



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019/ WINTER 2020 PROGRAMS

WESTERN FAMILY YMCA

FALL 1: September 3 - October 27

FALL 2: October 28 - December 22

WINTER 2020: January 6 - February 23



Look inside and discover all the Y has to offer!

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



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

8 LOCATIONS TO SERVE YOU STATEWIDE!

IT'S ALL AT THE YMCA!



A YMCA membership gives you much more than access to our facility. It helps you lead a healthier life by building relationships, 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; Two Outdoor Pools
- Youth Fitness Center
- Basketball Gymnasium
- Men's and Women's Locker Rooms
- Family Locker Rooms
- Sauna
- Over 100 group exercise classes weekly- HIIT, Yoga, Pilates, Barre, Cycling, 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 and Dance
- Youth Sports including Basketball, Soccer, Volleyball and more
- Full Day & Part Day Preschool Program
- Before and After School Care
- Summer Day Camp
- Free Babysitting while you work out
- Teen Center
- 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 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.

www.ymcade.org/connect



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.

| VIEW CURRENT SCHEDULES ONLINE AT WWW.YMCADE.ORG

HOW CAN WE HELP YOU?



LEADERSHIP



THOMAS WALLACE
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JEN REID
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HEALTH & WELLNESS



SHANE SCOTT
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MEMBERSHIP



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YOUTH SPORTS



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BOARD OF GOVERNORS

Sue Dahms, Board Chair

Mike Amir

Bob Auer

Alicia Calhoun

Jeff Faull

Maria Gestwicki

Michelle Lacombe

Rob Rex

Syl Woolford

INFORMATION CENTER

FACILITY HOURS

MONDAY - THURSDAY: 5 a.m. - 10 p.m.

FRIDAY: 5 a.m. - 9:30 p.m.

SATURDAY: 6 a.m. - 8 p.m.*

SUNDAY: 8 a.m. - 8 p.m.*

*Memorial Day to Labor Day we will close at 6 p.m. on Saturday and Sunday.

POOL HOURS

INDOOR POOL

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

Saturday: 7 a.m. - 8 p.m.

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

BUBBLE POOL

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

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

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

**Bubble Pool opens Monday, September 30th.
10-lane pool closes Sunday, September 29th.**

KIDS ZONE HOURS

Drop off babysitting for children **6 weeks - 11 years**. Service is available and free to members and their dependent children. Members will receive 2 hours of care per day while using the facility.

MONDAY - THURSDAY:

8 a.m. - 1:30 p.m. | 3:30 - 8:30 p.m.

FRIDAY: 8 a.m. - 1:30 p.m. | 3:30 p.m. - 7:30 p.m.

SATURDAY & SUNDAY: 8 a.m. - 1:30 p.m.

*Hours may vary on holidays and between breaks.

YOUTH FITNESS CENTER

MONDAY-THURSDAY: 3:30-8:30 p.m.

FRIDAY: 3:30 - 7:30 p.m.

SATURDAY & SUNDAY: 9 a.m. - 1:30 p.m.

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 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 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.

@wfyalerts: General Facility

@wfyccamp: Summer Camp

@wfyccare: Child Care

@wfyfit: Fitness

@wfyysport: Sports

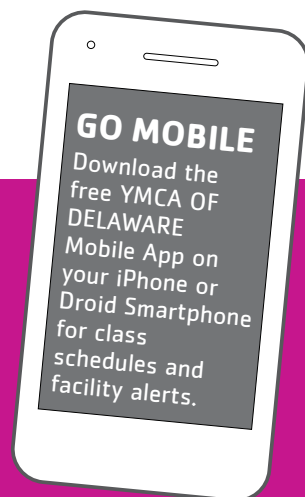
@wfy swim: Aquatics

LET'S CONNECT!



(302) 709-9622

www.ymcade.org



AROUND THE Y

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

MEMBER STORIES

What does the Y mean to you? Do you have a story about how the YMCA helped you or your family? We want to hear about it! Share your passion for the Y by submitting your Y Story via email to Jennifer Reid at jreid@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 targeted programming and 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

FAMILY MOVIE NIGHT

DATES VARY- VISIT THE MEMBER SERVICES DESK FOR DETAILS

Spend time with the whole family as you enjoy a popular kid-friendly movie on the big screen at the Y.

PARENT'S NIGHT OUT EVERY FRIDAY NIGHT

Drop the kids off at the Y and enjoy a night out without the kids. Early registration encouraged.

TRUNK OR TREAT

**FRIDAY, OCTOBER 25, 2019
6:30 - 8 PM**

Bring the kids to this fun, safe outdoor event featuring decorated trunks filled with goodies for all. Costumes are encouraged.

COOKIES WITH SANTA

DECEMBER 7 • 12-2 PM

Stop by with the kids, have a snack and get pictures with Santa!

NEW YEAR'S DAY

**WEDNESDAY, JANUARY 1,
10 AM - 2 PM**

Start 2020 off with a bang! We will be open to the community so, bring a guest and begin your New Year with healthy living, exercise and support - all at the Western Family YMCA. There will be fun to be had (yes, that means exercise too!) and giveaways to encourage your participation and success.

SHAMROCK N ROLL CYCLE-A-THON

SATURDAY, MARCH 14, 2020

Support the Western Family YMCA Annual Campaign by participating in our annual Cycle-A-Thon. This indoor cycle ride is open to the community and brings people of all fitness levels together for a great cause. Look for event details online (www.ymcade.org) and in the branch in early 2020.

Y CONNECT

REFER YOUR FRIENDS AND EVERYONE SAVES!

Bring your friends to the Y and they will receive a free guest pass for the day! Plus, if they join, you both will save 10% off your monthly membership fees. Refer a second friend and you will save 20%! For details visit www.ymcade.org.



ADULT PROGRAMMING



FITNESS

FITQUEST POWERED BY ACTIVTRAX

Let our certified fitness staff help you reach your fitness goals. Available for FREE to any member interested in goal setting, using fitness equipment, and becoming familiar with the various fitness offerings. Our fitness staff will guide you through 3 separate appointments using our ActivTrax App.

(Ages 14 and up)

By appointment.
Walk-ins welcome.

Included in your membership

GROUP FITNESS CLASSES

Experience the incredible energy that only Group Exercise classes can give you. Instructors will lead you through workouts providing you with effective, fun and easy-to-follow steps. The Western Y offers a wide array of classes including Les Mills™, cycling, yoga, Zumba®, and more! Thinking about ways to get fit but without all the impact to your joints? We offer water exercise classes ranging from vigorous, high-intensity water aerobics to gentle aqua arthritis.

(Ages 14 and up)

Please see our website or mobile app for full schedule and class descriptions.

No registration required.

Included in your membership

GROUP EXERCISE SPECIAL EVENTS

- **Les Mills Launches**
October 12 & 13, 2019
January 11 & 12, 2020
- **Forever Well Extravaganza**
November 5 – 6, 2019
- **Shamrock N Roll Annual Fundraiser**
March 14, 2020 (Registration Required)

Please see our website or mobile app for descriptions and schedule of classes.

Included in your 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. Personal Training Interest and Health History forms should be completed prior to your first session and are available online or at the Member Services Desk. By appointment only

30 MINUTE SESSIONS

3 sessions: \$95
6 sessions: \$175
12 sessions: \$315
24 sessions: \$570

60 MINUTE SESSION

3 sessions: \$170
6 sessions: \$280
12 sessions: \$475
24 sessions: \$890

PARTNER TRAINING

3 sessions: \$210
6 sessions: \$350
12 sessions: \$570
24 sessions: \$1,050

PERSONAL TRAINING CLUB (NEW)

Be more accountable and committed to your health and fitness routine. For highly motivated, dedicated individuals interested in reaching their health & wellness goals. Our certified trainers will design personalized workouts based on your goals and interests. Receive a continued discount on Personal Training for maintaining your healthy lifestyle.

By appointment scheduled with a Personal Trainer

For package rates and details please contact Xavier Lopez, Personal Training Coordinator at (302)510-1301 or xlopez@ymcade.org.

FITNESS

SMALL GROUP TRAINING

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.

(Ages 14 and up)

Schedule varies by session.

30 minute class: \$50 per 7 week session
45-60 minute class: \$70 per 7 week session

WEIGHT LOSS PROGRAM

- One-on-one Personal Training
- Nutrition overview & education
- Reach your weight loss goals
- Be encouraged & motivated by others in your group
- Take charge & become more accountable

13 WEEKS

September 16 - December 16

\$150 total for 13 weeks (1-hour session each week)

HEALTH AND WELLNESS

Diabetes Prevention Program

This 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 and is proven to reduce the risk of developing type 2 diabetes by more than 58-72%.

Monday, 6:30 p.m.

Fall and Winter

Contact the Healthy Living Department at 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.

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

Program starts September 10th and runs for 12 weeks.

Free to members and non-members

SWIM

Swim Basics, Teen/Adult

Adults learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab. Classes are 45-minutes in length.

Monday, 8:05 - 8:55 p.m.
 Wednesday, 8 - 8:45 p.m.
 Saturday, 8 - 8:45 a.m.

Fall 1
 Fall 2
 Winter

Member: \$97
 Community: \$194

Swim Strokes, Teen/Adult

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.

Monday, 8:05 - 8:55 p.m.

Fall 1
 Fall 2
 Winter

Member: \$97
 Community: \$194

Private Swim Lessons

By appointment

Ongoing

Pricing varies

Water Fitness Classes

*No Registration Required

See schedule online or on the YMCA of Delaware app

Ongoing

Included in your membership

YOUTH PROGRAMMING



CHILD CARE

<p>Before and After School Care Our licensed program focuses on leadership development, homework assistance, CATCH fitness, nutrition and arts while giving each child the opportunity to become a confident kid today and a healthier, happier grown up tomorrow. Before and After Care is held at the listed schools or at the Y's Youth Development Center. Partial week options are available. (POC accepted)</p>	<p>K - 8th grade</p>	<p>Before School: 7 a.m. - start of school</p> <p>After School: End of school - 6 p.m.</p>	<p>2019/2020 school year</p>	<p>Before Care Only Member: \$227/month Community: \$294/month</p> <p>After Care Only Full Member: \$324/month Community: \$390/month</p> <p>Before and After Care Full Member: \$415/month Community: \$510/month</p> <p>The above rates are based on 5 days per week. Partial week options are available by contacting the Youth Development Center at westernydcoffice@ymcade.org.</p>
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BEFORE AND AFTER SCHOOL LOCATIONS

<p>Middle Schools - After Care Only (Youth Development Center at the Y)</p>	<p>Cab Calloway School of the Arts Stanton Middle School IB Middle Years Program at Dickenson Shue-Medill middle School</p>
<p>Elementary Red Clay Consolidated Schools (on site care)</p>	<p>Marbrook Elementary School Anna P. Mote Elementary School Heritage Elementary School Forest Oak Elementary School Baltz Elementary School</p>
<p>Elementary Christina Schools (on site care)</p>	<p>Brookside Elementary School Maclary Elementary School Gallaher Elementary School Wilson Elementary School Jennie Smith Elementary School</p>

CHILD CARE

<p>Giant Step Preschool (Part Day) 3 - 5 years Your child will have the opportunity to enjoy themes that encourage the use of their imaginations while supporting social, emotional, and intellectual growth. Physical activities are promoted through weekly swim and gym opportunities. Children must be toilet trained to enter the program. (POC accepted)</p>	<p>Monday - Friday 9 a.m. - 11:30 a.m.</p>	<p>2019-2020 school year</p>	<p>3 days per week: Member: \$245 monthly Community: \$309 monthly</p> <p>5 days per week: Member: \$290 monthly Community: \$362 monthly</p> <p><i>\$25 yearly registration fee per family - \$60 yearly activity fee per child</i></p>
<p>Full Day Preschool (3-5 years) This is an integrated program with the Red Clay School District's Early Years Preschool. YMCA preschoolers learn acceptance at an early age and celebrate children's similarities as well as their different abilities and cultures. (POC accepted)</p> <p>OUR CURRICULUM:</p> <ul style="list-style-type: none"> • Math, Science/Sensory, Language/Literacy, Art and Social and Emotional Development • Red Clay School Lunch Program is available. Breakfast and lunch are served most days at an additional fee. <p>PROGRAM FEATURES:</p> <ul style="list-style-type: none"> • Playgrounds & indoor gym • Low staff to child ratio • On-site community programs • Field trips • Weekly gym & recreational swim • Year-round options • Rolling registration 	<p>Monday - Friday 7 a.m. - 5:30 p.m.</p> <p>Location: Meadowood</p>	<p>Year-round</p>	<p>Member: \$818 monthly Community: \$893 monthly \$25 yearly registration fee per family</p> <p>Current rates and valid through December 2019.</p>
<p>School is Out Care (K - 8th grade) Bring your kids to the Y when school is out during the school year. Registration is required.</p>	<p>7 a.m. - 6 p.m. on select days when the Red Clay and/or Christina School Districts are closed.</p>	<p>School year only</p>	<p>Member: \$40 Community: \$55</p>
<p>Summer Day Camp (Pre-K - 8th grade) Whether your child is a budding scientist, a soccer player, or an intrepid explorer, Y full and half-day camps are filled with fun and adventure for campers of all ages - preschoolers through teens.</p>	<p>June - August</p>	<p>February 2020</p>	<p>Visit www.ymcade.org for details.</p>



DANCE – The Annual Recital will be held Saturday, June 6, 2020.

Creative Movement Dance	3-4 years	Tuesday, 4:45-5:30 pm Saturday, 1-10:45 am	Fall 1 and Fall 2	Member: \$104 Community: \$136
Kinder Ballet 1	4-5 years	Saturday, 9:15-10 am	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
KinderDance	4-5 years	Tuesday, 5:30-6:15 pm Friday, 10:15-11 am	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Kinder Ballet 2	5-6 years	Saturday, 12:15-1 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
KinderDance 2	5-6 years	Tuesday, 6:15-7 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Intro Ballet	6-8 years	Saturday, 11:15 am -12:15 pm	2019-2020 school year (Registration Limited)	Member: \$52 /month Community: \$68/month
Intro Tap/Jazz	6-8 years	Friday, 5:45-6:45 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Intro Acro Dance	6-8 years	Friday, 4:45-5:45 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Intro Hip Hop	6-8 years	Thursday, 4:45-5:45 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Ballet 1	8-12 years	Saturday, 10:15-11:15 am	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Modern Dance 1	8-12 years	Saturday, 11:15 am-12:15 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Tap/Jazz 1	8-12 years	Thursday, 5:45-6:45 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
AcroDance	8-12 years	Friday, 7-8 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Hip Hop	8-12 years	Thursday, 6:45 - 7:45 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Ballet 2 (Day 1)	10-17 years	Tuesday, 6-7 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Ballet 2 (Day 2) *Must be combined with Ballet 2 Day 1		Fridays, 5-6 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Pre-Pointe *Must be combined with Ballet 2		Tuesday, 7-7:45 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Modern Dance 2	10-17 years	Friday, 6-7 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Tap/Jazz 2	10-17 years	Saturday, 11 am -12 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Modern Dance 3	*invite only	Tuesday, 5 -6 pm	2019-2020 school year (Registration Limited)	Member: \$52/month Community: \$68/month
Private Dance	10 years+	Varies	Year Round	Member: \$125 (4 lessons) Member: \$200 (8 lessons)
Performing Company Rehearsal *invite only	10 years+	Fridays, 7-8 pm	2019-2020 school year (Registration Limited)	Free for students who audition and meet course requirements.



ENRICHMENT – TEEN/TWEEN LEADERSHIP

YOUTH IN GOVERNMENT JUNIOR Youth in Government (YIG) offers model legislative and judicial experiences to youth with weekly meetings.	11-14 years	Wednesday, 6:30-8 pm	Fall 1	Member and Community: \$100
HOME SCHOOL FITNESS This program provides physical education to our local home school community. Enrichment includes activities in the fitness center, gym, and pool.	8-18 years	Tuesday and Thursday, 12 -2 pm	Fall 1 Fall 2	Member and Community: \$100
DUNGEONS AND DRAGONS	11-18 years	Sunday, 1 -5 pm	Fall 1 Fall 2	Member and Community: \$10 per drop-in session
Teen’s Night Out	11-18 years	3rd Saturday of each month, 7 -9 pm	Fall 1 Fall 2	Member: \$5 Community: \$10

YOUTH HEALTH AND FITNESS

Fitness Center Orientation Upon completion of Orientations and signed parent agreement, youth ages 12-13 can gain access to the Adult Fitness Center. Access does not include the Free Weight area.	12-13 years	By appointment	Ongoing	Included with membership
Group Exercise Make friends, exercise to great music and experience the fun and energy that only group exercise can provide.	7 - 13 years	For class details, download the YMCA of Delaware app, or visit www.ymcade.org .	Ongoing	Included with membership
Personal Training See website, www.ymcade.org , for more information on youth personal training packages.	12-14 years	By appointment	Ongoing	Package rates apply: 3 sessions: \$83 6 sessions: \$145 12 sessions: \$260
Youth Fitness Center Discover new ways to get moving through interactive games and workouts, just for kids!	6-12 years	See schedule in branch or on our website.	Ongoing	Included with membership



SPORTS

Basketball Skills	3 - 4 years	Saturday, 9 - 10 am	Fall II / Winter	Member: \$60 Community: \$120
Basketball Skills	5 - 14 years	Tuesday & Thursday, 6 - 7:30 pm	Fall I	Member: \$75 Community: \$140
Basketball Rookie League	5-6 years	Saturday 10:30 - 11:30 am	Fall II / Winter	Member: \$65 Community: \$120
Basketball Skill (4 weeks only)	7-15 years	Ages 7-8: Tuesday, 6 - 7 pm Ages 9-14: Thursday, 6 - 7:30 pm	Fall II	Member: \$ 65 Community: \$120
Basketball League	7 - 15 years	Saturday and week day practice (times will vary)	Winter	Member: \$95 Community: \$140
Basketball Evaluation TRYOUTS for Elite TEAM	9-12 years	Tryouts will be held on a Saturday in December 2019. Date TBD.	Winter	FREE
Flag Football League	6 - 14 years	Saturday, times vary	Fall I	Member: \$95 Community: \$140
Soccer Skills	3-4 years	Saturday, 9 - 10 am Saturday, 10 - 11 am	Fall I	Member: \$65 Community: \$120
Soccer League	5 - 14 years	Saturday, times vary	Fall I	Member: \$95 Community: \$140
Tennis Skills	5 - 13 years	Saturday, 10 - 11 am	Fall I	Member: \$95 Community: \$140
Volleyball Skills	7 - 14 years	Saturday, 10 - 11 am	Fall I	Member: \$95 Community: \$140
Toddler Sports	2-3 years	Monday, 5:30 - 6:15 pm	Fall II / Winter	Member: \$60 Community: \$120
Pee-Wee In-Door Street Hockey	5-8 year	Sunday, 1-2:30 pm	Winter	Member: \$95 Community: \$120



SWIM LESSONS

<p>Swim Starters, A (Parent/Child) Introduces infants and toddlers to the aquatic environment.</p>	<p>6 months - 2 years</p>	<p>Monday, 5:35-6:05 pm Wednesday, 5:30-6 pm Thursday, 10:05-10:35 am Saturday, 9:45-10:15 am</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$156</p>
<p>Swim Starters, B (Parent/Child) Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.</p>	<p>1 - 3 years</p>	<p>Monday, 6:10-6:40 pm Wednesday, 6-6:30 pm Thursday, 10:35-11:10 am Saturday, 10:20-10:50 am</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$156</p>
<p>Swim Basics 1, Toddler Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	<p>2 -3 years</p>	<p>Monday, 6:10-6:40 pm Wednesday, 5:30-6 pm Thursday, 11:10-11:40 am Saturday, 9-9:30 am</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$156</p>
<p>Swim Basics 1, Preschool Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance</p>	<p>3 - 5 years</p>	<p>Monday, 5:35-6:05 pm Monday, 6:45-7:15 pm Tuesday, 5:15-5:45 pm Wednesday, 6-6:30 pm Wednesday, 7:10- 7:40 pm Thursday, 10:05-10:35 am Thursday, 5:15-5:45 pm Friday, 5:50- 6:20 pm Saturday, 9:45-10:15 am Saturday, 10:20-10:50 am</p>	<p>Fall 1 Fall 2 Winter</p>	<p>Member: \$78 Community: \$156</p>

SWIM LESSONS

<p>Swim Basics 2, Preschool Encourages forward movement in water and basic self-rescue skills performed independently.</p>	3 - 5 years	<p>Monday, 5:35-6:05 pm Monday, 6:45-7:15 pm Tuesday, 5:15-5:45 pm Wednesday, 6-6:30 pm Wednesday, 7:25-7:55 pm Thursday, 10:40 -11:05 am Thursday, 5:15-5:45 pm Friday, 5:50-6:20 pm Saturday, 9:45-10:15 am Saturday, 10:20-10:50 am</p>	Fall 1 Fall 2 Winter	Member: \$78 Community: \$156
<p>Swim Basics 3, Preschool Develops intermediate self-rescue skills performed at longer distances than in previous stages.</p>	3 - 5 years	<p>Monday, 6:45-7:15 pm Tuesday, 5:15-5:45 pm Wednesday, 7:25-7:55 pm Thursday, 11:10-11:40 am Thursday, 5:15-5:45 pm Friday, 5:50 -6:20 pm Saturday, 9:45-10:15 am</p>	Fall 1 Fall 2 Winter	Member: \$78 Community: \$156
<p>Swim Strokes 4 - Preschool Introduces basic stroke technique in front crawl, and reinforces water safety through treading water and elementary backstroke.</p>	3-5 years	<p>Monday, 6:45-7:15 pm Tuesday, 5:15-5:45 pm Thursday, 5:15-5:45 pm Saturday, 10:20-10:50 am</p>	Fall 1 Fall 2 Winter	Member: \$78 Community: \$156
<p>Swim Basics 1, Youth Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.</p>	6-12 years	<p>Monday, 5:35-6:20 pm Tuesday, 4:25-5:10 pm Wednesday, 7:25-8:10 pm Saturday, 11-11:45 am</p>	Fall 1 Fall 2 Winter	Member: \$88 Community: \$176
<p>Swim Basics 2, Youth Encourages forward movement in water and basic self-rescue skills performed independently.</p>	6 - 12 years	<p>Monday, 7:20-8:05 pm Thursday, 4:25-5:10 pm Friday, 5-5:45 pm Saturday, 8:55-9:40 am</p>	Fall 1 Fall 2 Winter	Member: \$88 Community: \$176
<p>Private Swim Lessons Private lessons are taught one-on-one and are ideal for swimmers who want personal instruction specific to their needs.</p>	4 years and older	By appointment only - contact the branch to schedule	Ongoing	Varies



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.



PRECOMPETITIVE SWIM LESSONS

Wahoo Swim Academy

Join a more progressive level of swimming. Refine strokes, build endurance and confidence. Advanced swimmers will experience the swim team in a semi-competitive nature while working with swim coaches and swim instructors to improve their technique. Participants will have the opportunity to compete in YMCA swim meets if interested. Practices are held two days/week in the Indoor Pool.

PREREQUISITE

Prior enrollment in Swim Academy or a swim evaluation by a Western Swim Instructor is required prior to registration.

5 - 12
years

Tuesday,
5:50-6:50 pm
Thursday,
5:50-6:50 pm

Sept.
through
May

Space is limited. Please contact the Members Service Desk for more information. Evaluations for this program will be scheduled in early August.

SWIM TEAM

Western Wahoos Swim Team

Visit westernwahoos.org for full practice schedules and prices, or contact Tom Janton at janton@ymcade.org.

5 - 18
years

September 2019 through
May 2020

prices vary



TRAINING/CERTIFICATIONS

<p>ELLIS LIFEGUARDING 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>15 years and up</p>	<p>SESSION 1 November 12, 5-9 pm* November 15, 5-9 pm November 16, 9:30 am - 7pm* November 17, 10 am - End</p> <p>SESSION 2 December 3, 5 - 9pm* December 6, 5 - 9 pm December 7, 9:30 am - 7pm* December 8, 10 am - End</p> <p>*Indicates recertification students should also attend.</p>	<p>Fall and Winter</p>	<p>Member: \$210 Community: \$280</p>
<p>ELLIS LIFEGUARDING RECERTIFICATION PRE-REQUISITES: Prior Ellis Lifeguarding Certification. Must show proof of current Ellis certification to be eligible.</p>	<p>15 years and up</p>	<p>SESSION 1 November 12, 5-9 pm November 16, 9:30 am - 7pm</p> <p>SESSION 2 December 3, 5 - 9pm December 7, 9:30 am - 7pm</p>	<p>Fall and Winter</p>	<p>Member: \$130 Community: \$200</p>





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Wilmington, DE

WESTERN FAMILY YMCA

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