



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019/ WINTER 2020 PROGRAMS

SUSSEX FAMILY YMCA

FALL 1: September 3 - October 27

FALL 2: October 28 - December 22

WINTER 2020: January 6 - February 23



Look inside and discover all the Y has to offer!

We have something for everyone - Swim lessons, tumbling, 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, and Free Weights
- Indoor Pool
- Basketball Gymnasium
- Locker Rooms
- 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, Tumbling, and more!
- Youth Sports including Basketball, Soccer, Volleyball and more
- Before and After School Care
- Summer Day Camp
- Free Babysitting while you work out
- Youth in Government

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.

HOW CAN WE HELP YOU?



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BOARD OF GOVERNORS

BEDFORD BRUNO
RICHARD BYRNE
STEVE GRIFFITH

MIKE DICKINSON
DJ HILL
MARY HOUCK

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AMBER WILLIS

INFORMATION CENTER

FACILITY HOURS

MONDAY – FRIDAY 5 a.m. – 9:30 p.m.

SATURDAY 6:30 a.m. – 6 p.m.

SUNDAY 7:30 a.m. – 6 p.m.

KIDS ZONE

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

MONDAY – FRIDAY 4 – 8 p.m.

SATURDAY 8 a.m. – 12 p.m.

RATES: Full Family Members: FREE

(Children must be listed on membership)

Community: \$5 per hour per child

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

HOW DO I REGISTER FOR PROGRAMS?

REGISTER ONLINE: To register or search for program details by location, visit www.yprograms.org. Current program listings will be available on the first day of registration (dates listed below).

REGISTER IN PERSON OR BY PHONE:

Stop by our branch, or give us a call on the first day of registration and we will be happy to assist you.

PROGRAM SESSION DATES

FALL 1: September 3 – October 27

(Aquatic programs begin September 15)

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

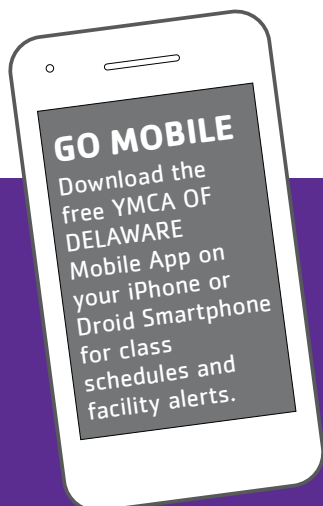
NOVEMBER 28 (Thanksgiving): 8 a.m. – 12 noon

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

DECEMBER 25 (Christmas Day): CLOSED

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

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



TEXT ALERTS

To receive text messages when the building is closed, classes are canceled, or for important information, text any or all of the following shortcodes to 81010.

@sfyalerts: General facility

@sfycamp: Summer Camp

@sfycare: Child Care

@sfysport: Sports

@sfyswim: Aquatics

LET'S CONNECT!



(302) 296-9622
www.ymcade.org

AROUND THE Y

There's always something happening at the Sussex Family YMCA. Be sure to check our website frequently for our most current calendar and list of events. Visit ymcade.org/locations/sussex.

▶ MEMBER STORIES

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

▶ VOLUNTEER

GIVE BACK AND VOLUNTEER

Consider your time a gift to the YMCA and your community. We are always looking for individuals who enjoy donating their time to help around the Y. Volunteer positions include, but are not limited to, youth sports coaches, event volunteers, fundraisers, facility volunteers and storybook readers. For more information, or to apply, go to www.ymcade.org/about-us/volunteer.

▶ ANNUAL CAMPAIGN FUNDRAISER

The YMCA of Delaware is so much more than a gym and swim. As a nonprofit, community-building charity, we strive to make our programs widely affordable and accessible to all, regardless of ability to pay. Our donors enable us to serve low-income families who need us the most through our Open Doors Financial Assistance program. All the funds raised for our annual giving campaign go directly back to the community through membership and program scholarships. Give online at www.ymcade.org, or ask our staff how you can donate today.

▶ EVENTS

PARENT NIGHT OUT

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

FAMILY FUN NIGHTS

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

TRUNK OR TREAT FESTIVAL

(Kickoff to Seawitch)

OCTOBER 25

6:30 - 8:30 p.m.

This event is free and open to the public. No registration required!

DROP AND SHOP EVENT

NOVEMBER 29TH

Don't want to take the kids shopping on Black Friday? Drop them off at the YMCA while you shop! Your kids will have blast making crafts, playing games, enjoy story time, and meeting new friends!

Registration is required. Visit the Member Services Desk for details.

COCOA, COOKIES & CRAFTS

DATE & TIME TBD

Come sip cocoa, share cookies, and make a craft with the family. This fun event is free and open to the public. Registration is required. Visit the Member Services Desk for details.



ADULT PROGRAMMING

FITNESS

<p>FAST TRACK (14 and up) Looking for something different? Add muscle and improve your cardiovascular conditioning with free weights and your own body weight in this small group circuit-style workout. Class size limited.</p>	<p>Monday/ Wednesday, 9 -10 am</p>	<p>Fall 1 Fall 2</p>	<p>Members: \$40 Community: \$65</p>
<p>FIT QUEST 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.</p>	<p>By appointment</p>	<p>Ongoing</p>	<p>INCLUDED WITH MEMBERSHIP</p>
<p>GROUP FITNESS CLASSES *No Registration Required 14 years & up unless designated as Family Friendly. Family friendly classes are for youth 8 and up with a participating adult.</p>	<p>See schedule in branch or the YMCA of Delaware App</p>	<p>Ongoing</p>	<p>Members: FREE Community: N/A</p>
<p>PERSONAL TRAINING (14 and up) Whether you need motivation, accountability or expert knowledge and guidance, let one of our certified personal trainers help you achieve your fitness goals and get the results you want. 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. We offer 30 or 60 minute sessions.</p>	<p>By appointment</p>	<p>Ongoing</p>	<p>60 MINUTE SESSIONS: Package rates apply</p> <p>30 MINUTE SESSIONS: Available to members only. Package rates apply.</p>
<p>PERSONAL TRAINING YOGA (14 and up) Our certified yoga instructors will teach you the most effective ways to create a well-rounded mind and body experience. This one-on-one training is recommended for anyone using yoga as their primary method of training as well as those who want to incorporate it into their fitness program.</p>	<p>By appointment</p>	<p>Ongoing</p>	<p>Package rates apply.</p>
<p>PERSONAL TRAINING FIT FOR 2 (14 and up) Keeping up a fitness program is easier when you have a friend who is committed to doing the same. FIT for 2 allows two members with similar goals and fitness levels to work with one personal trainer at the same time.</p>	<p>By appointment</p>	<p>Ongoing</p>	<p>Available to members only. Package rates apply.</p>

<p>SENIOR CIRCUIT (55 and up) Stay fit with a strength and cardiovascular workout designed especially for active adults ages 55 and over. This group is led by experienced staff utilizing the strength circuit in the Wellness Gallery. Class size limited.</p>	<p>Monday/ Thursday, 9-10 a.m.</p> <p>Tuesday/Friday, 9-10 a.m.</p>	<p>Fall 1 Fall 2</p>	<p>Members: \$40 Community: \$65</p>
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HEALTH AND WELLNESS

<p>DIABETES PREVENTION PROGRAM The YMCA Diabetes Prevention Program is an evidence-based program recognized by the Centers for Disease Control and Prevention. This 12-month program is designed to help individuals with prediabetes reduce their risk of developing diabetes. The program is proven to reduce the risk of developing type 2 diabetes by more than 58-72%.</p>	<p>For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>		
<p>LIVESTRONG® at the YMCA These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. LIVESTRONG at the YMCA creates a welcoming community in which cancer survivors can develop supportive relationships and improve their quality of life.</p>	<p>For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>		
<p>MASSAGE THERAPY Massage therapy can be just what your tired muscles need to reduce stress and pain, and promote overall health and wellness. The Y's professionals are qualified in a variety of restorative therapies (Sport, Relaxation, Swedish and Reiki).</p>	<p>By appointment</p>	<p>Ongoing</p>	<p>50-MINUTE or 80-MINUTE SESSIONS: Package rates apply.</p>

SPORTS

<p>COED VOLLEYBALL Join this exciting volleyball league that is designed to keep you in shape and bring out your competitive spirit!</p>	<p>Monday 6 - 9 p.m. Location: Beacon Middle School</p>	<p>Fall 1</p>	<p>\$350 per team</p>
<p>WOMEN VOLLEYBALL LEAGUE This volleyball league for women, is designed to keep you in shape and bring out your competitive spirit!</p>	<p>Wednesday, 6 - 9 p.m. Location: Beacon Middle School</p>	<p>Fall 1</p>	<p>\$350 per team</p>
<p>MEN BASKETBALL LEAGUE Join this fun and competitive basketball league for adults who still love the game!</p>	<p>Monday, 6:30 - 9 p.m. Location: Sussex YMCA</p>	<p>Fall 2</p>	<p>\$100 per team</p>



SWIM

WATER FITNESS CLASSES

Have you thought about moving your workout to the water? Jump in the pool and make a splash in water aerobics, and so much more! The water's resistance can improve strength, flexibility, and cardiovascular health as well as facilitate rehabilitation and even enhance sports skills. Water fitness provides a low-impact way to get in shape and is ideal for all skill levels, non swimmers included.

See YMCA of DE app for days and times.

Fall 1
Fall 2
Winter

Included in membership

AQUATIC STRENGTH TRAINING

This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance using the resistance of deep water to offer a full-body workout. This class is conducted totally in the deep end of the pool.

Tuesday/Thursday,
8 - 8:55 a.m.

Fall 1
Fall 2
Winter

Visit the member services desk for pricing details.

PRIVATE SWIM LESSONS

To register, visit the membership desk or complete a registration form at https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex.

As scheduled.
Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org.

Fall 1
Fall 2
Winter

Member: \$90
Community: \$145

SEMI-PRIVATE SWIM LESSONS

To register, visit the membership desk or complete a registration form at https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex.

As scheduled.
Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org.

Fall 1
Fall 2
Winter

Member: \$70
Community: \$110

SKILLS & DRILLS

Students in this class are comfortable in the water and have a basic knowledge of freestyle, backstroke, and breaststroke. The instructor will build on everyone's skill set and introduce drills to break down the strokes while enhancing efficiency.

Friday,
7:15 - 8:15 p.m.

Fall 1
Fall 2
Winter

Visit the member services desk for pricing details.

<p>SWIM BASICS FOR ADULTS 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. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	<p>Saturday, 7:45 a.m. - 8:30 a.m.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Fall I Member: \$60 Community: \$90</p> <p>Fall II Member: \$65 Community: \$95</p> <p>Winter Member: \$52 Community: \$78</p>
<p>SWIMMING WITH AUTISM (S.W.A.M.) Working one on one with a trained instructor, students with Autism will work on their swimming skills. Depending on skill level, focus will be to introduce all skills of Swim Basics 1,2, and 3, or swimming technique from Swim Strokes 4, 5, and 6.</p>	<p>As scheduled. Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$200 Community: \$300 (for 4-30 Minute Private Lessons)</p>

TRAINING/CERTIFICATIONS

<p>ADULT & CHILD CPR/AED/FIRST AID 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/AED/First Aid Certification card or Ellis & Associates (EA) CPR/AED/First Aid Certification card, which is valid for two years. This is an excellent choice for both the community and workplace setting.</p>	<p>Please contact Anna Seiffert, anna.seiffert@ymcade.org, for additional details.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Members and Community: \$40</p>
<p>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 breaststroke.</p>	<p>Please contact Anna Seiffert, anna.seiffert@ymcade.org, for additional details.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Members: \$250 Community: \$350</p>
<p>ELLIS LIFEGUARD RECERTIFICATION Participants must present current Ellis Certification Card. Participants must sign up three days in advance and provide an up-to-date email address.</p>	<p>Please contact Anna Seiffert, anna.seiffert@ymcade.org, for additional details.</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member \$130 Community: \$190</p>

YOUTH PROGRAMMING



CHILD CARE 2019-2020

<p>BEFORE AND AFTER SCHOOL Extended care is provided for preschool students at Lewes School and elementary students at Shields and Rehoboth Elementary. This enrichment program is held on site at each school.</p>	<p>Pre-K through 5th Grade</p>	<p>Monday-Friday Morning Care 6:45am-start of school Afternoon Care: Lewes End of school day - 4:45p.m. Shields/Rehoboth End of school day - 6p.m.</p>	<p>2019-2020 school year</p>	<p>Morning or Afternoon only: \$190/month Morning & Afternoon: \$348/month Membership not required</p>
<p>KIDS ZONE Y members can enjoy free babysitting while working out or participating in any of our scheduled programs. Age appropriate activities are implemented.</p>	<p>6 weeks - 12 years</p>	<p>Monday-Friday, 4 - 8 p.m. Saturday, 8 a.m. - 12 p.m.</p>	<p>ongoing</p>	<p>INCLUDED IN MEMBERSHIP</p>
<p>SCHOOL'S OUT When school's are closed, students can register to spend the day at the YMCA! Students participate in planned activities, swim, and field trips. Registration is required and on a first-come, first-served basis.</p>	<p>Kindergarten - 12 years</p>	<p>7 a.m. - 6 p.m. (unless otherwise noted on registration form)</p>	<p>2019-2020 school year</p>	<p>Base Registrants: \$24/session (plus field trip fees) Members: \$35/session (plus field trip fees) Community: \$50/session (plus field trip fees)</p>

HEALTH AND FITNESS

FITNESS CENTER ORIENTATION

Upon completion of an orientation and signed parent agreement, youth ages 12-13 may gain access to the Adult Fitness Center. Access does not include the Free Weight area.

12-13 years

By appointment

Fall 1
Fall 2
Winter

Included in membership

PERSONAL TRAINING (45 minutes)

Could your child use some extra motivation toward living an active lifestyle or improving his or her fitness or athletic performance? One of our personal trainers will meet one-on-one with your child and design a training program specifically for their individual goals.

8 - 13 years

By Appointment

Ongoing

Available to members only. Package rates apply.

MOVEMENT/TUMBLING

BOUNCING AND BUBBLES

Infants and toddlers enjoy 45 minutes of gymnastics and 45 minutes of pool time. Each area focuses on the basics and getting your little ones comfortable with their body movements!

Up to 3 years

Saturdays,
10:15 - 11:30am

Fall 2
Winter

Members:
\$73/session

Community:
\$140/
session

TUMBLING I & II

Students will learn basics of body movements, flipping, and more. In order to advance to Tumbling II, students must be able to complete a backwards roll and cartwheel.

3 years - 13 years

Tumbling I:
Monday, 4:45 - 5:45 p.m.
Saturday, 10:45 - 11:45 a.m.
Tumbling II:
Monday, 5:45 - 6:45 p.m.
Sat., 11:45 a.m. -12:45 p.m.

Fall 1
Fall 2
Winter

Members:
\$50/session
Community:
\$100/session

TUMBLING III

Pre-requisites must be met to advance to this class. Instructors must approve for students to enroll.

5 years - 17 years

Wednesdays,
4:30 - 5:30pm

Fall 1
Fall 2
Winter

Members:
\$50/session
Community:
\$100/session

TEEN LEADERSHIP

Y WAVES

Waves is a fun and interactive leadership program for youth who are currently in or recently graduated from middle school. The program focuses on academic character, fitness and social development while incorporating the mission and goals of the YMCA. As a participant in the program, each youth will receive a free youth membership to the Sussex Family YMCA. Transportation is provided for Mariner, Millsboro, Georgetown and Beacon middle schools.

11-14 years

After-School Session
(Oct. 1-May 28)

2019-2020 school year

Included in membership

**Tuesday/
Thursday**
3:45 - 6:30 p.m.

SWIM

<p>POOL PARTIES Need a space to hold a birthday party, graduation party, or other celebration? Use the recreational area of our pool for an hour and then use one of our classrooms for your celebration. We will provide a party attendant, you provide the food and decorations (the YMCA is an alcohol-free zone). The party room is yours for the 30 minutes prior to the start of your party to decorate and 30 minutes after to clean up.</p>	varies	<p>As scheduled. Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org.</p>	Fall 1 Fall 2 Winter	Member: \$150 Community: \$200 (up to 12 people)
<p>SWIM STARTER (PARENT/CHILD) All infants and toddlers new to the water or comfortable in the water will excel with this group. Focus will be around all introductory skills of swimming as well as transitional skills with the instructor. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety and drowning prevention.</p>	6 mnths - 3 years	Tuesday, 11 - 11:30 a.m.	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>SWIM STARTERS, A (PARENT/CHILD) Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents will learn about water safety and drowning prevention.</p>	6 mnths - 3 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>SWIM STARTER, B (PARENT/CHILD) Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents will learn about water safety and drowning prevention.</p>	6 mnths - 3 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>PRESCHOOL STROKES 1 Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	3 -5 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.

SWIM

<p>PRESCHOOL SWIM STROKES 2 Encourages forward movement in water and basic self-rescue skills performed independently. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	<p>3 - 5 years</p>	<p>Saturday mornings</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Visit the member services desk or www.ymcade.org for pricing details.</p>
<p>PRESCHOOL SWIM STROKES 3 Develops intermediate self-rescue skills performed at longer distances than in previous stages. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	<p>3 - 5 years</p>	<p>Saturday mornings</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Visit the member services desk or www.ymcade.org for pricing details.</p>
<p>PRESCHOOL SWIM STROKES 4 Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p>	<p>3 - 5 years</p>	<p>Saturday mornings</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Visit the member services desk or www.ymcade.org for pricing details.</p>
<p>PRESCHOOL SWIM STROKES 5 Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p>	<p>3 - 5 years</p>	<p>Saturday mornings</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Visit the member services desk or www.ymcade.org for pricing details.</p>
<p>PRESCHOOL SWIM BASICS (ALL) Focus will be to introduce all skills of Swim Basics 1, 2, 3. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	<p>3 - 5 years</p>	<p>Monday evenings</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Visit the member services desk or www.ymcade.org for pricing details.</p>

SWIM

<p>YOUTH SWIM BASICS (ALL) Focus will be to introduce all skills of Swim Basics 1, 2, 3. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2)</p>	6 - 12 years	Wednesday evening	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>YOUTH SWIM BASICS 1 Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	6 - 12 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>YOUTH SWIM BASICS 2 Encourages forward movement in water and basic self-rescue skills performed independently. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	6 - 12 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>YOUTH SWIM BASICS 3 Develops intermediate self-rescue skills performed at longer distances than in previous stages. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.</p>	6 - 12 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>YOUTH SWIM STROKES 4 Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p>	6 - 12 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.

SWIM

<p>YOUTH SWIM STROKES 5 Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p>	6 -12 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>YOUTH SWIM STROKES 6 Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.</p>	6 -12 years	Saturday mornings	Fall 1 Fall 2 Winter	Visit the member services desk or www.ymcade.org for pricing details.
<p>PRIVATE SWIM LESSONS To register, visit the membership desk or complete a registration form at https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex</p>	Ages 3 and up	Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org .	Fall 1 Fall 2 Winter	Member: \$90 Community: \$135
<p>SEMI-PRIVATE SWIM LESSONS To register, visit the membership desk or complete a registration form at https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex</p>	Ages 3 and up	Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org .	Fall 1 Fall 2 Winter	Member: \$70 Community: \$110
<p>SWIMMING WITH AUTISM (S.W.A.M) Working one-on-one with a trained instructor, student with Autism develop on their swimming skills. Focus will depend on current skill level.</p>	Varies	Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org .	Fall 1 Fall 2 Winter	Full Member: \$200 Community: \$300 (for four 30-minute private lessons)

SWIM TEAM

<p>TIGERSHARKS (Precompetitive Team) This is the group that bridges the gap between our YMCA swim lessons program and our competitive program. Participants are encouraged to participate in dual meets in a fun, no stress environment. Level prerequisites are posted on our Tsunami website, www.sfyswim.com.</p>	5 - 12 years	Preliminary fall/winter schedule will be posted on www.sfyswim.com .	Fall/Winter Season: September 16 - February 23	Member and Community rates TBD. SFY Swim Team Fun Contribution of \$40.00 due at sign up.
<p>BRONZE LEVEL This is the introductory level of our competitive Tsunami age group program. Swimmers are encouraged to participate in local and regional competitions and the YMCA four core values continue to be encouraged. Level prerequisites are posted on our Tsunami website, www.sfyswim.com.</p>	7 - 12 years	Preliminary fall/winter schedule will be posted on www.sfyswim.com .	Fall/Winter Season: September 16 - February 23	Member and Community rates TBD. SFY Swim Team Fun Contribution of \$40.00 due at sign up.
<p>SILVER LEVEL This practice level is designed for age group swimmers and 'newer' senior swimmers who have expressed interest in taking on a greater involvement and commitment to our YMCA competitive swim team. Participation in swim meets is highly encouraged and emphasis is placed on supporting each individual swimmer's journey from being a participant to a leader in the program. Level prerequisites are posted on our Tsunami website, www.sfyswim.com.</p>	9 - 14 years	Preliminary fall/winter schedule will be posted on www.sfyswim.com .	Fall/Winter Season: September 16 - February 23	Member and Community rates TBD. SFY Swim Team Fun Contribution of \$40.00 due at sign up.
<p>GOLD LEVEL Swimmers in this level are beginning to transition from being "age group" swimmers to "senior" swimmers. Strong emphasis is placed on technique refinement with a stronger conditioning experience. Race strategies and mental preparation are included. Swimmers are encouraged to guide their peers as they put the YMCA four core values into use and emphasis continues to be placed on supporting each individual swimmer's journey from being a participant to a leader in the program. Participation in local and regional competitions is expected. Level prerequisites are posted on our Tsunami website, www.sfyswim.com.</p>	11 - 16 years	Preliminary fall/winter schedule will be posted on www.sfyswim.com .	Fall/Winter Season: September 16 - February 23* *swimmers who qualify & compete at Districts 2019 swim until March 15.	Member and Community rates TBD. SFY Swim Team Fun Contribution of \$40.00 due at sign up.

SWIM TEAM

SENIOR LEVEL

Swimmers in this level are committed to their competitive swimming journey. They have demonstrated the ability to train at a consistent level determined by the SFY coaching staff. Emphasis is placed on polishing stroke technique, starts, and turns. This level is also for those 13 and over athletes that swim seasonally, are multi-sport athletes or who just want to swim to be involved in the sport. Stroke technique, race strategy, training intensity, leadership skills, and race preparation for local, regional, and national competitions are important elements of the Tsunami swimmer's journey. Level prerequisites are posted on our Tsunami website, www.sfyswim.com.

13 – 18 years

Preliminary fall/winter schedule will be posted on www.sfyswim.com.

Fall/Winter Season:
September 16 – March 15

Member and Community rates TBD.

SFY Swim Team Fun Contribution of \$40.00 due at sign up.

FALL CONDITIONING TUNE UP

Interested in getting a "head start" on your high school winter swim season? If so, this is a great opportunity for you. Swimmers will meet twice weekly, for 60 minutes at a time, to prepare for their upcoming season and will be coached by the professional Tsunami coaching staff.

13 – 18 years

Schedules will be posted in the branch.

Sept. 16 - Nov. 13

Member: \$75
Community: \$120





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