



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 2019/ WINTER 2020 PROGRAMS

## CENTRAL AND WALNUT STREET YMCAS

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, cooking, drill team, youth leadership, sports, fitness, healthy living programs and more!**



BEAR – GLASGOW  
 BRANDYWINE  
 CENTRAL  
 DOVER  
 MIDDLETOWN  
 SUSSEX  
 WALNUT STREET  
 WESTERN

		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, and more!
- Free Fitness Consultations
- Access to Personal Training
- Instructional Children's Classes: Swimming, cooking, art, drill team and more
- Preschool Program
- Before and After School Care
- Summer Day Camp
- Free Babysitting while you work out
- Teen Programming
- 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 [www.ymcade.org](http://www.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.**



# 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.



2018



CENTRAL AND WALNUT STREET YMCAS

# DONOR IMPACT



Together we can build stronger communities and change lives.

## \$1.5 MILLION

was provided in financial assistance through the annual campaign in 2018. Donor support keeps our doors open to everyone in our community.

## 1,349

Donors supported **1,349 YMCA members** with financial assistance, ensuring that everyone has a place to belong.



## 443

**443 scholarships** were provided to youth giving them a safe place to go during the summer and after school.

**160,000 Delawareans suffer from Diabetes or Pre-Diabetes.** Our Diabetes Prevention Program helps at-risk individuals reduce their chances of developing diabetes.

## 160,000

## 100,500

**1 in 6 Delaware children struggles with hunger.** Our summer camp and before and after school programs provide more than 100,500 of FREE meals to children.



## 700

Donors allowed **700 children** in the Wilmington community to receive free swim lessons through our Water Wise program designed to prevent childhood drowning.



# INFORMATION CENTER

## CENTRAL YMCA

### FACILITY HOURS

**Monday - Thursday:**

5 a.m. - 10 p.m.

**Friday:** 5 a.m. - 8 p.m.

**Saturday:** 7:30 a.m. - 6 p.m.

**Sunday:** 8 a.m. - 5 p.m.

### CENTRAL YMCA POOL HOURS

**Mon. - Thurs.:** 5 a.m. - 9 p.m.

**Friday:** 5 a.m. - 8 p.m.

**Saturday:** 7:30 a.m. - 5:50 p.m.

**Sunday:** 8 a.m. - 4:50 p.m.

### CENTRAL YMCA PARKING

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

## WALNUT STREET YMCA

### FACILITY HOURS

**September 1 - December 31st**

**Mon. - Thurs.:** 7 a.m. - 7 p.m.

**Friday:** 7 a.m. - 9 p.m.

**Saturday:** 10 a.m. - 9 p.m.

**Sunday:** 12 - 4 p.m.

**January 1 - February 28**

**Mon. - Fri.:** 7 a.m. - 7 p.m.

**Saturday:** 10 a.m. - 6 p.m.

### WALNUT STREET POOL:

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

**Saturday:** 10 a.m. - Noon

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

### WALNUT STREET PARKING

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

## 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](http://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.

## HOLIDAY SCHEDULE & IMPORTANT DATES

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

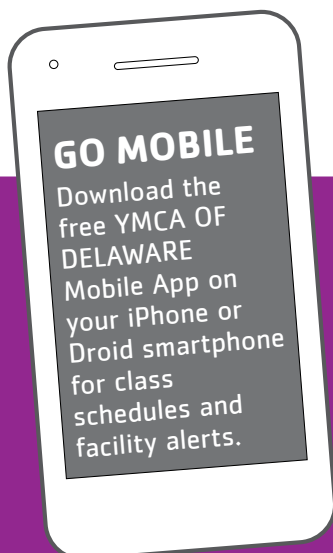
**NOVEMBER 29:** Walnut Street Only Closed

**DECEMBER 24** (Christmas Eve): Central to CLOSE at 2 p.m. - Walnut Street Closed all day

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

**DECEMBER 31** (New Year's Eve): Central to CLOSE AT 5 p.m. - Walnut Street Closed all day.

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



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



### ONLINE

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



### TEXT ALERTS

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

@cyalerts: General facility messages

@cycamp: Camp messages

@cyfit: Fitness messages

@cyswo: Aquatic/pool messages

@cysport: Sports messages

# HOW CAN WE HELP YOU?



## LEADERSHIP



**JESUS DE LAS SALAS**  
Executive Director  
jdelassalas@ymcade.org  
254-9622 ext. 0169



**KRISTINA WOZNICKI**  
Walnut Street Center Director  
kwoznicki@ymcade.org  
472-9622 ext.0115

## MEMBERSHIP



**JOSEPH NEBRAO**  
Membership Coordinator  
(Central)  
jnebrao@ymcade.org  
254-9622 ext. 0124



**MIKE DiOSSI**  
Membership Coordinator  
(Central)  
mdiossi@ymcade.org  
254-9622 ext. 0141



**MALINDA LEONARD**  
Membership Coordinator  
(Walnut Street)  
mleonard@ymcade.org  
472-9622 ext. 0212

## COMMUNITY PROGRAMS



**JIMIA REDDEN**  
Central Residency  
Program Director  
jredden@ymcade.org  
254-9622 ext. 0118



**BRENDA OVERTON**  
Back on Track  
Program Director  
boverton@ymcade.org  
254-9622 ext. 0117



**ANESHA TRUESDALE**  
Teen Program Director  
atruesda@ymcade.org



**ERIC PATTON**  
Teen Program Coordinator  
epatton@ymcade.org  
472-9622 ext. 0229

## CHILD CARE



**JACKIE ANDERSON**  
Child Development Director  
jackieanderson@ymcade.org  
254-9622 ext.1071



**KRYSTINA SCHNEIDER**  
Senior Camp & Workforce  
Director  
kschneider@ymcade.org  
472-9622 ext. 0217



**JILL LOUGHLIN**  
Assistant Child  
Development Director  
jqinn@ymcade.org  
472-9622 ext. 0224



**SHANDY PEREZ**  
School Age Program Director  
sperez@ymcade.org



**ZINA WASHINGTON-PRESSEY**  
Childcare Secretary  
bwashington@ymcade.org  
254-9622 ext. 0172



**SHAKIYLA MEDLEY**  
School Age & Camp Secretary  
smedley@ymcade.org  
254-9622 ext. 0225

## HEALTH & WELLNESS



**MEGIN HEWES**  
Wellness Director  
mhewes@ymcade.org  
254-9622 ext.0151



**MARK MYERS**  
Personal Training Coordinator  
mmyers@ymcade.org  
254-9622 ext.0149

## AQUATICS



**CHASE DARDEN**  
Aquatics Director  
cdarden@ymcade.org



**MARIA GILLETTE**  
Private Swim Lesson  
Coordinator  
mgillette@ymcade.org

## FACILITIES



**ANDY FOY**  
Facilities Manager  
andrew.foy@ymcade.org  
254-9622 ext.0132



**CARL BAILEY**  
Facilities Supervisor  
cbailey@ymcade.org  
254-9622 ext.0150

# AROUND THE Y

There's always something happening at the Central and Walnut Street Ys. Be sure to check our website frequently for our most current list of events.

## EVENTS

### WALNUT STREET YMCA TOCKWOGH FAMILY WEEKEND

**August 31 – September 2**

Join us as the Walnut Street YMCA family takes over Camp Tockwogh! Spend the weekend discovering the joys of being outdoors, away from all the distractions at home. Families will enjoy Tockwogh activities including archery, motorboat rides, arts & crafts, the climbing wall, and canoeing. With so much to do, everyone gets to be a camper again. We provide the lodging, food and activities. All you need to bring is your family and a little excitement. Register through the Walnut Street YMCA!

**FEE:** \$15 per person or \$50 per household

- Check-in: 8/31 from 4 – 6 p.m.
- Check-out: 9/2 by 11 a.m.

Pick up a flyer at the branch for the entire weekend schedule.

### KIDS SWIM & EAT FREE

**Saturdays, September – December 10 a.m. – 1:30 p.m. • Walnut Street**

Bring your family out for open swim from 10 – 1 p.m. each Saturday and stay for a pizza lunch at 1p.m. Lunch is provided through the YMCA of Delaware participation in the Child & Adult Food Care Program (CACFP). All children must be accompanied by an adult family member age 19 or older.

### TEENS SWIM & EAT FREE

**Saturdays, September – December 1 – 3 p.m. • Walnut Street**

Gather your friends and join us for a pizza lunch at 1 p.m. followed by open swim from 1 – 3 p.m. each Saturday. Lunch is provided through the YMCA of Delaware participation in the Child & Adult Food Care Program (CACFP). Teens must be registered by an adult family member over the age of 19 at their first visit only.

### FIRST FRIDAY FAMILY NIGHTS

**7 – 8:30 p.m. • Walnut Street**

Grab the kids and head to the Y for a pizza dinner and night of family fun! Advanced registration required.

**FEE:** \$5/family

- September 6: Family Game Night
- October 4: Family Kickball
- November 1: Family Minute to Win It Games
- December 6: Family Cooking Night
- January 3: Family Lego Challenge
- February 7: Family Egg Drop

### FAMILY MOVIE NIGHTS

**Doors open at 7 p.m. Movie starts at 7:30 p.m. • Walnut Street YMCA**

Hop in your PJs and bring your blankets for a big screen movie in the YMCA gym. Movie nights include a pizza dinner and popcorn. This event is free.

September 20

October 18

November 15

December 20

January 17

February 21

### TEEN MOVIE NIGHTS

**Doors open at 7 p.m. Movie starts at 7:30 p.m. • Walnut Street YMCA**

Grab your friends and head over to the Y for movie night. Movie nights include a pizza dinner and popcorn. This event is free.

- September 13
- October 11
- November 8
- December 13
- January 10
- February 14

### TEEN NIGHT OUT

**7 – 9 p.m.**

**Walnut Street YMCA**

Bring your friends for a teens only night at the Walnut Street YMCA. Teen Night Out includes activities like open mic night, paint night, game night, dances and sports. Pick up the flyer each month at the Y for specific info. These events are free.

- September 27
- October 25
- November 22
- December 27
- January 24
- February 28

### BLACK ACHIEVERS GALA

**October 11, 2019 • 6 p.m.**

Join us as we celebrate our Black Achiever program with Gala honoring our adult and teen achievers.

**Keynote speaker:** Lisa Thomas-Laury

**Location:** Waterfall (Claymont, DE)

**Tickets:** Contact Anesha Truesdale at [ATruesdale@ymcade.org](mailto:ATruesdale@ymcade.org).

### TEEN LEADERSHIP CONFERENCE

**October 26 • 10 a.m. – 3 p.m.**

This free, one-day conference brings together local middle and high school teens to learn leadership, communication, and professionalism with a focus on transferring skills to the "real world". Participants will gain strategies to become leaders in their schools and communities. Lunch will be provided. Participants are welcome to hang out after the event to enjoy open gym and teen center activities.

### HALLOWEEN AT THE Y

**October 31, 2019 • 6-8 p.m.**

**Walnut Street YMCA**

Join us for some spooky fun for everyone including crafts, games, a haunted house and a bounce house. This safe event is **free** and open to the community.



## **FAMILY PORTRAIT DAY**

**November 16, 2019**

Dress up the kids and head over the Y for a family portrait. Families must sign up for their photo time in advance. Package includes two 8 x10 and two 5 x7 portraits. The YMCA will also email parents a digital copy of their photos. **\$20/per photo package.**

## **ORNAMENT DECORATION**

**December 11, 2019 • 5:30 – 7:30 p.m.**

**Walnut Street YMCA**

**FEE: \$5 per person**

Families from our childcare and school age programs are invited to participate in holiday ornament decoration. Materials will be provided and staff will be on hand to assist with the festive craft!

## **BLACK ACHIEVER'S HOLIDAY CELEBRATION & GIFT GIVEAWAY**

**Dec. 14, 2019 • 10 a.m. – 2 p.m.**

**Walnut Street**

Join us for the Annual Black Achiever's Holiday Celebration and Gift Giveaway. Meet Santa, play holiday games, sing carols, make crafts and grab a gift. Event includes a pizza lunch provide by the CACFP program and hot chocolate. This event is free. Register by November 22, 2019 to receive a gift.

## **MLK ART WALK FAMILY EVENT**

**January 23, 2020 • 6 – 7:30 p.m.**

**Walnut Street YMCA**

Join us as we showcase artwork created by the children in our childcare, school age and teen programs. All artwork is inspired by the words of Martin Luther King Jr.

## **BLACK HISTORY MONTH CELEBRATION**

**February 1, 2020 • 10 a.m.**

**Walnut Street**

Help us as we celebrate Black History Month with the support of New Castle County. This annual event includes speakers, music, special performances and additional activities.

## **PARENT DATE NIGHT**

**February 20, 2020 • 6 – 8 p.m.**

**Walnut Street YMCA**

Parents of children enrolled in our preschool and school age childcare programs, enjoy a night of dinner and entertainment hosted by your child at the Walnut Street YMCA. The children will act as servers, take orders, serve meals and put on a special performance. Plus, this event is FREE!

---

## **COMMUNITY PROGRAMMING**

### **BLACK ACHIEVERS**

The Black Achievers Program provides college readiness and career awareness to youth and teens in Wilmington. Mentors from diverse career fields are nominated by the local business community to serve as role models preparing participants for future success. The Black Achievers meet weekly for one year at the Walnut Street YMCA. The program offers participants the opportunity to participate in a College Tour each spring for an additional charge. For more information, contact Anesha Truesdale at [ATruesdale@ymcade.org](mailto:ATruesdale@ymcade.org).

### **BACK ON TRACK**

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

### **JUVENILE CIVIL CITATION**

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

## **RESIDENCE**

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

## **TEEN WORKFORCE PROGRAM**

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

## **WATER WISE**

Here at the Y, we believe that every child should have the opportunity to learn how to swim. Thanks to community partnerships, every year the YMCA of Delaware teaches basic swimming skills and safety around water to youth between the ages of 3 and 17. Water Wise is in partnership with the USA Swimming Foundation's Make a Splash Initiative. For more information, please contact Chase Darden at [cdarden@ymcade.org](mailto:cdarden@ymcade.org).

# ADULT PROGRAMMING



## FITNESS

### FitQuest

FitQuest is a personalized wellness program designed to meet your specific fitness needs and is included in your Y membership at no additional cost. Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals.

Offered all days/times throughout the week. See a fitness center or member service staff to schedule an appointment.

**INCLUDED IN MEMBERSHIP**

### Personal Training

Our certified trainers will design personalized workouts based on your goals and interests. Your first session will be a consultation to ensure that your trainer develops the best plan to meet your needs and help you achieve your goals.

Offered all days/times throughout the week. See a fitness center or member service staff to schedule.

**60 MINUTE SESSIONS**  
 1 Development Session: \$65  
 3 sessions \$170  
 6 sessions \$275  
 12 sessions \$475  
 24 sessions \$880

**30 MINUTE SESSIONS**  
 3 sessions \$95  
 6 sessions \$175  
 12 sessions \$315

### Small Group Training

Class size is limited so you will get plenty of expert instruction while still tapping into the motivation of the group!

See small group training schedule at the front desk for pricing and details.

### Group Fitness \*No Registration Required

From low-impact exercise and chair classes, stretching and strength training to indoor cycling, water exercise, and yoga, you'll find a group class that's fun, supportive and keeps you moving.

For a full list of classes, visit the schedules section of our website, or download the YMCA of Delaware App.

**INCLUDED IN MEMBERSHIP**

### LesMills GRIT

Intensity Interval training to take your fitness to the next level. Class size is limited so your coach can help you achieve your individual best performance!

See GRIT schedule in the branch for class days, times, and descriptions.

**\$30 per month for unlimited classes**

### W.O.D. (Workout of the Day)

Group training specifically designed to get you as fit as possible without the need to spend hours in the gym training. Our goal is to improve your strength, cardiovascular system, and overall health.

See small group training schedule for class days, times, and descriptions.

**\$30 per month for unlimited classes**

### Transform Program (8 weeks)

Work with a coach to transform your fitness today! Program includes pre/post test, nutrition, goal setting, access to all small group training classes, online fitness tracking and more.

To be scheduled with your assigned coach

**\$129**

## HEALTH AND WELLNESS

### DIABETES PREVENTION PROGRAM

This is an 12-month, evidence-based program recognized by the Centers for Disease Control and Prevention, 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.

FREE to Members and Community.

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

## SWIM

### SWIM BASICS (13 & up)

Increases comfort being underwater, encourages forward movement, and develops intermediate skills for water safety and stroke techniques.

Sunday, 3:30 - 4:15 p.m.  
Wednesday, 7-7:45 p.m.  
(fall 1 only)  
Thursday, 7-7:45 p.m.

Fall 1  
Fall 2  
Winter

Members: \$78  
Community: \$120

### SWIM STROKES (13 & up)

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.

Sunday, 3:30 - 4:15 p.m.  
Wednesday, 7 - 7:45 p.m.  
(fall 1 only)  
Thursday, 7 - 7:45 p.m.

Fall 1  
Fall 2  
Winter

Member: \$78  
Community: \$120

### 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. 30-minute lessons, available in sets of 3 or 7 lessons.

Sunday - Saturday,  
8 a.m. - 8 p.m.

Fall 1  
Fall 2  
Winter

Available in sessions of 1, 3, 5 or 7 lessons. Visit [www.ymcade.org](http://www.ymcade.org) or the member services desk for pricing.

## TRAINING/CERTIFICATIONS

### ELLIS LIFEGUARD CERTIFICATION

PRE-REQUISITES: 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.

All classes meet Friday - Sunday. Dates will be available December 1, 2019.

Friday, 4 - 9 p.m.  
Saturday, 9 a.m. - 6 p.m.  
Sunday, 9 a.m. - completion

Member: \$210  
Community: \$280  
Prospective Staff: \$130

### ELLIS LIFEGUARDING RE-CERTIFICATION

PRE-REQUISITES: 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. Must have proof of current Ellis & Associates Lifeguard Certification.

Dates will be available December 1, 2019.

Community: \$130



# YOUTH PROGRAMMING



## CHILD CARE

### WALNUT STREET CHILD DEVELOPMENT CENTER

The Walnut Street YMCA preschool program is for children ages 2 years through pre-k. This program provides a beneficial social experience and a good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness. Our staff works with the children in individual and group settings to ensure each child is ready and prepared for Kindergarten. The Walnut Street YMCA is a proud participant in the Delaware Stars quality program and has been ranked a 5 Star Level.

2 – 5  
years

Monday – Friday  
7 a.m. – 6 p.m.

\$850/month

<p><b>CENTRAL CHILD DEVELOPMENT CENTER</b>          At the Central YMCA, we believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why childcare and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn fundamental skills, develop healthy, trusting relationships and build self-esteem through the Y values of caring, honesty, respect and responsibility. The Central YMCA is a proud participant in the Delaware Stars quality program and has been ranked a 5 Star Level.</p>	<p>6 weeks – 5 years</p>	<p>Monday – Friday 6:45 a.m. – 6 p.m.</p>	<p><b>0-11 months:</b> \$1,075/month  <b>12-23 months:</b> \$970/month  <b>2-5 years:</b> \$850/month          (rates increase annually in January)</p>
<p><b>BEFORE &amp; AFTER SCHOOL ENRICHMENT</b>          Our licensed School Age Child Care Program provides a positive and meaningful before and after school experience for children grades k-5. Our experienced and dedicated staff plan structured activities designed to develop each child to his or her fullest potential. We serve children who attend the following schools: Bancroft, East Side Charter, Family Foundations, First State Montessori, Great Oaks, Harlan, Highlands, Kuumba Academy, La Academia, Odyssey, Shortlidge, St. Peters Cathedral School, Thomas A. Edison Charter, and Warner. Transportation is provided between the Walnut Street YMCA and school. The Walnut Street YMCA is a proud participant in the Delaware Stars quality program and has been ranked a 5 Star Level.</p>	<p>K – 5<sup>th</sup> Grades</p>	<p><b>BEFORE SCHOOL CARE</b> 7 a.m. – start of school</p> <p><b>AFTER SCHOOL CARE</b> End of school – 7 p.m</p>	<p><b>BEFORE CARE ONLY</b>  <b>Member:</b> \$390/month  <b>Community:</b> \$500/month</p> <p><b>AFTER CARE ONLY</b>  <b>Member:</b> \$390/month  <b>Community:</b> \$500/month</p> <p><b>BEFORE &amp; AFTER CARE</b>  <b>Member:</b> \$540/month  <b>Community:</b> \$675/month</p> <p>Purchase of Care accepted and financial assistance is available.</p>
<p><b>TEEN AFTER SCHOOL LEADERSHIP PROGRAM</b>          We are committed to providing teen and young adults with a safe and positive experience as we nurture community, promote the Y's core values, and encourage the joy of being active! Our program seeks to help young adults grow and develop skills that will serve them for a lifetime. Afternoons include homework help, a snack or small meal, teen-driven clubs, sports, and dance, all within our state-of-the-art YMCA Teen Center. Our goal is to provide leadership development in an environment that fosters independence.</p>	<p>6<sup>th</sup> – 12<sup>th</sup> Grades</p>	<p><b>BEFORE SCHOOL CARE</b> 7 a.m. – start of school</p> <p><b>AFTER SCHOOL CARE</b> End of school – 7 p.m.</p>	<p>Free for youth ages 13 &amp; older who qualify for Free/Reduced Lunch Program at their local school.</p> <p>Rates for Before &amp; After School Enrichment apply to all other teens.</p>



## ENRICHMENT/SPECIALTY

### BLACK ACHIEVERS

The Black Achievers Program provides college readiness and career awareness to youth and teens in Wilmington. Mentors from diverse career fields are nominated by the local business community to serve as role models preparing participants for future success. The Black Achievers meet weekly for one year at the Walnut Street YMCA. The program offers participants the opportunity to participate in a College Tour each spring for an additional charge.

8 - 12  
grade

Saturday,  
10 a.m. - 12 p.m.

Year-round

**FREE TO  
MEMBERS AND  
COMMUNITY**

### DRILL TEAM

Drill team is a performing arts program that gives students the opportunity to learn the arts of drill and percussion. Students compete in Tri-State area and perform in the local community. Students explore their creative expression and performance skills.

**Steppers:**  
5+ years

**Drummers:**  
7+ years

Tuesday,  
6 - 8 p.m.  
Thursday,  
6 - 8 p.m.  
Saturday,  
1:30 - 3:30 p.m.  
Times may vary  
due to instructor  
availability

Year-round

Community  
Season: \$50  
Competition  
Season: \$100  
  
\*Uniform cost  
is included in  
Competition  
Season price.



<p><b>SUNDAY FUNDAY</b> Spend Sunday afternoon at the Y participating in sports, arts and crafts, cooking and swimming activities. Lunch is provided. Children will be able to select their activities each week.</p>	<p>1st- 5th grade</p>	<p>Sunday, 12 - 4 p.m.</p>	<p>Fall 1 Fall 2</p>	<p>Member: \$30 Community: \$40</p>
<p><b>YOUTH IN GOVERNMENT (MIDDLE SCHOOL)</b> YMCA Youth in Government is a national youth leadership program which involves thousands of teens nationwide in model government programs. Delegates meet in their local delegations to discuss and debate issues that affect citizens of Delaware. Delegates will represent their local delegation at the annual conference at Legislative Hall on November 9 where they will learn about legislative process, proper debate techniques, the YMCA core values and parliamentary procedure.</p>	<p>6 - 8 grade</p>	<p>Saturday, 12:30 - 2 p.m.</p>	<p>September 28 through November 16, 2019</p>	<p>\$100/year</p>
<p><b>YOUTH IN GOVERNMENT (HIGH SCHOOL)</b> YMCA Youth in Government is a national youth leadership program which involves thousands of teens nationwide in model government programs. Delegates meet in their local delegations to discuss and debate issues that affect citizens of Delaware. Delegates will represent their local delegation at the annual conference at Legislative Hall in April where they will learn about legislative process, proper debate techniques, the YMCA core values and parliamentary procedure. Students in the judicial branch participate in the appellate court system, write legal briefs, and perform oral arguments. YIG also allows students to act as lobbyists and press.</p>	<p>9 - 12 grade</p>	<p>Saturday, 12:30 - 2 p.m.</p>	<p>September 28 through November 16, 2019</p>	<p>\$290/year</p>

<b>TEEN CENTER/OPEN GYM</b>	6 - 12 grade	Saturday, 12-9 p.m.	Year-round	<b>FREE TO MEMBERS AND COMMUNITY</b>
<b>ELLIS LIFEGUARDING CERTIFICATION</b> PRE-REQUISITES: 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.	15+ years	All classes meet Friday-Sunday. Friday, 4-9 p.m. Saturday, 9 a.m. - 6 p.m. Sunday, 9 a.m. - completion	Sept. 6-8 Oct. 4-6 Nov. 1-3 Dec. 6-8	Member: \$210 Community: \$280
<b>ELLIS LIFEGUARDING RE-CERTIFICATION</b> PRE-REQUISITES: 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. Must have proof of current Ellis & Associates Lifeguard Certification.	15+ years	All classes are held on Sundays, 9 a.m. until completion.	Sept. 8 Oct. 6 Nov. 3 Dec. 8	Member: \$130 Community: \$190





**SPORTS**

<p><b>Intramural Basketball</b></p>	<p>6th – 8th grades 9th – 12th grades</p>	<p>Sunday (time determined by team schedule)</p>	<p>Fall 1 Fall 2</p>	<p>Member: \$10 Community Member: \$15</p>
<p><b>Intramural Soccer</b></p>	<p>6th – 8th grades 9th – 12th grades</p>	<p>Sunday (time determined by team schedule)</p>	<p>Fall 1 Fall 2</p>	<p>Member: \$10 Community Member: \$15</p>
<p><b>Intramural Volleyball</b></p>	<p>6th – 8th grades 9th – 12th grades</p>	<p>Sunday (time determined by team schedule)</p>	<p>Fall 1 Fall 2</p>	<p>Member: \$10 Community Member: \$15</p>



## SWIM LESSONS

<p><b>SWIM STARTERS,</b> (Parent/Child) Introduces infants and toddlers to the aquatic environment.</p>	6 months - 3 years	<p>Wednesday, 6:20-6:50 p.m. Saturday, 10:05-10:35 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$66 Community: \$108</p>
<p><b>SWIM BASICS 1,</b> Preschool Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</p>	3 - 5 years	<p>Sunday, 2-2:30 p.m. Wednesday, 6:20-6:50 p.m. Thursday, 5:30-6 p.m. Saturday, 10:05-10:35 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$66 Community: \$108</p>
<p><b>SWIM BASICS 2,</b> Preschool Encourages forward movement in water and basic self-rescue skills performed independently.</p>	3 - 5 years	<p>Sunday, 2-2:30 p.m. Wednesday, 6:20-6:50 p.m. Thursday, 5:30-6 p.m. Saturday, 9:30-10 a.m. Saturday, 10:05-10:35 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$66 Community: \$108</p>
<p><b>SWIM BASICS 3,</b> Preschool Develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	3 - 5 years	<p>Saturday, 10:40-11:10 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$66 Community: \$108</p>
<p><b>SWIM BASICS 1,</b> Youth Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	6 - 12 years	<p>Sunday, 2:35-3:20 p.m. Wednesday, 5:30-6:15 p.m. Thursday, 6:05-6:50 p.m. Saturday, 9:15-10 p.m. Saturday, 10:40-11:25 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$120</p>
<p><b>SWIM BASICS 2,</b> Youth Encourages forward movement in water and basic self-rescue skills performed independently.</p>	6 - 12 years	<p>Sunday, 2:35-3:20 p.m. Wednesday, 5:30-6:15 p.m. Thursday, 6:05-6:50 p.m. Saturday, 10:40-11:25 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$120</p>
<p><b>SWIM BASICS 3,</b> Youth Develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	6 - 12 years	<p>Wednesday, 5:30-6:15 p.m. Thursday, 6-6:50 p.m. Saturday, 9:15-10 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$120</p>
<p><b>TEEN/ADULT SWIM BASICS</b> Increases comfort being underwater, encourages forward movement, and develops intermediate skills for water safety and stroke techniques.</p>	13+ years	<p>Sunday, 3:30-4:15 p.m. Wednesday, 7-7:45 p.m. Thursday, 7-7:45 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$120</p>

<p><b>TEEN/ADULT SWIM STROKES</b> Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.</p>	<p>13+ years</p>	<p>Sunday, 3:30-4:15 p.m. Wednesday, 7-7:45 p.m. Thursday, 7-7:45 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$120</p>
<p><b>PRECOMPETITIVE LESSONS - PENGUIN CLUB</b> Swimmers in this group are required to be able to swim 25 yards of two of the four competitive strokes with reasonable proficiency.</p>	<p>6 - 12 years</p>	<p>Option A: Thursday, 5:30-6:15 p.m. &amp; Saturday, 9:30-10:15 a.m.  Option B: Thursday, 6:15-7 p.m. &amp; Saturday, 10:15-11a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$200 Community: \$350</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. 30-minute lessons, available in sets of 3 or 7 lessons.</p>	<p>3+ years</p>	<p>Sunday - Saturday, 8 a.m. - 8 p.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Available in sessions of 1, 3, 5 or 7 lessons. Visit <a href="http://www.ymcade.org">www.ymcade.org</a> or the member services desk for pricing.</p>





Non-profit org.  
U.S. postage

**PAID**

YMCA of DELAWARE  
Permit No. 17  
Wilmington, DE

**CENTRAL YMCA**

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

**WALNUT ST. YMCA**

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

[www.ymcade.org](http://www.ymcade.org)



# YMCA OF DELAWARE LOCATIONS

**BEAR-GLASGOW  
FAMILY YMCA**

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

**BRANDYWINE YMCA**

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

**CENTRAL YMCA**

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

**DOVER YMCA**

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

**SUSSEX FAMILY YMCA**

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

**WESTERN FAMILY YMCA**

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

**MIDDLETOWN  
FAMILY YMCA**

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

**WALNUT ST. YMCA**

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

**CAMP TOCKWOGH**

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

**ASSOCIATION OFFICE**

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

## OUR MISSION

The YMCA is an association of people of all ages, ethnic groups and religious affiliations that strives to cultivate the human potential, self-esteem, and dignity of all people. Our organization exists to develop and practice the Christian principles of love, caring, inclusiveness, justice and peace...and to enrich the emotional, physical and social life of all individuals, families and our community.

**CONNECT WITH US!**



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