



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 2019/ WINTER 2020 PROGRAMS

## BRANDYWINE 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, providing a way for you to be part of your community and help others. A YMCA membership sets you on the path to good health in spirit, mind and body, helping you enjoy living a full and balanced life.

## **FACILITY FEATURES:**

- Fitness Center: State of the Art Cardio Equipment, Strength Circuit, Free Weights
- Two Indoor Pools
- One Outdoor Pool at the Hanby Outdoor Center
- Basketball Gymnasium
- Men's and Women's Locker Rooms
- Family Locker Rooms
- Sauna
- Over 100 group exercise classes weekly- HIIT, Yoga, Pilates, Barre, Spinning, Zumba, BodyPump and more
- Aquatic Group Fitness Classes
- Access to Small Group Training- TRX, Kettlebell, GRIT
- Free Fitness Consultations
- Access to Personal Training
- Instructional Children's Classes: Swimming, Dance, Karate and more
- Youth Sports including Basketball, Soccer, Volleyball and more
- Preschool Program
- Before and After School Care
- Summer Day Camp
- Free Babysitting while you work out
- Youth in Government
- Plus, you are part of a greater cause! Did you know the YMCA is a non-profit charity that provides numerous programs and services to the community? Visit [ymcade.org](http://ymcade.org) for more information.

## **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:** 5 a.m. – 8 p.m.

**Sunday:** 12 Noon – 8 p.m.

\*From Memorial Day to Labor Day we will close at 6 p.m. on weekends.

## KIDS ZONE

(Drop in babysitting for children 6 weeks to 11 years) Hours may vary on holidays and between sessions. Full members receive two hours of free babysitting per child per day while utilizing the facility. **Please check online and/or the calendar in Kids Zone to see a list of hours by date.**

**Monday:** 7:45 a.m. – 8:30 p.m.

**Tuesday – Friday:**

7:45 a.m. – 2 p.m. and 4 – 8:30 p.m.

**Saturday:** 7:45 a.m. – 2 p.m.

**Sunday:** 12 noon – 6p.m.

## YOUTH FITNESS CENTER

Monday through Thursday: 5 – 8 p.m.

**Friday:** 5 p.m. – 7 p.m.

**Saturday:** 10 a.m. – 1 p.m.

**Sunday:** 12 noon – 3 p.m.

## HOW DO I REGISTER FOR PROGRAMS?

**REGISTER ONLINE:** To register or search for program details by location, visit [www.yprograms.org](http://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 and we will be happy to assist you.

## 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

## HOLIDAY SCHEDULE & IMPORTANT DATES

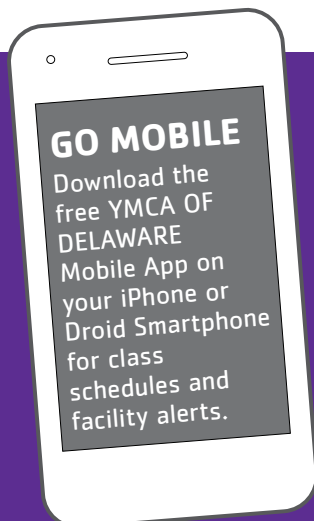
**NOVEMBER 28** (Thanksgiving): 8 a.m. – 12 noon


**DECEMBER 24** (Christmas Eve): Close at 2 p.m.


**DECEMBER 25** (Christmas Day): CLOSED


**DECEMBER 31** (New Year's Eve): Close at 5 p.m.

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




 **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](http://www.ymcade.org)
- [facebook.com/bwineymca](https://facebook.com/bwineymca)
- [Instagram.com/brandywine-ymca](https://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

## BRANDYWINE SOCIAL CLUB

The Brandywine Social Club (BSC) offers programs to adults with minimal emotional, mental, and physical disabilities through weekly activities that promote the social and personal growth of its members. Participants meet new friends and engage in weekly activities including movie night, going out to dinner, shopping, visits to the zoo, and more. Many simple skills are practiced regularly, such as money handling, bus riding and scheduling activities. All of these promote an awareness of responsibility for one's self and an awareness of others in the club.

### DAY/TIME:

Wednesdays, 6 - 8 p.m.

\*Some outings are on different days. Schedules are planned each month.

### FEES:

Members and Community \$220

\*Quarterly drafts of \$55 are available.

## FAMILY CAMP OUT UNDER THE STARS AT THE HANBY OUTDOOR CENTER

**October 5 and 6**

Start Time: Saturday at 5:30 p.m.

End Time: Sunday at 9:30 a.m.

**Location:** Hanby Outdoor Center

**Fees:** Full Members are Free

**Registration:** August 12 to October 1 at Member Services

### Contact:

Bridget O'Connor - (302) 478-8591 or boconnor@ymcade.org

Note: No pets please. All children must be accompanied by an adult.

## FALL FESTIVAL

**Sunday October 27**

Join us for games, crafts, food, and more! This event is free and open to the community. For additional information visit our website at [www.ymcade.org](http://www.ymcade.org). Please register in advance at Member Services.

**Location:** Hanby Outdoor Center

## NYC BUS TOURS

**Saturday, October 19**

**Wednesday, December 4**

7:15 a.m. - 9 p.m.

**FEE:** \$48 per person

**Registration:** Open to the community. Please register in advance at Member Services.

## HOLIDAY FAMILY EVENT

**Friday December 6**

**6:30 - 8 p.m.**

Make ornaments, take pictures with Santa, listen to holiday music, and enjoy cookies and cocoa.

**Registration:** Please register in advance at Member Services.

**Contact:** Bridget O'Connor  
(302) 478-8591  
boconnor@ymcade.org

## ICE CREAM SOCIAL AND ART FESTIVAL

**Friday February 21 • 6:30-8 p.m.**

Have some delicious ice cream and enjoy artwork on display, created by our Before and After School children. This event is free for members.

**Registration:** Please register in advance at Member Services.

## FAMILY PAJAMA PARTY

Enjoy a fun night swimming, snacking, and watching a movie. 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. This event is free for members.

**Registration:** Please register in advance at Member Services.

### DAY/TIMES:

- Saturday, November 2
- Saturday, January 4
- Saturday, February 1

**CONTACT:** [agillis@ymcade.org](mailto:agillis@ymcade.org) or (302) 510-1199

## PARENTS NIGHT OUT

**Fridays • 6-9 p.m.**

Drop your kids off at the YMCA and enjoy an evening out.

**Registration:** Please register in advance at Member Services.

**FEES:** \$20 per child, \$15 for additional siblings

### CONTACT:

Stephanie Sauerbrunn  
(302) 510-1169  
ssauerbrunn@ymcade.org

### DATES:

- September 6
- September 20
- October 4
- October 18
- November 1
- November 15
- December 20
- January 17
- February 7
- February 14



# 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



**LINDA RISK**  
Executive Director  
lrisk@ymcade.org  
302-478-3202

## CHILDCARE



**ELIZABETH SCHAFF**  
Sr. Child Development Director  
eschaff@ymcade.org  
302-478-8306

## AQUATICS



**DERIC CLINTON**  
Senior Director of Aquatic  
Operations  
dclinton@ymcade.org  
302-571-6906

## MEMBERSHIP



**MARK DIGIACOMO**  
Membership Director  
mdigiaco@ymcade.org  
302-510-1238



**GARY KARP**  
Youth & Teen Director  
gkarp@ymcade.org  
302-478-8579



**DEREK FARRAR**  
Director of Competitive Aquatics  
dfarrar@ymcade.org  
302-510-1232

## DEVELOPMENT



**COLLEEN MULLIGAN**  
Director of Social  
Responsibility  
cmulligan@ymcade.org  
302-478-8304



**BRIDGET O'CONNOR**  
Preschool & Family Director  
boconnor@ymcade.org  
302-478-8591



**MIKE JUMPS**  
Assistant Coordinator  
of Competitive Aquatics  
mjumps@ymcade.org  
302-478-3106



**MELINA GILLIS**  
Kids Zone Coordinator  
agillis@ymcade.org  
302-478-8651



**TAYLOR DEMYAN**  
Assistant Aquatics Director  
tdemyan@ymcade.org  
302-478-3106

## HEALTH & WELLNESS



**DOT MCFADDEN**  
Senior Health & Wellness  
Director  
dmcfadden@ymcade.org  
302-510-1175



**STEPHANIE SAUERBRUNN**  
Youth Program Coordinator  
Ssauerbrunn@ymcade.org  
302-510-1169

## SPORTS



**TERRI BORKLAND**  
Fitness Center Director  
tborkland@ymcade.org  
302-510-1176



**AMY JIMISON**  
Youth Enrichment, Dance  
and Special Interest  
ajimison@ymcade.org  
302-510-1184



**CHRIS SUMO**  
Director of Youth Sports  
and Athletic Conditioning  
csumo@ymcade.org

**ANN MORKEN**  
Group Fitness Land  
and Water  
amorken@ymcade.org  
302-510-1181

## ACTIVE OLDER ADULTS



**STEFANIE BOWDEN**  
Program Coordinator  
Senior Activities  
sbowden@ymcade.org

# ADULT PROGRAMMING



## ENRICHMENT/ SPECIALTY

<p><b>Arts and Crafts Open Studio (16 and up)</b> Open Studio is a welcoming environment where you can share, create, and gain guidance on projects. Artists of various art forms like watercolorist, rock painters, mixed media, 3D and others are welcome. Bring your ideas, projects and supplies. Don't have a project? Our instructor will get you started. We will provide the room and an arts and crafts instructor to help you to bring your own projects and ideas to life.</p>	<p>Thursdays, 6 - 7:30 p.m.</p>	<p>Fall 1, Fall 2 and Winter  *Fall 1 class begins 9/19 Fall 2 class begins 11/7)</p>	<p>Fall 1 &amp; 2 Member: \$51 Community: \$78  Winter Member: \$60 Community: \$91</p>
<p><b>Active Older Adult Social Club</b> Join your YMCA friends once a week for fellowship, fun and learning! Activities include board games, cards and anything else the group can dream up.</p>	<p>Wednesdays, 1 - 3 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Included in membership</p>
<p><b>Brandywine Social Club (18 and up)</b> The Brandywine Social Club (BSC) offers programs to adults with minimal emotional, mental, and physical disabilities through weekly activities that promote social and personal growth. Participants meet new friends and engage in weekly activities including movie night, dinner, shopping, visits to the zoo, and more. Many simple skills are practiced, such as money handling, bus riding and scheduling activities. All of these promote an awareness of responsibility for one's self and an awareness of others in the club.</p>	<p>Wednesdays, 6 - 8 p.m.  *Some outings are on different days. Schedules are distributed each month.</p>	<p>Annual</p>	<p>Members and Community: \$220  *Quarterly drafts of \$55 are available</p>
<p><b>Bunco</b> Bunco is a fast-paced dice game of chance. It's a great way to make some new friends. No experience needed!</p>	<p>Dates TBD 6-8 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Included in membership</p>
<p><b>Dance - Ballet (16 and up)</b> A ballet technique class with special emphasis on stretching, flexibility, and muscle toning. No experience required.</p>	<p>Saturday, 12 - 12:55 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1</b> Member: \$76 Community: \$124  <b>Fall 2 &amp; Winter</b> Member: \$67 Community: \$109</p>



<b>Dance - Tap (Ages 16 and up)</b> Learn basic to advanced tap steps and routines in a fun class that provides great conditioning and exercise.	Saturday, 11- 11:55 a.m.	Fall 1 Fall 2 Winter	<b>Fall 1</b> Member: \$76 Community: \$124  <b>Fall 2 &amp; Winter</b> Member: \$67 Community: \$109
<b>Knitting and Crocheting (16 and up)</b> This class is for both beginners and experienced knitters. Bring a ball of worsted weight yarn and size 8 needles, crochet hook or your current project to the first class.	Wednesdays, 6:30 - 8 p.m.	Fall 1 Fall 2 Winter	Member: \$60 Community: \$91
<b>NYC Bus Trip (open to community)</b> 7:15 a.m. - 9 p.m.	Sat., October 19 and Wed., December 4		\$48 per person

## FITNESS

<b>FitQuest (16+ years)</b> 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 in membership
<b>Personal Training (12 and up)</b> 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.	By appointment	Ongoing	Package Rates Apply
<b>Small Group Training (14 and up)</b> Class size is limited so you will get plenty of expert instruction while still tapping into the motivation of the group! Offerings change each session.	Schedule varies by session.	Fall 1 Fall 2 Winter	Member: \$55 Community: \$N/A (multi-class discounts apply)
<b>Les Mills GRIT (16 and up)</b> This intense interval training will 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.	Schedule varies by session. See schedule in branch or visit Member Services.	Fall 1 Fall 2 Winter	Member: \$55 Community: \$N/A (multi-class discounts apply)
<b>Group Fitness Classes</b> No registration required. 14 years & up unless the class is designated as family friendly. Family friendly classes are for youth 8 and up with a participating adult.	See schedule in branch or the YMCA of Delaware App.	Ongoing	Member: free Community: N/A

## HEALTH AND WELLNESS

### Best Body Countdown

The nutrition, fitness and lifestyle challenges of this 8-week program are strategically designed to help you reach Your Best Body, regardless of starting fitness level or weight. We provide all of the tools, motivation and accountability you need to be successful.

Fall  
(Registration opens mid- August.)

Details will be available at [www.ymcade.org](http://www.ymcade.org), and in the branch beginning August 2019.

### 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%.

For details and fee information, contact the Healthy Living Department at [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org) or (302) 572-9622.

### 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 cancer survivors can develop supportive relationships and improve their quality of life.

This program is free for members and non-members. For details, or to register, contact the Healthy Living Department at [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org) or (302) 572-9622.

## SPORTS

### Karate

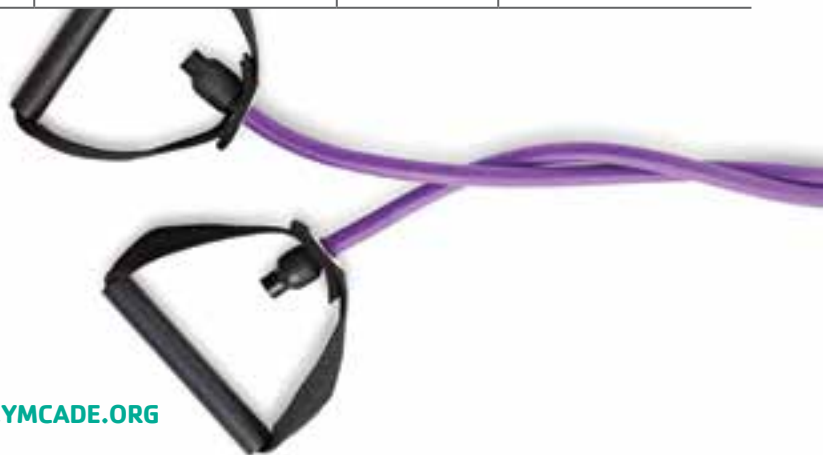
This program teaches the art of Tae Kwon Do along with minor segments borrowed from Yoga, Jiu-jitsu, and Shotokan.

Classes meet on Saturdays.

Beginner: 4 - 4:55 p.m.  
Advanced: 4 - 4:55 p.m.  
Black Belt: 5-6 p.m.  
(instructor invitation only)

Fall 1  
Fall 2  
Winter

Member: \$70  
Community: \$95



## ADULT SWIM

<p><b>Swim Basics (13 and up)</b> Increase comfort in the water and build endurance. 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 individualized results.</p>	<p>Schedules will be posted in the branch and online one-week prior to the start of registration.</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1 &amp; 2</b> Members: \$84 Community: \$142 <b>Winter</b> Members: \$74 Community: \$133</p>
<p><b>Swim Strokes (13 and up)</b> Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.</p>	<p>Schedules will be posted in the branch and online one-week prior to the start of registration.</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1 &amp; 2</b> Members: \$84 Community: \$142 <b>Winter</b> Members: \$74 Community: \$133</p>
<p><b>Private Swim Lessons</b> 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. Lessons are 15 or 30 minutes.</p>	<p>As scheduled</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Members only \$15 per 15 minute session \$30 per 30 minute session</p>
<p><b>Special Adapted Swim Instruction</b> This class is for those who have special needs. It builds strength, confidence, and improves coordination through swimming and creative play. Please only register for one class per session so that we can accommodate as many participants as possible.</p>	<p>Schedules will be posted in the branch and online one-week prior to the start of registration.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>FREE to full members Community: \$120</p>
<p><b>Swimming With Autism (S.W.A.M.) Basics</b> Focus will be to introduce all skills of Swim Basics 1,2 and 3 to individuals with Autism. Each participant will have one on one instruction during this lesson.</p>	<p>Schedules will be posted in the branch and online one-week prior to the start of registration.</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107 <b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swimming With Autism (S.W.A.M.) Strokes (Ages 3 and up)</b> Focus will be for more advanced swimmers with Autism. The goal will be to work on swimming techniques from Swim Strokes 4, 5 and 6. Each participant will have one-on-one instruction during this lesson.</p>	<p>Schedules will be posted in the branch and online one-week prior to the start of registration.</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107 <b>Winter</b> Member: \$63 Community: \$95</p>

# YOUTH PROGRAMMING



## CHILD CARE

<p><b>Before &amp; After School Care</b> Morning and afternoon care for children in the <b>Brandywine School District including:</b> Lombardy, Mt. Pleasant, Claymont, Hanby, Carcroft, Forwood and Lancashire.</p>	K - 5th grade	<p><b>Before School Care</b> 7 a.m. - start of school</p> <p><b>After School Care</b> End of school - 6 p.m.</p>	2019-2020 school year	<p>3 days: \$284/month 5 days: \$ 379/month AM care only: \$140/month</p>
<p><b>School is Out Care</b> Bring your kids to the Y when school is out during the school year. Registration is required.</p>	K - 5th grade	September - June	2019-2020 school year	<p>Member: \$40 Community: \$57</p>
<p><b>Giant Step Preschool</b> Each week, Preschool children will participate in weekly swim lessons (ages 3 - 4), dramatic play, music, art, gross motor and enrichment activities.</p>	2 - 3 years (must be 2 by 9/1/19)	Monday, Wednesday and Friday or Tuesday and Thursday	2019-2020 school year	<p>Member: 3 day: \$286 2 day: \$254 Community: 3 day- \$358 2 day - \$304</p>
<p><b>Giant Step Preschool</b> Each week, Preschool children will participate in weekly swim lessons (ages 3 - 4), dramatic play, music, art, gross motor and enrichment activities.</p>	4 years (must be 4 by 9/1/19)	Monday - Friday	2019-2020 school year	<p>Member: \$358/month Community: \$448/month</p>
<p><b>Lunch Bunch</b> Social lunch time for Giant Step children.</p>	2- 4 years	Monday-Friday, 12 - 1 p.m. (bring lunch from home)	2019-2020 school year	<p>Member: \$5 Community: \$7 or 6 lunches for \$25</p>
<p><b>KIDSZONE</b> At the Y, 2 hours of free babysitting is included in your membership. Our Kids' Zone serves youth with age-appropriate activities and opportunities to move and exercise.</p>	6 weeks to 12 years	Please check online and/or the calendar in Kids Zone to see a list of hours by date.	Year-round	Included with membership

## DANCE/TUMBLING

<b>Pre-Ballet</b> Introduction to beginning ballet steps and terms, focusing on balance, body and spatial awareness, rhythm and coordination.	3 - 4 years	Thursday, 3:45-4:30 p.m.  *No class 10/31/19	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$63 Community: \$105  <b>Fall 2</b> Member: \$54 Community: \$90
<b>Pre-Ballet</b> Introduction to beginning ballet steps and terms, focusing on balance, body and spatial awareness, rhythm and coordination.	3 - 4 years	Thursday, 11-11:45 a.m.	Fall 1 Fall 2 Winter	Member: \$63 Community: \$105
<b>Pre-Ballet</b> Introduction to beginning ballet steps and terms, focusing on balance, body and spatial awareness, rhythm and coordination.	3 - 4 years	Tuesday, 1-1:45 p.m.	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$63 Community: \$105  <b>Fall 2</b> Member: \$72 Community: \$120
<b>Ballet I</b> An introduction to ballet terms, positions and steps.	5 + years	Thursday, 4:30-5:15 p.m.  *No class 10/31/19	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$63 Community: \$105  <b>Fall 2</b> Member: \$54 Community: \$90
<b>Ballet II</b> An advanced dance program for students who have taken Ballet I.	6 + years	Saturday, 10:30-11:15 a.m.	Fall 1 Fall 2 Winter	<b>Fall 1</b> Member: \$72 Community: \$120  <b>Fall 2 &amp; Winter</b> Member: \$63 Community: \$105
<b>Dance Combo</b> Participants will experience Ballet, Jazz, and Lyrical in this new one-hour combo class.	6 + years	Tuesday, 5:55-6:55 p.m.	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$67 Community: \$109  <b>Fall 2</b> Member: \$76 Community: \$124
<b>Hip Hop</b> Learn basic moves to the latest pop music.	6 - 10 years	Saturday, 9:45-10:30 a.m.	Fall 1 Fall 2 Winter	<b>Fall 1</b> Member: \$72 Community: \$120  <b>Fall 2 &amp; Winter</b> Member \$63 Community: \$105

## DANCE/TUMBLING

<b>Tap/Ballet</b> An introduction to both ballet and tap. Tap shoes recommended, but not required.	4 - 6 years	Tuesday, 1:45-2:30 p.m.	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$63 Community: \$105 <b>Fall 2</b> Member: \$72 Community: \$120
<b>Tap/Ballet</b> An introduction to both ballet and tap. Tap shoes recommended, but not required.	4 - 6 years	Tuesday, 5-5:45 p.m.	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$63 Community: \$105 <b>Fall 2</b> Member: \$72 Community: \$120
<b>Tap/Ballet</b> An introduction to both ballet and tap. Tap shoes recommended, but not required.	4 - 6 years	Saturday, 9-9:45 a.m.	Fall 1 Fall 2 Winter	<b>Fall 1</b> Member: \$72 Community: \$120 <b>Fall 2 &amp; Winter</b> Member \$63 Community: \$105
<b>Tap/Ballet II</b> A continuation of our popular tap/ballet class. Tap and ballet shoes recommended but not required.	6 + years	Thursday, 5:15-6 p.m.	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$63 Community: \$105 <b>Fall 2</b> Member: \$72 Community: \$120
<b>Tap/Ballet III</b> An advanced one-hour class for students who have taken our Tap/Ballet II or Ballet I classes or at other studios.	6 + years	Thursday, 6-7 p.m.  *No class 10/31/19	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; Winter</b> Member: \$67 Community: \$109 <b>Fall 2</b> Member: \$57 Community: \$93
<b>Preschool Tumbling</b> Participants will develop gross motor skills through movement and basic tumbling in a fun, safe environment. Children are grouped according to skill level and will work through rolls, balancing, cartwheels, bridges, handstands, and more! Class will be held in the gym.	3 - 5 years	Monday, 1 - 1:30 p.m. or 1:30 - 2 p.m.	Fall 1 Fall 2 Winter	<b>Fall 1</b> Member: \$44 Community: \$54 <b>Fall 2</b> Member: \$58 Community \$72 <b>Winter</b> Member: \$51 Community \$63

Please note: Schedules are subject to change. Please check online for current offerings.

## DANCE/ TUMBLING

<p><b>Tumble Tykes</b> A more structured environment where children begin to develop basic tumbling skills. Students will work through rolls, balancing, cartwheels, bridges, handstands, and more.</p>	<p>3 1/2 - 5 years</p>	<p>Saturday, 9 - 9:25 a.m. No class 11/30</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1</b> Member: \$51 Community: \$63 <b>Fall 2</b> Member: \$51 Community \$63 <b>Winter</b> Member: \$51 Community \$63</p>
<p><b>Junior Tumblers</b> This group will be working on all beginner tumbling skills from the front roll to the handstand and strength and flexibility moves to promote growth and elasticity.</p>	<p>5 - 7 years</p>	<p>Saturday, 9:30 - 9:55 a.m. No class 11/30</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1</b> Member: \$51 Community: \$63 <b>Fall 2</b> Member: \$51 Community \$63 <b>Winter</b> Member: \$51 Community \$63</p>
<p><b>Tumbling I</b> A class for older children who are beginner tumblers. Participants will work on basic tumbling skills, and strength and flexibility moves to promote growth and elasticity.</p>	<p>7 - 10 years</p>	<p>Saturday, 10 - 10:45 a.m. No class 11/30</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1</b> Member: \$56 Community: \$84 <b>Fall 2</b> Member: \$56 Community \$84 <b>Winter</b> Member: \$56 Community \$84</p>
<p><b>Tumbling II</b> An intermediate/advanced class for the more experienced tumbler. Participants should have mastered round offs, bridge kick-overs, and handstands</p>	<p>7 - 10 years</p>	<p>Saturday, 10 - 10:45 a.m. No class 11/30</p>	<p>Fall 1 Fall 2 Winter</p>	<p><b>Fall 1</b> Member: \$56 Community: \$84 <b>Fall 2</b> Member: \$56 Community \$84 <b>Winter</b> Member: \$56 Community \$84</p>



## ENRICHMENT

<p><b>Arts and Crafts</b> A special hour of creative arts and crafts projects for young children!</p>	4 - 6 years	Saturday, 9-10 a.m.	Fall 1 Fall 2 Winter	<p><b>Fall 1</b> Member: \$68 Community: \$104</p> <p><b>Fall 2 &amp; Winter</b> Member: 60 Community: \$91</p>
<p><b>Art - Creative Drawing and Painting</b> Participants will learn to draw and paint in the medium of their choice and put together a portfolio. Please bring a 10 x 12 sketchpad for class.</p>	8 - 14 years	Tuesday, 6-7 p.m.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; Winter</b> Member: \$60 Community: \$91</p> <p><b>Fall 2</b> Member: \$68 Community: \$104</p>
<p><b>Art - Young Artist's Studio</b> Students will create their own masterpieces as they learn drawing, painting, pottery, printing, and more. Class will also include some art history as we try techniques of famous artists. Bring a 10 x 12 sketchpad to the first class.</p>	7 - 12 years	Saturday, 10:15 - 11:15 a.m.	Fall 1 Fall 2 Winter	<p><b>Fall 1</b> Member: \$68 Community: \$104</p> <p><b>Fall 2 &amp; Winter</b> Member: 60 Community: \$91</p>
<p><b>ART - KIDS CLAY AND 3-D</b> A hands-on class where participants will design and work with clay and paper mache creating items such as a container, mask, jewelry, and more.</p>	Ages 6 - 10 years	Monday, 4:30 - 5:30 p.m.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; Winter</b> Member: \$60 Community: \$91</p> <p><b>Fall 2</b> Member: \$68 Community: \$104</p>
<p><b>Dream Catcher Craft Workshop</b> Learn to weave a Dream catcher for your room. See a sample on the Art Bulletin Board at the Brandywine YMCA.</p>	Age 7-12	Sunday, Nov. 10 12:30 - 2 p.m.	Fall 2	<p>Member: \$15 Community: \$20</p>



## ENRICHMENT

<p><b>Indoor Recess</b> Have fun playing recess games inside in the gym. Activities could include gaga, basketball, capture the flag, tag, floor hockey, and much more!</p>	5 - 11 years	Wednesday, 6 - 7:30 p.m.	Fall 1 Fall 2 Winter	Member: \$20 Community: \$25
<p><b>Legos, Legos Everywhere</b> Children will have a chance to build with a variety of Legos using directions, or their own creativity. Pictures will also be available for inspiration.</p>	5 - 10 years	Monday 6-7 p.m.	Fall 1 Fall 2 Winter	Member: \$50 Community: \$75
<p><b>Parent/child Christmas Fun Tea Party</b> Share quality time on a Sunday afternoon with your child as you both enjoy arts and crafts, music, and motion.</p>	4-8 years with one Adult	Sun., December 8 1 - 2:15 p.m.	Fall 2	Member: \$16 Community: \$22
<p><b>Preschool Cooking</b> Children will mix it up with basic cooking skills, healthy eating habits and create tasty treats.</p>	3 - 5 years	Thursday, 1-2 p.m.	Fall 2	Member: \$56 Community \$75
<p><b>Preschool Hands-On Science and Social Studies</b> Preschoolers will explore their world in a fun, hands-on environment of discovery with an emphasis on science and social studies. Due to the science portion taking place in the kitchen, we do not recommend this class for children with food allergies.</p>	4 - 5 years	Wednesday, 1-2 p.m.	Fall 1 (no class 9/18/19 & 10/9/19) Fall 2 (no class 11/27/19) Winter	<b>Fall 1</b> Member: \$35 Community: \$45 <b>Fall 2</b> Member: \$49 Community \$63 <b>Winter</b> Member: \$49 Community \$63
<p><b>Sewing - Dessert Plushie Workshop</b> Learn to hand sew your own creation out of felt. Students will leave with a sweet treat shaped plushie. See sample on art bulletin board.</p>	7-12 years	Saturday, Jan. 11 12:30 - 2 p.m.	Winter	Member: \$15 Community: \$20
<p><b>Super Sitters</b></p> <ul style="list-style-type: none"> <li>• Pediatric Infant/Child CPR and First Aid certification</li> <li>• Pool safety class</li> <li>• Babysitter resource and first aid books</li> <li>• Participants who complete the class will receive a YMCA ID and CPR card.</li> </ul> <p>Note: You must attend all classes to receive your certification</p>	11 - 14 years	Tuesday 6 - 8 p.m.	Fall 1 Sept. 17 - Oct. 22 Winter Jan. 14 - Feb. 18	<b>Fall 1:</b> Member \$75 Community: \$105 <b>Winter:</b> Member \$75 Community \$105

## ENRICHMENT: TEEN/TWEEN LEADERSHIP

<p><b>Junior Leaders</b> This is an opportunity to meet other tween/teen members, go on field trips, play games, make community contacts and learn something about yourself. The core values of the YMCA: Honesty, Caring, Respect, and Responsibility will be emphasized.</p>	<p>Grades 3 - 6</p>	<p>Wednesday, 6:30 - 7:30 p.m.</p>	<p>Starts September 11</p>	<p>Included with membership</p>
<p><b>Teen Leaders</b> 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 and go on overnight trips. Besides teens helping the community, participants will also learn and help each other grow. Lifelong friendships are founded within this program. Just come to a weekly meeting to join the group!</p>	<p>Grades 6 - 12</p>	<p>Tuesday, 6:30 - 8 p.m.</p>	<p>Starts September 10</p>	<p>Included with membership</p>
<p><b>Youth In Government</b> Youth in Government (YIG) offers model legislative and judicial experiences to youth. Weekly meetings begin in January and continue leading up to the Training and Elections Conference in mid-March, and the culminating event, Model Legislative and Judicial Conferences in early April. Both events will take place in Dover, DE at Legislative Hall and the Kent County Court House.</p>	<p>Grades 6-12</p>	<p>Visit DEYIG. ORG for more information including meeting times and dates.</p>	<p>Meetings start January 6th</p>	<p>Member &amp; Community: \$325</p>



## HEALTH AND FITNESS

<p><b>Fitness Center Orientation – Youth</b> 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	Fall 1 Fall 2 Winter	Included with membership
<p><b>Group Exercise – Youth</b> Make friends, exercise to great music and experience the fun and energy that only group exercise can provide.</p>	Varies	For class details, download the YMCA of Delaware app, or visit <a href="http://www.ymcade.org">www.ymcade.org</a> and click on “schedules”	Fall 1 Fall 2 Winter	Included with membership
<p><b>Personal Training</b> Visit <a href="http://www.ymcade.org">www.ymcade.org</a>, for more information on youth personal training packages.</p>	12-14 years	By appointment	Fall 1 Fall 2 Winter	Package rates apply
<p><b>Strong Enough (group sessions)</b> Ready to use the Adult Fitness center? These classes cover safety, etiquette, training techniques and form to help your child transition to safe use of the Adult Fitness Center. We establish a strong foundation for healthy habits in this course.</p>	10 – 13 years	To be announced	Fall 1 Fall 2 Winter	Member: \$75 *Members only
<p><b>Strong Enough (1 on 1 sessions)</b> Our certified personal trainers will cover all the same information included in our group sessions, plus provide individualized instruction to meet your child’s unique needs.</p>	10-13 years	4-6 private sessions – by appointment	Fall 1 Fall 2 Winter	Member: \$170 *Members only
<p><b>Yoga for Kids</b> Learn the basics of yoga postures and breath work. Increase your flexibility, endurance, strength, balance, and coordination. Registration required.</p>	5-14 years	<p><b>5 – 7 years:</b> Monday, 4:15 – 4:45 p.m.</p> <p><b>8 – 14 years:</b> Monday, 4:45-5:15 p.m.</p>	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; Winter</b> Member \$42 Community \$56</p> <p><b>Fall 2</b> Member \$48 Community \$64</p>
<p><b>Youth Fitness Center</b> Discover new ways to get moving through interactive games and workouts, just for kids!</p>	5-12 years	<p>Monday – Thursday: 5 – 8 p.m.</p> <p>Friday: 5 p.m. – 7 p.m.</p> <p>Saturday: 10 a.m. – 1 p.m.</p> <p>Sunday: 12 noon – 3 p.m.</p>	Fall 1 Fall 2 Winter	Included with membership

## SPORTS

<p><b>Archery</b> (Hanby Outdoor Center) Participants will learn the proper technique for shooting a bow, safety on the range, and to create and score archery games.</p>	8 - 16 years	Saturday, 10-11 a.m.	Fall 1	Member: \$59.50 Community: \$91
<p><b>Basketball Skills</b> Designed to prepare players for middle school basketball.</p>	Grades 3-5 Grades 6-8	Tuesday, 5-5:55 p.m. Tuesday, 5-5:55 p.m.	Fall 1 Fall 2	Full Member: \$74 Community: \$105
<p><b>Karate for Kids</b> A beginner/intermediate level Tae Kwon Do class.</p>	4 - 6 years	Saturday 1-1:30 p.m.	Fall 1 Fall 2 Winter	Full Member: \$64 Community: \$95
<p><b>Karate Youth</b> Taught by Tae Kwon Do black belt instructors, students develop fitness, flexibility, strength, self-confidence, and discipline.</p>	7 - 13 years	Saturday Beginner: 2-2 :55 p.m. Intermediate: 2 - 2:55 p.m. Advanced: 3-3:55 p.m.	Fall 1 Fall 2 Winter	Member: \$70 Community: \$95
<p><b>Flag Football League, Co-Ed</b> Emphasis on participation in low pressure environment. All players participate in at least half of the game.</p>	6 - 14 years	Saturday games, times vary Teams practice one night a week.	Sept. 14 - Oct. 26	Full Member: \$74 Community: \$105
<p><b>Soccer Tots (Instructional)</b> An introduction to the basics of soccer that will prepare your child to advance to the Youth Soccer League. The classes meet for 30 minutes at the Hanby Outdoor Center. Shin Guards are required.</p>	3 - 4 years	Monday, 5:30 - 6:15 p.m.	Sept. 9 - Oct. 21	Member: \$64 Community: \$105
<p><b>Soccer League, boys and girls</b> Emphasis on participation in low pressure environment. All players participate in at least half of the game.</p>	5 - 13 years	Saturday games, times vary Teams practice one night a week.	Sept. 14- Oct. 26	Full Member: \$74 Community: \$105
<p><b>Junior Hoops Basketball, Co-Ed</b> Emphasis on participation in low pressure environment. All players participate in at least half of the game.</p>	5 & 6 years	Saturday afternoon games	Nov. 9 - Dec. 21	Full Member: \$74 Community: \$105
<p><b>Youth Basketball League, Co-Ed</b> Emphasis on participation in low pressure environment. All players participate in at least half of the game.</p>	6 - 15 years	Saturday games, times vary Teams practice one night a week.	Winter Jan 11 - Feb 29	Full Member: \$74 Community: \$105



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 LESSONS

<p><b>Swim Starters, A (Parent/Child)</b> Introduces infants and toddlers to the aquatic environment.</p>	6 mnths - 3 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Starters, B (Parent/Child)</b> Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.</p>	6 mnths - 3 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Starter, All</b> Focus will be to introduce all skills of Swim Starters A and Swim Starters B. Multiple instructors will be available and participants will be separated into skill-based groups.</p>	6 mnths - 3 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Basics 1 (with parent)</b> 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>	3 - 5 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Basics 1, Preschool</b> Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	3 - 5 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Basics 2, Preschool</b> Encourages forward movement in water and basic self-rescue skills performed independently.</p>	3 - 5 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Basics 3, Preschool</b> Develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	3 - 5 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>

## SWIM LESSONS

<p><b>Swim Basics All, Preschool</b> Focus will be to introduce all skills of Swim Basics 1, 2, and 3. Multiple instructors will be available, and participants will be separated into skill-based groups.</p>	3 - 5 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Strokes 4 - Preschool</b> Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.</p>	3 - 5 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107</p> <p><b>Winter</b> Member: \$63 Community: \$95</p>
<p><b>Swim Basics 1, Youth</b> Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	6 - 12 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$84 Community: \$142</p> <p><b>Winter</b> Member: \$74 Community: \$133</p>
<p><b>Swim Basics 2, Youth</b> Encourages forward movement in water and basic self-rescue skills performed independently.</p>	6 - 12 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$84 Community: \$142</p> <p><b>Winter</b> Member: \$74 Community: \$133</p>
<p><b>Swim Basics 3, Youth</b> Develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	6 - 12 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$84 Community: \$142</p> <p><b>Winter</b> Member: \$74 Community: \$133</p>
<p><b>Swim Strokes 4 - Youth</b> Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.</p>	6 - 12 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$84 Community: \$142</p> <p><b>Winter</b> Member: \$74 Community: \$133</p>
<p><b>Swim Strokes 5 - Youth</b> Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.</p>	6 - 12 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$84 Community: \$142</p> <p><b>Winter</b> Member: \$74 Community: \$133</p>
<p><b>Swim Strokes 6 - Youth</b> Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.</p>	6 - 12 years	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<p><b>Fall 1 &amp; 2</b> Member: \$84 Community: \$142</p> <p><b>Winter</b> Member: \$74 Community: \$133</p>

## SWIM LESSONS

<p><b>Private Swim Lessons</b> 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.</p>	4 years and older	Based on availability	Fall 1 Fall 2 Winter	\$15 per 15 minute session \$30 per 30 minute session *Members only
<p><b>Special Adapted Swim Instruction</b> This class is for those who have special needs. It builds strength, confidence, and improves coordination through swimming and creative play. Please only register for one class per session so that we can accommodate as many participants as possible.</p>	All Ages	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	FREE to members Community: \$120
<p><b>Swimming With Autism (S.W.A.M.)</b> Focus will be to introduce all skills of Swim Basics 1,2 and 3 to individuals with Autism. Each participant will have one on one instruction during this lesson.</p>	All Ages	Schedules will be posted one-week prior to the start of registration.	Fall 1 Fall 2 Winter	<b>Fall 1 &amp; 2</b> Member: \$72 Community: \$107 <b>Winter</b> Member: \$63 Community: \$95

## TRAINING/CERTIFICATIONS

<p><b>Adult &amp; Child CPR/AED/First Aid</b> Would you know what to do in a cardiac, breathing or first aid emergency? This program helps develop basic knowledge, skill and confidence to respond to various emergency situations. There will be hands on instruction in CPR, AED and FIRST AID. Each participant will receive an American Safety and Health Institute (ASHI) CPR/ First Aid Certificate Card, which is valid for two years. This is an excellent choice for both the community and workplace setting.</p>	16 years & up	Day and Times TBD	Fall Winter	Member and Community: \$40
<p><b>Ellis Lifeguarding Certification</b> <b>PRE-REQUISITES:</b> Perform feet first surface dive in deep water, retrieve a 10-pound brick, tread water for 1 minute using legs only, and swim 100 continuous yards of freestyle or breast stroke.</p>	15 years & up	Day and Times TBD	Fall Winter	Member: \$210 Community: \$280
<p><b>Ellis Lifeguard Recertification</b> Participants must present current Ellis Certification Card, sign up three days in advance and provide an up-to-date email address.</p>	15 years & up	Day and Times TBD	Fall Winter	Member \$130 Community: \$190





## PRECOMPETITIVE SWIM PROGRAM

### Junior Barracuda Academy

The Junior Barracudas are a pre-competitive training group in which participants will learn the fundamentals of all four (4) competitive strokes (butterfly, backstroke, breaststroke and freestyle) in a fun and positive environment. With a strong focus on proper stroke technique as well as increasing swimmers' confidence and endurance, this program is ideal for helping children transition from swim lessons to competitive swimming.

To be eligible for this program, participants must be able to legally swim 25 yards (one length of pool) of one (1) of the four competitive strokes with reasonable proficiency, unassisted, and without the use of a flotation device.

5 - 12 years

For more information including schedules and fees, please visit us online at [www.BRYswimming.com](http://www.BRYswimming.com).

## COMPETITIVE SWIM TEAM

The Brandywine YMCA Barracudas is a year-round competitive swimming program that participates in both YMCA and USA Swimming competitions, locally, regionally and nationally. BRY strengthens the community by promoting youth development, healthy living and social responsibility in a supportive competitive team setting. Our professional and experienced coaches help each swimmer develop to his or her potential, celebrating competitive success while emphasizing the importance of sportsmanship, honesty, caring, respect and responsibility. For more information, please visit us online at [www.BRYswimming.com](http://www.BRYswimming.com).

### Swim Team: Age Group 1

This is the introductory level of the BRY Swim Team age group program. Swimmers in this group must possess the ability to legally swim two (2) of the competitive strokes with reasonable proficiency and confidently complete 50 yards of freestyle continuously. Swimmers are introduced to a competitive meet setting and encouraged to demonstrate teamwork as well as the YMCA's four core values. Participation in local competitions is encouraged throughout the season.

5 - 12 years

For more information including schedules and fees, please visit us online at [www.BRYswimming.com](http://www.BRYswimming.com).

<p><b>Swim Team: Age Group 2</b>  This is the second level of the BRY Swim Team age group program. Swimmers in this group must possess the ability to legally swim three (3) of the competitive strokes with reasonable proficiency and confidently complete 100 yards of freestyle continuously. Swimmers learn and exude the YMCA's four core values and participation in all local and regional competitions that pertain to them is encouraged throughout the season.</p>	6 - 12 years	For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a> .
<p><b>Swim Team: Age Group 3</b>  This is the third level of the BRY Swim Team age group program. Swimmers in this group must possess the ability to legally swim 25 yards (one length of pool) of all four (4) competitive strokes, complete a legal 100 IM, and confidently complete 200 yards of freestyle continuously. Racing dives, flip turns, and streamlines are used consistently throughout both practice and swim meet environments. Swimmers learn and exude the YMCA's four core values and participation in all local and regional competitions that pertain to them is strongly encouraged.</p>	7 - 12 years	For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a> .
<p><b>Swim Team: Junior 1</b>  This is the fourth level of the BRY Swim Team age group program. As Participants in this training level are preparing to transition from being 'age group' swimmers to 'senior' swimmers. This group introduces swimmers to more intensive sets and workouts. Swimmers in this group must possess the ability to swim a legal 200 IM and complete 500 yards of freestyle continuously. Participation in competitions is expected. Swimmers must demonstrate the ability to train at a consistent level and are able to successfully manage the following test sets:  3 rounds of 3 x 100 Free @ 1:55  2 rounds of 3 x 100 IM @ 2:10  1 round of 5 x 100 Kick @ 2:30</p>	9 - 12 years	For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a> .
<p><b>Swim Team: Junior Varsity</b>  This is an introductory level of the BRY Swim Team senior program. Swimmers in this group are required to be able to legally swim two (2) of the competitive strokes with reasonable proficiency. Additionally, they can complete 100 yards of freestyle continuously and with confidence. Swimmers are encouraged to exude teamwork and the YMCA's four core values. Participation in local competitions is encouraged throughout the season.</p>	13 - 18 years	For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a> .

<p><b>Swim Team: Junior 2</b></p> <p>This is the fifth level of the BRY program. Training expectations and ability to do so continue to be challenged. Swimmers in this group can complete a legal 400 IM and continuous swim of 800 yards of freestyle. Junior 2 swimmers demonstrate the YMCA's four core values and are introduced to race strategies, mental toughness training, and are encouraged to nurture their internal drive to compete. Participation in competitions is expected. They are able to successfully manage the following test sets:</p> <p>3 rounds of 5 x 100 Free @ 1:45          2 rounds of 5 x 100 IM @ 1:55          1 round of 8 x 100 Kick @ 2:20</p>	<p>13 - 18 years</p>	<p>For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a>.</p>
<p><b>Swim Team: Senior 1</b></p> <p>This is the sixth level of the BRY program. Swimmers in this group understand and demonstrate the YMCA's four core values. Participation in competitions is expected. Swimmers in this level must be able to successfully manage the following test sets:</p> <p>3 rounds of 7 x 100 FR @ 1:35          2 rounds of 7 x 100 IM @ 1:45          1 round of 12 x 100 Kick @ 2:10</p>	<p>13 - 18 years</p>	<p>For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a>.</p>
<p><b>Swim Team: Senior 2</b></p> <p>This is the seventh level of the BRY program. Swimmers in this group understand and demonstrate the YMCA's four core values and maintain 60% practice attendance to participate in team travel meets. Participation in local and regional competitions is expected. Swimmers in this group are able to successfully manage the following test sets:</p> <p>3 rounds of 8 x 100 FR @ 1:25          2 rounds of 8 x 100 IM @ 1:35          1 round of 12 x 100 Kick @ 2:00</p>	<p>14 - 18 years</p>	<p>For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a>.</p>
<p><b>Swim Team: National</b></p> <p>The goal of the National training level is to prepare swimmers for success at both YMCA and USA Swimming regional, state, and national competitions. Swimmers in this group are encouraged to make the full year commitment to the program and maintain 75% practice attendance including all morning, dryland and weight training sessions. National swimmers understand and demonstrate the YMCA's four core values and participate in all appropriate YMCA and USA Swimming competitions. Swimmers must be able to train at an elite level for two hours and fifteen minutes and possess the ability to complete the following test sets:</p> <p>3 rounds of 8 x 100 FR @ 1:15          2 rounds of 8 x 100 IM @ 1:25          1 round of 12 x 100 @ 1:50</p>	<p>14 - 18 years</p>	<p>For more information including schedules and fees, please visit us online at <a href="http://www.BRYswimming.com">www.BRYswimming.com</a>.</p>



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## 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

**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](http://WWW.YMCADE.ORG)