or breast stroke.</p>	15 years & up	Tuesday, 5 - 9 p.m. Friday, 6 - 10 p.m. Saturday, 9 am - 5 p.m. Sunday, 9 am - Completion	Contact Meghan Fiorelli Mfiorelli@ymcade.org, for dates and registration information.	Member: \$210 Community: \$280
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

YOUTH PROGRAMS

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE
MECHANICS**

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM TEAM (PRE-COMPETITIVE)

<p>Panda Bears Introduction to competitive swimming. Swimmers will learn the fundamentals of competitive swimming in a fun and educational environment. This includes the introduction of all three of the competitive strokes (backstroke, breaststroke and freestyle). Minimum Requirements: The swimmer must pass the Swim Strokes Level 4 class in the YMCA swim lesson program, or posses the ability to swim 25 yards (1 length of the pool) of freestyle and backstroke unassisted and without the use of a flotation device.</p>	4 - 7 years	Monday, 5:15 - 5:45 p.m. Wednesday, 5:15 - 5:45 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)	Member: \$148 Community: \$200
<p>Polar Bears Introduction to competitive swimming. Swimmers will learn the fundamentals of competitive swimming in a fun and educational environment. This includes the introduction of all three of the competitive strokes (backstroke, breaststroke and freestyle). Minimum Requirements: The swimmer must pass the Swim Strokes Level 4 class in the YMCA swim lesson program, or posses the ability to swim 25 yards (1 length of the pool) of freestyle and backstroke unassisted and without the use of a flotation device.</p>	8 - 12 years	Tuesday, 6:30 - 7:30 p.m. Thursday, 6:40 - 7:40 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)	Member: \$185 Community: \$235
<p>Swim Team Prep This program is designed for anyone interested in participating in swim team. Swimmers build upon skills learned in the Swim Strokes 5/6 lessons or the Panda / Polar Bears pre-competitive swim lessons. the continued focus is on stroke technique as well as the introduction of basic swim workouts which will help swimmers to become proficient in all four of the competitive strokes and continue to increase their endurance in preparation for the Bear-Glasgow Y's Summer Swim Team. Minimum Requirements: Must be able to swim 50 yards (1 lap up and back of the pool) of freestyle with rotary breathing. They must also be able to complete 25 yards (1 length of the pool) of either breaststroke or butterfly.</p>	8 - 18 years	Tuesday, 6:30 - 7:30 p.m. Thursday, 6:40 - 7:40 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)	Member: \$185 Community: \$235
<p>Swim Stroke Mechanics This class is designed for those students who can swim freestyle and backstroke for 100 yards and breaststroke for 50 yards. The primary concentration of the class will be on the mechanics of each stroke, introducing butterfly and swim team drills.</p>	8 - 18 years	Saturday, 11:35 - 12:35 p.m.	Fall 1 (7 weeks) Fall 2 (8 weeks) Winter (7 weeks)	Member: \$86 Community: \$172

TWEEN/TEEN LEADERSHIP

<p>Jr. Model Legislative Youth in Government (YIG) offers Jr. model legislative experiences to youth. Weekly meetings begin in September and continue leading up to the conference in November, and the culminating event, Jr. Model Legislative Conferences in November. Event will take place in Dover, DE at Legislative Hall and the Kent County Court House. Visit www.DEYIG.ORG for details.</p>	<p>Grades 6-8</p>	<p>Thursday, 6:30 - 8 p.m.</p>	<p>September 30 - November 16</p>	<p>Member & Community: \$125</p>
<p>Junior Leaders This program is designed to help build new friendships, learn something about yourself, and give back to the community. The core values of the YMCA (Caring, Honesty, Respect & Responsibility) will be a focus. There will be opportunities to learn leadership skills and play fun games at the YMCA. Participants can join anytime through the school year.</p>	<p>Ages 9 - 12</p>	<p>Monday, 6 - 7 p.m.</p>	<p>September 16 - May 11</p>	<p>Member: \$25 Community: \$35</p>
<p>SPORT (Substance Prevention Optimizing Robust Teens) This program is designed to help teen stay active and fit. This program is a health and fitness program that will teach teens healthy habits that can make them look better, feel better, and improve performance in physical activities, school, and relationships.</p>	<p>Ages 13 - 18</p>	<p>Thursday, 6 - 7:30 p.m.</p>	<p>October 3 - May 14</p>	<p>Free program and membership for teen</p>
<p>Teen Leaders Teen Leaders is a productive, fun group where teens get together to make contributions to their community. They will plan fundraisers to earn money for special trips and charities, volunteer within the community. Teens will also make strong friendships that can last a lifetime.</p>	<p>Ages 13 - 18</p>	<p>Monday, 6 - 7 p.m.</p>	<p>September 16 - May 11</p>	<p>Member: \$25 Community: \$35</p>
<p>Teen Nights Teens will come to the YMCA for a fun night of games, open gym, swimming, fitness and hanging out with friends.</p>	<p>Grades 6-12</p>	<p>Second Saturday of each month 7:30 - 10 p.m.</p>	<p>October 12 - April 11</p>	<p>Member: \$5 Community: \$10</p>



Non-profit org.
U.S. postage

PAID

YMCA of DELAWARE
Permit No. 17
Wilmington, DE

**BEAR-GLASGOW
FAMILY YMCA**

351 George Williams Way
Newark, DE 19702
(302) 836-9622
www.ymcade.org



YMCA OF DELAWARE LOCATIONS

**BEAR-GLASGOW
FAMILY YMCA**

351 George Williams Way
Newark, DE 19702
(302) 836-9622

DOVER YMCA

1137 South State Street
Dover, DE 19901
(302) 346-9622

**MIDDLETOWN
FAMILY YMCA**

404 N. Cass Street
Middletown, DE 19709
(302) 616-9622

YMCA CAMP TOCKWOGH

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

BRANDYWINE YMCA

3 Mt. Lebanon Road
Wilmington, DE 19803
(302) 478-9622

SUSSEX FAMILY YMCA

20080 Church Street
Rehoboth Beach, DE 19971
(302) 296-9622

WALNUT ST. YMCA

1000 N. Walnut Street
Wilmington, DE 19801
(302) 472-9622

ASSOCIATION OFFICE

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

CENTRAL YMCA

501 West Eleventh Street
Wilmington, DE 19801
(302) 254-9622

WESTERN FAMILY YMCA

2600 Kirkwood Highway
Newark, DE 19711
(302) 709-9622

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