



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING/SUMMER 2020 PROGRAM GUIDE

BRANDYWINE YMCA

SPRING 1 SESSION: February 24 - April 9

SPRING 2 SESSION: April 20 - June 14

SUMMER SESSION: June 15 - September 6



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!

WHAT DOES A YMCA MEMBERSHIP INCLUDE?



- Fitness Center: State of the Art Cardio Equipment, Strength Circuit, Free Weights, Functional Training and Stretching Area
- Up to two hours of child care while you work out
- Youth Fitness Center
- Teen Center/ Teen Leadership Programs
- Two Indoor Pools
- One Outdoor Pool at the Hanby Outdoor Center
- Basketball Gymnasium
- Men's and Women's and Family Locker Rooms
- Two Saunas
- 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, Dance, Karate and more
- Youth Sports including Basketball, Soccer, Flag Football and more
- Preschool Program
- Before and After School Care
- Summer Day Camp
- Plus, you are part of a greater cause! Did you know the YMCA is a non-profit charity that provides numerous programs and services to the community? Visit ymcade.org 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.



INFORMATION CENTER

FACILITY HOURS

Monday – Friday: 5 a.m. – 10 p.m.

Saturday: 5 a.m. – 8 p.m.

Sunday: 12 Noon – 8 p.m.

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

KIDS ZONE

(6 weeks to 11 years) Members receive two hours of free drop-in babysitting per child per day while utilizing the facility.

- Monday – Friday:
7:45 a.m. – 1 p.m. and
4 p.m. – 8:30 p.m.
- Saturday: 7:45 a.m. – 2 p.m.
- Sunday: Noon – 5 p.m.

*Hours may vary. Check our app or website for updates. You are permitted to bring NUT FREE snacks for your child to enjoy during snack times.

YOUTH FITNESS CENTER

(Ages 5 – 12 years) Youth Fitness is an activity-based program that is offered FREE to our Members. Our staff will ensure kids are involved in active games and child appropriate mini workouts during their time with us. Time limit is 90 minutes.

- Monday – Thursday: 5 – 8 p.m.
- Friday: 5 – 7 p.m.
- Saturday: 9 a.m. – 12:15 p.m.
- Sunday: 12 noon – 3 p.m.

*Hours may vary. Check our app or website for updates

INDOOR POOLS

*From Memorial Day through Labor Day our indoor pools will close at 5:50 p.m. on weekends.

NORTH POOL

- Monday–Friday: 5 a.m. – 9:50 p.m.
- Saturday: 5 a.m. – 7:50 p.m.
- Sunday: 12 p.m. – 7:50 p.m.

SOUTH POOL

- Monday, Wednesday, Friday:
6 a.m. – 9:50 p.m.
- Tuesday, Thursday: 7 a.m. – 9:50 p.m.
- Saturday: 7 a.m. – 7:50 p.m.
- Sunday: 12 noon – 7:50 p.m.

HANBY OUTDOOR POOL

The Hanby Outdoor Pool is open from Memorial Day weekend through Labor Day.

MEMORIAL DAY WEEKEND

Saturday & Sunday 11 a.m. – 6:30 p.m.

MEMORIAL DAY, 4TH OF JULY AND LABOR DAY

- 7 – 9:30 a.m. (Lap Swim Only)
- 10 a.m. – 6:30 p.m. (Family Swim + 1 Lap Lane)

MAY 26 TO JUNE 12

- Monday & Tuesday Closed
- Wednesday, Thursday & Friday
4 – 6:30 p.m.
- Saturday & Sunday: 11 a.m. – 6:30 p.m.

JUNE 13 TO AUGUST 16

- Monday to Friday 1 – 8 p.m.
- Saturday & Sunday 10 a.m. – 8 p.m.

AUGUST 17 TO SEPTEMBER 6

- Monday to Friday 1 p.m. – Dusk*
- Saturday & Sunday 10 a.m. – Dusk*

*Hours are subject to change based on the BSD School District schedule and available daylight.

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 SESSIONS

SPRING 1: February 24 – April 9

Member Registration: February 10 – 23

Community Registration: February 17 – 23

SPRING 2: April 20 – June 14

Member Registration: April 6 – 19

Community Registration: April 13 – 19

SUMMER: June 15 – September 6

Member Registration: June 1 – 14

Community Registration: June 8 – 14

HOLIDAYS & IMPORTANT DATES

APRIL 12 (Easter): 12 – 4 p.m.

MAY 25 (Memorial Day):

7 – 11 a.m. – Outdoor Pool will be open normal hours – weather permitting

JULY 4 (Independence Day) :

7 – 11 a.m. – Outdoor Pool will be open normal hours- weather permitting

SEPTEMBER 7 (Labor Day):

7 – 11 a.m. – Outdoor Pool will be open normal hours- weather permitting



PHONE: (302) 478-9622



EMAIL: Please make sure we have your current email address on file so we can keep you up to date via email.



www.ymcade.org



DOWNLOAD OUR APP!

Take a photo of the QR code, or search for DAXKO in the app store. Once you download the app, search for and select the YMCA of Delaware as your Health and Wellness Center.

AROUND THE Y

There's always something happening at the Brandywine YMCA. Our website is a great way for you to stay up to date. Be sure to check visit www.ymcade.org frequently for our most current list of events.

VISIT THE HANBY OUTDOOR CENTER AND POOL!

Do you like spending time in the great outdoors? Come join us at our Hanby Outdoor Center and Pool. Situated on 88 acres of land, this venue is located in North Wilmington approximately 10 minutes away from our Brandywine YMCA (35 Chestnut Street, Wilmington, DE 19810). **Watch for our full summer calendar of events and summer pool hours available this spring.**

PARENTS NIGHT OUT

Fridays, 6-9 p.m.

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

REGISTRATION: Register in advance at Member Services.

DATES:

March 6, 20

April 3

May 1, 15

June 5

FEES: \$20 per child
\$15 for additional sibling

TEEN NIGHTS

First Friday of each month during the school year, 4-7 p.m.

Teens, join us for your very own teen night! Hang out with friends, shoot a game of pool, play air hockey, swim or workout in the fitness center! FREE and open to the community.

For more information, contact Gary Karp at gkarp@ymcade.org.

FAMILY PAJAMA PARTY

Saturday, March 7

Enjoy a fun night of swimming, snacking, and watching a movie. This party is for preschoolers and their siblings in the Movement Studio. Bring a swim suit, pajamas, a sleeping bag and a pillow. Parents must stay with their children during the movie.

Swimming: 5- 5:45 p.m.

Movie: 6 - 7:45 p.m.

Please register in advance at the Member Services Desk.

FEE: Members are FREE.

CONTACT: agillis@ymcade.org or (302) 510-1199

HEALTHY KIDS DAY

Saturday, April 18

11 - 1 p.m.

Help us celebrate Healthy Kids Day®, our national initiative to improve the health and well-being of kids. Join us at the Brandywine YMCA for games, activities, fitness, crafts and snacks. Bring your family and friends. This event is free and open to the community.

MOTHER'S DAY BINGO

Saturday, May 11

10 - 11:15 a.m.

Ages: 4-8 years

Celebrate Mother's Day with a game of bingo with your kids! Play for prizes and eat some treats!

Members: \$12

Community: \$18

NEW YORK BUS TRIP

Saturday, May 16

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

Take advantage of matinée theater bargains, see the famous sights, visit art museums or shop! Bus will depart from Brandywine Y.

FEE: \$50 per person (open to the community)

CAMP OPEN HOUSE

Friday, June 12

5:30 - 7:30 p.m.

Come to the Hanby Outdoor Center to participate in camp activities, meet the staff, take a tour, and ask questions about our camp program.

FATHER/DAUGHTER TEA PARTY

Saturday, June 15

10 - 11:15 a.m.

Ages: 4-8 years

Celebrate Father's Day with a tea party including real princess china, dressing up, refreshments, music, games and crafts.

Members: \$12

Community: \$18

CAMP CARNIVAL

Wednesday, July 8

6 - 8 p.m.

Join us at the Hanby Outdoor Center for some carnival fun. A \$5 fee for each camper gets unlimited participation on all inflatables, games, and activities. All proceeds go to our annual campaign to help people in our community who are unable to participate in YMCA programs.



DID YOU KNOW THE YMCA IS A NON-PROFIT CHARITY?

THE Y FOR ALL

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

OUR MISSION

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

HOW CAN WE HELP YOU?



LEADERSHIP



LINDA RISK
Group Vice President
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302-478-3202

MEMBERSHIP



MARK DIGIACOMO
Membership Director
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HEALTH & WELLNESS



DOT MCFADDEN
Senior Health & Wellness Director
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TERRI BORKLAND
Fitness Center Director
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ANN MORKEN
Group Fitness Land and Water
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VIC AGUILAR
Run Coach and Running Program Coordinator
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THERESA HASKELL
Personal Training/ Special Program Coordinator
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CHILDCARE



ELIZABETH SCHAFF
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GARY KARP
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BRIDGET O'CONNOR
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MELINA GILLIS
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STEPHANIE SAUERBRUNN
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SPECIAL INTEREST



AMY JIMISON
Youth Enrichment, Dance and Special Interest
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STEFANIE BOWDEN
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DEVELOPMENT



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AQUATICS



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MIKE JUMPS
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SARAH KELLY
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302-478-3106



JENNIFER KRZYWICKI
Aquatic Safety Coordinator
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302-392-2400

SPORTS



VICTORIA BURTON
Director of Youth Sports
vburton@ymcade.org
302-510-1183



ADULT PROGRAMMING

FITNESS

FitQuest (14+ years) Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals. With Y approved exercise and meal plans tailored to you, our coaches will create a wellness program for all ages and fitness levels.	By appointment	Ongoing	Included in membership
Personal Training (12 and up) Our certified trainers will design personalized workouts based on your goals and interests. Your first session will be a consultation to ensure that your trainer develops the best plan to meet your needs and help you achieve your goals.	By appointment	Ongoing	Package Rates Apply
Small Group Training (14 and up) Class size is limited so you will get plenty of expert instruction while still tapping into the motivation of the group! Offerings change each session.	Schedule varies by session	Ongoing	Member: \$58/ 8 week session (multi-class discounts apply)
Private Run Coaching Work with our certified run coach to improve running technique, endurance, speed and efficiency while reducing risk of injury. We can help you reach your goal regardless of distance.	By appointment	Ongoing	Special package rates apply – payment plans available.
Group Running Programs We offer Couch to 5K, Next Level 5K and Half Marathon programs. Visit www.ymcade.org for current dates.	Schedule varies by session. See schedule in branch or the YMCA of Delaware App.	Ongoing	Price varies by program.

Les Mills GRIT (16 and up) 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! GRIT is a fee-based program.	Schedule varies by session	Ongoing	Member: \$58
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.	See schedule in branch or the YMCA of Delaware App	Ongoing	Included in membership

HEALTH AND WELLNESS

Best Body Countdown The nutrition, fitness and lifestyle challenges of this 8-week program are strategically designed to help you reach Your Best Body, regardless of starting fitness level or weight. We provide all of the tools, motivation and accountability you need to be successful.	Program begins Tuesday, September 8, 2020. Registration opens mid-August	Details and pricing information will be available at www.ymcade.org , and in the branch beginning August 2020.
Diabetes Prevention Program The YMCA Diabetes Prevention Program is an evidence-based program recognized by the Centers for Disease Control and Prevention. This 12-month program is designed to help individuals with prediabetes reduce their risk of developing diabetes. The program is proven to reduce the risk of developing type 2 diabetes by more than 58-72%.	For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.	
LIVESTRONG at the YMCA These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. LIVESTRONG at the YMCA creates a welcoming community in which cancer survivors can develop supportive relationships and improve their quality of life.	This program is free for members and non-members. For details or to register, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.	
Weight Loss Program When it comes to losing weight, there isn't a "one size fits all" strategy. That's why the YMCA's Weight Loss Program teaches you how to design your own plan that you can sustain over time. Led by a trained facilitator who creates a safe and supportive environment for all, participants in the program meet in a small group setting for one-hour each week for 12 weeks. Our facilitators guide discussions on goal setting, balanced eating, physical activity, stress, mindfulness and more.	Tuesdays, 6:30 p.m. (Begins April 21, 2020) Wednesdays 12 p.m. (Begins April 22, 2020)	Contact: Terri Borkland Weight Loss Program Facilitator tborkland@ymcade.org

SPORTS

Karate This program teaches the art of Tae Kwon Do along with minor segments borrowed from Yoga, Jiu-jitsu, and Shotokan.	Classes meet on Saturdays and vary by level.	Spring Summer	Member: \$74 Community: \$109
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ENRICHMENT/ SPECIALTY

Active Older Adult Social Club Join your YMCA friends once a week for fellowship, fun and learning! Activities include board games, cards and anything else the group can dream up.	Wednesdays, 1 -3 p.m.	Spring	Included in membership
Brandywine Social Club Adults with intellectual and physical diversabilities will meet weekly for activities that promote social and personal growth. Participants will connect with new friends and engage in activities such as movie night, going out to dinner, movement classes, bowling, and more. Many life skills are practiced such as money handling, bus riding, and scheduling activities.	First Monday of each month, 6:30 – 8 p.m. Other weekly activities are scheduled on different days. Schedules are distributed each month.	Year-round	Members and Community \$40 annually
Bunco Bunco is a fast-paced dice game of chance. It's a great way to make some new friends. No experience needed!	Friday, April 24 7 – 9 p.m.	Spring	Included in membership
Adult Tap (16 and Up) Learn basic to advanced steps and routines in a fun class that provides great conditioning and exercise.	Saturdays 11-11:55 a.m. No class 4/11/20 and 5/23/20	Spring 1 Member: \$57 Community: \$96	Spring 2 Member: \$67 Community: \$112
Adult Ballet (16 and up) A ballet technique class with special emphasis on stretching, flexibility, and muscle toning. No experience required.	Saturday, 12 - 12:55 p.m. Spring 1 - No Class 4/11/20 Spring 2 - No Class 5/23/20 Summer (6/20-7/25) No Class 7/4/20	Spring 1 Member: \$57 Community: \$96 Spring 2 Member: \$67 Community: \$112	Spring 1 & 2 Member: \$48 Community: \$80
NYC Bus Trip (open to community) Take advantage of matinée theater bargains, see the famous sights, visit art museums or shop! Bus will depart from Brandywine Y.	Saturday, May 16, 7:15 a.m. - 9 p.m.	Spring 2	\$50 per person

SWIM (Summer swim schedules will be posted at www.ymcade.org and in the branch by May 6, 2020.)

Swim Basics (16 and up) Increase the 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.	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Swim Strokes (16 and up) Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Private Swim Lessons Learn how to swim at your own pace or work individually with a swim instructor to meet your goals. Private lessons are available in sets of six 15 or 30-minute sessions.	Requests for private lessons are through an online form found online.	Spring 1 Spring 2 Summer	Members Only Five 15-Minutes: \$90 Five 30-Minutes: \$175
Adaptive Guided Experience This class is for those who have diversabilities. It is designed to build strength, confidence, and improve coordination through swimming and creative play. Staff to Participant Ratio is 1:3	Wednesday, 6:15 - 7 p.m.	Spring 1 Spring 2 Summer	FREE to full members Community: \$120
S.W.A.M (Swimming with Autism) Focus will be to introduce skills to individuals with autism diversabilities around water adjustment and/or stroke development. Staff to Participant Ratio is 1:1	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Adaptive Conditioning This program is focused to support individuals with diversabilities on stroke conditioning with an emphasis on exercise and possibly pre-competitive or competitive ambitions. Participants must be able to train for an hour of time while working in a small group setting. Staff to Participant Ratio is 1:5	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$88 Community: \$126
Water Fitness Classes Have you thought about moving your workout to the water? Jump in the pool and make a splash in Water Aerobics, Yoga, Pilates, Tai Chi and more! The water's resistance can improve strength, flexibility, and cardiovascular health as well as facilitate rehabilitation and even enhance sports skills. Water fitness provides a low-impact way to get in shape and is ideal for all skill levels, non-swimmers included.	See schedule in branch or the YMCA of Delaware App. *No Registration Required	Spring 1 Spring 2 Summer	Included in membership

YOUTH PROGRAMMING



CHILD CARE

Before & After School Care Morning and afternoon care for children in the Brandywine School District including: Lombardy, Mt. Pleasant, Claymont, Hanby, Carcroft, Forwood, Lancashire.	K - 5th grade	Before School Care 7 a.m. - start of school After School Care End of school - 6 p.m.	2020-2021 school year	3 days \$290/month 5 days \$ 385/month AM care \$148/month
Giant Step Preschool Each week, preschool children will participate in weekly swim lessons (ages 3 - 4), dramatic play, music, arts & crafts, playground/gym time and recreational swim.	2 - 3 years (must be 2 by 9/1/2020)	Monday, Wednesday and Friday or Tuesday and Thursday	2020-2021 school year	Member: 3 day: \$294 2 day: \$262 Community: 3 day- \$364 2 day - \$306
Giant Step Preschool Each week, preschool children will participate in weekly swim lessons, dramatic play, music, arts & crafts, playground/gym time and recreational swim.	4 years (must be 4 by 9/1/20)	Monday - Friday	2020-2021 school year	Member: \$368/month Community: \$452/month
KIDS ZONE At the Y, 2 hours of free babysitting is included in your membership. Our Kids' Zone serves youth with age-appropriate activities and opportunities to move and exercise.	6 weeks to 12 years	Please check online and/or the calendar in Kids Zone to see a list of hours by date.	Year-round	Included with membership
Lunch Bunch Social lunch time for Giant Step preschool children.	2- 4 years	Monday-Friday, 12 - 1 p.m. (bring lunch from home)	2020-2021 school year	Member: \$5 Community: \$7 or 6 lunches for \$25
School is Out Care Bring your kids to the Y when school is out during the school year for in-service days, holidays, etc. Registration is required.	K - 5th grade	September - June	Fall/Winter/Spring	Member: \$40 Community: \$57
Summer Camp 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.	Pre-K - 8th grade	June - August	Visit www.ysummercamp.org for details or to register.	

CAMP/SUMMER WORKSHOPS

Summer Camp 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.	Pre-K – 8th grade	June – August	For details, visit www.ymcade.org .
YMCA Super Sitters Plus <ul style="list-style-type: none"> • An expanded one-week program with hands-on childcare experience working with babies and preschool children. • Pediatric Infant/Child CPR and First Aid certification • Pool safety class • Babysitter resource and first aid books • YMCA ID and CPR card. You must attend all classes to receive your certification. 	11-14 years	June 22-26 8:30 a.m. – 12:30 p.m.	Member: \$145 Community: \$182
Messy Art Workshop Week Let your creativity run wild in this messy art class! Dress in old clothes and get ready to get messy with paint, tie-dye, and much more. *Children enrolled in Camp Koda will be transported to and from workshops.	5-10 years	June 29, 9 a.m. – 12 p.m.	Member: \$180 Community: \$215
STEM Workshop Children will enjoy interactive, hands on activities while learning more about science, technology, engineering and math concepts. *Children enrolled in Camp Koda will be transported to and from workshops.	5 – 10 years	July 6 9 a.m. – 12 p.m.	Member: \$180 Community: \$215
Preschool Tumbling Summer Workshop Participants will develop gross motor skills through movement and basic tumbling skills in a fun, safe environment. Children are grouped according to skill level and will work through rolls, balancing, cartwheels, bridges, handstands and more! Class will be held in the gym. *Children enrolled in Camp Koda will be transported to and from workshops.	3-5 years	July 13-17, 1-3 p.m.	Member: \$125 Community: \$145
Young Artist Studio Workshop Students will create their own masterpieces as they learn drawing, painting, pottery, printing, etc. Class will also include some art history as we try techniques of famous artists. *Children enrolled in Camp Koda will be transported to and from workshops.	5-10 years	July 13-17 9 a.m. – 12 p.m.	Member: \$180 Community: \$215
Disney Magic Dance Workshop This is a dance experience for boys and girls that includes ballet, tap and theater skills with an emphasis on fun. Our dancers will have a craft time each day as they make costumes and scenery. Participants should wear leotards, tights or comfortable clothing. Ballet and tap shoes are suggested but not required. A special performance is presented the last day of camp for family and friends. *Children enrolled in Camp Koda will be transported to and from workshops.	4 – 6 years	July 20 – 24 9 a.m. – 12 p.m.	Member: \$148 Community: 185
Disney Show-time Dance Workshop This is an intensified dance experience for girls and boys. Students will work on tap, ballet, jazz and hip hop. There will be a craft time each day. Dancers will learn behind the scene skills like costume and scenery design. Participants should wear leotards, tights or comfortable clothing. Ballet and tap shoes are suggested but not required. A special performance is presented the last day for family and friends.	6 – 12 years	July 27 – 31 9 a.m. – 12 p.m.	Member: \$148 Community: 185



DANCE/TUMBLING

Dance and Movement Parent/Child A perfect first dance experience using stretching, movement, and rhythm.	2 - 3 years	Thursday, 11-11:45 a.m.	Spring 1 Member: \$63 Community: \$105	Spring 2 Member: \$72 Community: \$120
Pre-Ballet Introduction to beginning ballet steps and terms, focusing on balance, body and spatial awareness, rhythm and coordination.	3-4 years	Thursday, 3:45-4:30 p.m. or Tuesday, 1-1:45 p.m.	Spring 1 Member: \$63 Community: \$105	Spring 2 Member: \$72 Community: \$120
Ballet I An introduction to ballet terms, positions and steps.	5+ years	Thursday, 4:30-5:15 p.m.	Spring 1 Member: \$63 Community: \$105	Spring 2 Member: \$72 Community: \$120
Ballet II An advanced dance program for students who have taken Ballet I.	6+ years	Tuesday, 6 - 6:45 p.m.	Spring 1 Member: \$63 Community: \$105	Spring 2 Member: \$72 Community: \$120
Tap/Ballet An introduction to both ballet and tap. Tap shoes needed for class.	4-6 years	Tuesday, 1:45 - 2:30 p.m. Tuesday, 5:15 - 6 p.m. or Saturday, 9 - 9:45am	Spring 1 Member: \$63 Community: \$105	Spring 2 Member: \$72 Community: \$120
Tap/Ballet II A continuation of our popular tap/ ballet class. Tap and ballet shoes needed for class.	6+ years	Thursday, 5:15-6 p.m.	Spring 1 Member: \$63 Community: \$105	Spring 2 Member: \$72 Community: \$120

Tap/Ballet III An advanced one-hour class for students who have taken our Tap/Ballet II or Ballet I classes or at other studios. Tap and Ballet shoes needed for class.	6+ years	Thursday, 6 – 7 p.m.	Spring 1 Member: \$67 Community: \$112	Spring 2 Member: \$76 Community: \$128
Hip Hop Learn basic moves to the latest pop music.	6-10 years	Saturday, 9:45-10:30 a.m.	Spring 1 Member: \$54 Community: \$90	Spring 2 Member: \$63 Community: \$105
Tumble Tykes A more structured environment where children begin to develop basic tumbling skills. Students will work through rolls, balancing, cartwheels, bridges, handstands and more.	3 1/2 – 5 years	Saturday, 9 – 9:25 a.m. Spring 1 – no class 4/18 Spring 2 – no class 5/23	Spring 1 & 2	Member: \$56 Community: \$70
Preschool Tumbling Participants will develop gross motor skills through movement and basic tumbling skills in a fun, safe environment. Children are grouped according to skill level and will work through rolls, balancing, cartwheels, bridges, handstands and more! Class will be held in the gym.	3 – 5 years	Monday, 1 – 1:30 p.m., or 1:30 – 2 p.m. Spring 1 – no class 4/13 Spring 2 – no class 5/25	Spring 1 & 2	Member: \$56 Community: \$70
Junior Tumblers This group will be working on all beginner tumbling skills, from the front roll to the handstand, and strength and flexibility moves to promote growth and elasticity.	5 – 7 years	Saturday, 9:30 – 9:55 a.m. Spring 1 – no class 4/18 Spring 2 – no class 5/23	Spring 1 & 2	Member \$56 Community: \$70
Tumbling I This class is for older children who are beginner tumblers. Participants will work on basic tumbling skills as well as strength and flexibility moves that promote growth and elasticity.	7 – 10 years	Saturday 10-10:45 a.m. Spring 1 – no class 4/18 Spring 2 – no class 5/23	Spring 1 & 2	Member: \$62 Community: \$84
Tumbling II An intermediate/advanced class for the more experienced tumbler. Participants should have mastered round offs, bridge kick-overs, and handstands.	7 – 10 years	Saturday, 10-10:45 a.m. Spring 1 – no class 4/18 Spring 2 – no class 5/23	Spring 1 & 2	Member: \$62 Community: \$84

ENRICHMENT

Arts and Crafts A special hour of creative arts and crafts projects for young children!	4 - 6 years	Saturday, 9-10 a.m. No class 5/23	Spring 1 Member: \$56 Community: \$92	Spring 2 Member: \$65 Community: \$107
Preschool Hands-On Science and Social Studies Preschoolers interactively explore their world in a fun, hands-on environment of discovery with an emphasis on both science and social studies. Due to the science portion of this class in the kitchen, we do not recommend this class for children with food allergies.	4 - 5 years	Wednesday, 1-2 p.m.	Spring 1 Member: \$56 Community: \$70	Spring 2 Member: \$56 Community: \$70 Spring 2- last class 6/3/19
Creative Drawing and Painting Participants will learn to draw and paint in the medium of their choice and put together a portfolio. Please bring a 10 x 12 sketchpad for class.	8-14 years	Tuesday, 6-7 p.m.	Spring 1 Member: \$65 Community: \$107	Spring 2 Member: \$75 Community: \$122
Young Artist's Studio Students will create their own masterpieces as they learn drawing, painting, pottery, printing, etc. Class will also include some art history as we try techniques of famous artists. Bring a 10 x 12 sketchpad to the first class.	7 - 12 years	Saturday, 10:15 - 11:15 a.m. No class 5/23	Spring 1 Member: \$56 Community: \$92	Spring 2 Member: \$65 Community: \$107
Kids Clay and 3-D A hands-on class where participants will design and work with clay and paper mache, creating items such as a container, mask, jewelry, etc.	6-10 years	Monday, 4:30-5:30 No class 5/23	Spring 1 Member: \$65 Community: \$107	Spring 2 Member: \$70 Community: \$107
Spring Break YMCA Super Sitters <ul style="list-style-type: none"> • Pediatric Infant/Child CPR and First Aid Certification • Pool safety class • Babysitter resource and first aid books • YMCA ID and CPR card. You must attend all classes to receive your certification 	11 - 14 years	Wednesday, Thursday and Friday, 8:30 - 12:30 p.m.	April 15 - 17	Member: \$80 Community: \$115
Preschool Cooking Children will mix it up with basic cooking skills, healthy eating habits and create tasty treats.	3 - 5 years	Thursday, 1 - 2 p.m.	Spring 1 Member: \$56 Community: \$70	Spring 2 Member: \$56 Community: \$70 Last class 6/4
Mother's Day Bingo Celebrate Mother's Day with your kids and a fun game of Bingo. Play for prizes and eat some sweet treats.	4 - 8 years	Saturday, May 11 10 - 11:15 a.m.	Spring 2	Member: \$12 Community: \$18
Father/Daughter Tea Party Celebrate Father's Day with a tea party including real princess china, dressing up, refreshments, music, games and crafts!	4 - 8 years	Saturday, June 15 10 - 11:15 a.m.	Spring 2	Member: \$12 Community: \$18



ENRICHMENT: TEEN/TWEEN LEADERSHIP

YMCA Corner Stop Teen Center Stop in today and try out the new Corner stop Teen Center! In this safe, fun environment, teens can play a game of pool, battle it out on the play station, work on homework, or just hang out with friends. The YMCA Corner Stop is free, and open to all teens.	Grades 6-12	Drop-In Hours Tuesday-Thursday, 4-7 p.m.	School Year	Free to members and the community
Junior Leaders This is an opportunity to meet other tween/teen members, go on field trips, play games, make community contacts and learn something about yourself. The core values of the YMCA: Honesty, Caring, Respect, and Responsibility will be emphasized.	Grades 3 - 6	Wednesday, 6:30 - 7:30 p.m.	Meetings are held September - May.	Included with membership
Teen Leaders Teen Leaders is a productive, fun group where teens get together to make contributions to their community. They will plan fundraisers to earn money for special trips and charities, volunteer within the community at places like nursing homes and hospitals, and go on overnights and weekends away. Besides teens helping the community, participants will also learn and help each other grow. Lifelong friendships are founded within this program. Just come to a weekly meeting to join the group!	Grades 6 - 12	Tuesday, 6:30 - 8 p.m.	Meetings are held September - May.	Included with membership
Youth In Government Youth in Government (YIG) offers model legislative and judicial experiences to youth. Weekly meetings begin in January and continue leading up to the Training and Elections Conference in mid-March, and the culminating event, Model Legislative and Judicial Conferences in early April. Both events will take place in Dover, DE at Legislative Hall and the Kent County Court House. Visit DEYIG.ORG for details.	Grades 9-12	Thursdays, 6:30 - 8 p.m.	Meetings start January 6, 2020 and run until mid-march.	Members and Community: \$325
Jr. Model Legislature The Middle School legislative process introduces middle school students to how the legislative process works. The group meets on Thursdays and takes the process from the beginning which includes research, writing, model debate and procedure and culminates with a Saturday conference in November.	Grades 6 - 8	Thursdays, 6:30 - 8 p.m.	Meetings start September 10, 2020 and run until November.	Members and Community: \$100

HEALTH AND FITNESS

Fitness Center Orientation – Youth 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	Spring 1 Spring 2 Summer	Included with membership
Personal Training We will meet one-on-one with your child and train them with programs specifically designed for their needs and goals.	12-14 years	By appointment	Spring 1 Spring 2 Summer	Package rates apply. Introductory packages start at \$138.
Strong Enough (group sessions) Ready to use the Adult Fitness center? These classes cover safety, etiquette, training techniques and form to help your child transition to safe use of the Adult Fitness Center. We establish a strong foundation for healthy habits in this course.	10 - 13 years	To be announced	Spring 1 Spring 2 Summer	Member: \$78
Strong Enough (1 on 1 sessions) Our certified personal trainers will cover all the same information included in our group sessions, plus provide individualized instruction to meet your child's unique needs.	10-13 years	4-6 private sessions - By appointment	Spring 1 Spring 2 Summer	Member: \$175
Youth Fitness Center Discover new ways to get moving through interactive games and workouts, just for kids!	5-12 years	Mon. - Thurs.: 5 – 8 p.m. Friday: 5 – 7 p.m. Saturday: 9 a.m. – 12:15 p.m. Sunday: 12 – 3 p.m. *Hours may vary. Check our app or website for updates.	Spring 1 Spring 2 Summer	Included with membership



SPORTS

Archery (Hanby Outdoor Center) Participants will learn the proper technique to shoot a bow, be safe on the range, and create and score archery games.	8 - 16 years	Saturday, 9 - 10 a.m. or 10 - 11 a.m. (No class 5/23)	Spring 2	Member: \$60 Community: \$91
Basketball Skills Designed to teach fundamentals with individualized instruction in a small group environment. Class size limited.	Grades K-2 Grades 3-5	Tuesdays, 5 - 5:55 p.m. Thursdays 5 - 5:55 p.m.	Spring 1	Full Member: \$74 Community: \$93
Karate for Kids An intermediate level Tae Kwon Do class; you must complete the beginner class before registering for this class.	4 - 6 years	Classes take place on Saturday. Times vary.	Spring 1 & 2	Full Member: \$68 Community: \$93
Karate Youth Taught by Tae Kwon Do black belt instructors, students develop fitness, flexibility, strength, self-confidence, and discipline.	7 - 13 years	Saturdays -times vary.	Spring 1 & 2, and Summer	Member: \$74 Community: \$109
Soccer Tots (Instructional) An introduction to the basics of soccer in a fun environment that will prepare your child to advance to the Youth Soccer League. The classes meet on Saturdays for 30 minutes at the Hanby Outdoor Center. Shin Guards are required.	3 - 4 years	Mondays, 5:30 - 6:15 p.m. (no class 4/13/20)	Spring Apr. 6 - May 18	Member: \$68 Community: \$93
Soccer League, boys and girls Emphasis on participation in low pressure environment. All players participate in at least half game. Teams practice one night a week.	5 - 13 years	Saturdays, times vary (No game 4/11/20 and 5/23/20)	Spring April 4 - May 30th	Member: \$74 Community: \$109
Summer Soccer, boys and girls Instructional soccer in a fun environment to encourage active play and sportsmanship. Classes meet at the Hanby Outdoor Center on Tuesdays and Wednesdays. Shin Guards and water bottle required.	3-4 years 5-6 years	3-4 years: Tuesday/Wednesday, 5:30 - 6 p.m. 5-6 years: Tuesday/Wednesday, 6:15 - 7 p.m.	June 16- July 8	3-4 years: Member: \$78 Community: \$112 5-6 years: Member: \$80 Community: \$115



SWIM LESSONS

Summer swim schedules will be posted at www.ymcade.org and in the branch by May 6, 2020.

Swim Starters, A (Parent/Child) Introduces infants and toddlers to the aquatic environment.	6 months - 3 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Starters, B (Parent/Child) Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.	6 months - 3 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Starter All Focus will be to introduce all skills of Swim Starters A and Swim Starters B. Multiple instructors will be available and participants will be separated into skill-based groups.	6 months - 3 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Basics 1, Preschool Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	3 - 5 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Basics 2, Preschool Encourages forward movement in water and basic self-rescue skills performed independently.	3 - 5 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Basics 3, Preschool Develops intermediate self-rescue skills performed at longer distances than in previous stages.	3 - 5 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Basics All, Preschool Focus will be to introduce all skills of Swim Basics 1, 2, and 3. Multiple instructors will be available, and participants will be separated into skill-based groups.	3 - 5 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110
Swim Strokes 4 - Preschool Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	3 - 5 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110

Swim Basics 1, Youth Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	6 - 12 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Swim Basics 2, Youth Encourages forward movement in water and basic self-rescue skills performed independently.	6 - 12 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Swim Basics 3, Youth Develops intermediate self-rescue skills performed at longer distances than in previous stages.	6 - 12 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Swim Strokes 4 - Youth Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	6 - 12 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Swim Strokes 5 - Youth Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	6 - 12 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Swim Strokes 6 - Youth Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle	6 - 12 years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$86 Community: \$146
Private Swim Lessons Learn how to swim at your own pace or work individually with a swim instructor to meet your goals. Private lessons are available in sets of six 15 or 30-minute sessions.	4 years and older	Requests for private lessons are through an online form found online.	Spring 1 Spring 2 Summer	Members Only Five 15-Minutes: \$90 Five 30-Minutes: \$170
Adaptive Guided Experience This class is for those who have diverse abilities. It builds strength, confidence, and improves coordination through swimming and creative play. Staff to Participant Ratio is 1:3	8 years and up	Wednesday, 6:15 to 7 p.m.	Spring 1 Spring 2 Summer	FREE for members Community: \$120
Adaptive Conditioning This program is focused to support individuals with diversabilities on stroke conditioning with an emphasis on exercise and possibly pre-competitive or competitive ambitions. Participants must be able to train for an hour of time while working in a small group setting. Staff to Participant Ratio is 1:5	8 years and up	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$88 Community: \$126
S.W.A.M. (Swimming With Autism) Focus will be to introduce skills around water adjustment and/or stroke development to individuals with autism and diversabilities. Staff to Participant Ratio is 1:1	3 years and up	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring 1 Spring 2 Summer	Members: \$74 Community: \$110

PRECOMPETITIVE SWIM PROGRAM

Great Whites

The Great Whites are a program offered for developmental swimmers that do not participate in local summer swim leagues through June, July & August. With a strong focus on proper stroke mechanics, increasing endurance, and the introduction of basic swim workouts, participants will maintain the progress they achieved during the school year and continue to develop their strokes ahead of fall tryouts for the Brandywine YMCA Swim Team.

Swimmers must possess the ability to swim 25 yards (1 length of pool) of at least two of the four competitive strokes with reasonable proficiency. An evaluation is required prior to registration.

5 - 12
years

For more information including schedules and fees, please visit us online at www.BRYswimming.com.



SPRING CONDITIONING

Summer League Tune Up

Get ready for the summer swim season by learning and reviewing the fundamentals of all four competitive strokes (butterfly, backstroke, breaststroke & freestyle) in a fun and positive environment with our professional coaches. With a strong focus on proper stroke technique as well as increasing swimmers' confidence and endurance, this program is ideal for those younger athletes that have been out of the water all school year. This level meets twice per week in the South Pool at the Brandywine YMCA. To participate in this program, swimmers must possess the ability to swim 25 yards (1 length of pool) of at least one of the four competitive strokes with reasonable proficiency.

5 - 10
years

Spring

For more information including schedules and fees, please visit us online at www.BRYswimming.com.

Summer League Tune Up

Get ready for the summer swim season by reviewing all four competitive strokes, turns and racing starts with professional coaches. Build fitness and endurance in a supportive and fun practice environment. This level meets twice per week in the North Pool at the Brandywine YMCA. To participate in this program, swimmers must possess the ability to swim 25 yards (1 length of pool) of at least one of the four competitive strokes with reasonable proficiency.

11 - 18
years

Spring

For more information including schedules and fees, please visit us online at www.BRYswimming.com.



COMPETITIVE SWIM TEAM

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

Swim Team: Age Group 1

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

5 - 12 years

Swim Team: Age Group 2

This is the second level of the BRY Swim Team age group program. Swimmers in this group must possess the ability to legally swim three of the competitive strokes with reasonable proficiency and confidently complete 100 yards of freestyle continuously. Swimmers learn and exude the YMCA's four core values and participation in all local and regional competitions that pertain to them is encouraged throughout the season.

6 - 12 years

Swim Team: Age Group 3

This is the third level of the BRY Swim Team age group program. Swimmers in this group must possess the ability to legally swim 25 yards (one length of pool) of all four competitive strokes, complete a legal 100 IM, and confidently complete 200 yards of freestyle continuously. Racing dives, flip turns, and streamlines are used consistently throughout both practice and swim meet environments. Swimmers learn and exude the YMCA's four core values and participation in all local and regional competitions that pertain to them is strongly encouraged.

7 - 12 years

Swim Team: Junior 1

This is the fourth level of the BRY Swim Team age group program. As Participants in this training level are preparing to transition from being 'age group' swimmers to 'senior' swimmers. This group introduces swimmers to more intensive sets and workouts. Swimmers in this group must possess the ability to swim a legal 200 IM and complete 500 yards of freestyle continuously. Participation in competitions is expected. Swimmers must demonstrate the ability to train at a consistent level and are able to successfully manage the following test sets:

3 rounds of 3 x 100 Free @ 1:55

2 rounds of 3 x 100 IM @ 2:10

1 round of 5 x 100 Kick @ 2:30

9 - 12 years

COMPETITIVE SWIM TEAM

Swim Team: Junior Varsity This is an introductory level of the BRY Swim Team senior program. Swimmers in this group are required to be able to legally swim two of the competitive strokes with reasonable proficiency. Additionally, they can complete 100 yards of freestyle continuously and with confidence. Swimmers are encouraged to exude teamwork and the YMCA's four core values. Participation in local competitions is encouraged throughout the season.	13 - 18 years
Swim Team: Junior 2 This is the fifth level of the BRY program. Training expectations and ability to do so continue to be challenged. Swimmers in this group can complete a legal 400 IM and continuous swim of 800 yards of freestyle. Junior 2 swimmers demonstrate the YMCA's four core values and are introduced to race strategies, mental toughness training, and are encouraged to nurture their internal drive to compete. Participation in competitions is expected. They are able to successfully manage the following test sets: 3 rounds of 5 x 100 Free @ 1:45 2 rounds of 5 x 100 IM @ 1:55 1 round of 8 x 100 Kick @ 2:20	13 - 18 years
Swim Team: Senior 1 This is the sixth level of the BRY program. Swimmers in this group understand and demonstrate the YMCA's four core values. Participation in competitions is expected. Swimmers in this level must be able to successfully manage the following test sets: 3 rounds of 7 x 100 FR @ 1:35 2 rounds of 7 x 100 IM @ 1:45 1 round of 12 x 100 Kick @ 2:10	13 - 18 years
Swim Team: Senior 2 This is the seventh level of the BRY program. Swimmers in this group understand and demonstrate the YMCA's four core values and maintain 60% practice attendance to participate in team travel meets. Participation in local and regional competitions is expected. Swimmers in this group are able to successfully manage the following test sets: 3 rounds of 8 x 100 FR @ 1:25 2 rounds of 8 x 100 IM @ 1:35 1 round of 12 x 100 Kick @ 2:00	13 - 18 years
Swim Team: National The goal of the National training level is to prepare swimmers for success at both YMCA and USA Swimming regional, state, and national competitions. Swimmers in this group are encouraged to make the full year commitment to the program and maintain 75% practice attendance including all morning, dryland and weight training sessions. National swimmers understand and demonstrate the YMCA's four core values and participate in all appropriate YMCA and USA Swimming competitions. Swimmers must be able to train at an elite level for two hours and fifteen minutes as well as possess the ability to complete the following test sets: 3 rounds of 8 x 100 FR @ 1:15 2 rounds of 8 x 100 IM @ 1:25 1 round of 12 x 100 @ 1:50	14 - 18 years

TRAINING/CERTIFICATIONS

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/First Aid Certificate Card, which is valid for two years. This is an excellent choice for both the community and workplace setting.

16 years
& up

Saturday,
March 28

Spring 1

Member and
Community: \$40

Ellis & Associates ILTP Lifeguarding Certification

PRE-REQUISITES: Perform feet first surface dive in deep water, retrieve a 10-pound brick, tread water for one-minute using legs only, and swim 100 continuous yards of freestyle or breaststroke.

Participants must provide date of birth and valid e-mail address at registration and must complete the online e-learning course before recertification will be issued. Digital certifications will be provided after successful completion. Valid for one-year.

15 years
& up

Schedules and registration is available at www.ymcade.org. Most pool sessions will be held at the Walnut Street YMCA.

Offered
Monthly

Member: \$215
Community: \$290

Ellis & Associates ILTP Lifeguard Recertification

Participants must present current Ellis & Associates ILTP Certification that has not expired past 45-days of original certification. Participants must provide date of birth and valid e-mail address at registration and must complete the online e-learning course before recertification will be issued. Digital certifications will be provided after successful completion. Valid for one-year.

15 years
& up

Schedules and registration is available at www.ymcade.org. Most pool sessions will be held at the Walnut Street YMCA.

Offered
Monthly

Member \$135
Community: \$200

LIVESTRONG AT THE YMCA

**THIS 12-WEEK PROGRAM IS OFFERED AT
NO COST FOR CANCER SURVIVORS**



**BUILD MUSCLE
AND STRENGTH**



**IMPROVE MENTAL
WELLBEING**



**INCREASE ENDURANCE,
FLEXIBILITY & ENERGY**

The **LIVESTRONG®** program supports the increasing number of cancer survivors who find themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. 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®** creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life.

WHO CAN PARTICIPATE?

Any adult 18+ who is living with or beyond cancer treatment.

HOW MUCH DOES IT COST?

There is no cost for participants.

HOW LONG IS THE PROGRAM?

The program is 12 weeks long. Groups meet two times per week.

WHERE AND WHEN IS IT OFFERED?

See a list of classes on the website at www.ymcade.org/livestrong.

QUESTIONS?

To learn more about class enrollment and availability, please contact the **Healthy Living Department** at healthyliving@ymcade.org or 302-572-9622.

www.ymcade.org/livestrong

2020

CAMP QUOOWANT
Brandywine YMCA Summer Camp

BEST SUMMER EVER!

STEM • SPECIALTY CAMPS • FIELD TRIPS • SWIM • SPORTS
ARTS & CRAFTS • ADVENTURE • TEEN LEADERSHIP • MUSIC
LITERACY • SCIENCE • NATURE • TEAM BUILDING • FUN!



REGISTER TODAY! WWW.YSUMMERCAMP.ORG

Financial assistance is available.



Brandywine YMCA
3 Mt. Lebanon Road
Wilmington, Delaware 19803
Phone: (302) 478-YMCA
Fax: 302-478-2260
www.ymcade.org

Non-profit org.
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YMCA of DELAWARE
Permit No. 17
Wilmington, DE

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