



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING/SUMMER 2020 PROGRAM GUIDE

CENTRAL AND WALNUT STREET YMCAs

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?



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.

YOUR MEMBERSHIP INCLUDES:

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

CENTRAL YMCA

FACILITY HOURS

Monday – Thursday: 5 a.m. – 10 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday: 7:30 a.m. – 6 p.m.

Sunday: 8 a.m. – 5 p.m.

CENTRAL YMCA POOL HOURS

Monday – Thursday: 5 a.m. – 9 p.m.

Friday: 5 a.m. – 8 p.m.

Saturday: 7:30 a.m. – 5:50 p.m.

Sunday: 8 a.m. – 4:50 p.m.

GUEST POLICY

Members may bring an unlimited number of local guests one time each year. The local member guest must come in with the member.

Local guests may access the YMCA of Delaware free up to three (3) times each calendar year (with a member or with a guest pass). All local guest must complete a guest informed consent and present photo ID.

Youth guests need a signed consent by a parent/guardian or person who is 19 years or over.

If a guest does not have a guest pass, is not with a member, and/or has already visited three times, they will be charged a guest fee:

\$15 for ages 19 and above

\$7 for ages 18 and below

CENTRAL YMCA PARKING

- Free two hour parking is available to all members in the Central YMCA lot while using the YMCA facility. Your membership card will open the gate to the Y parking lot as you enter from Washington Street.

- Metered parking is available on the streets around the YMCA.

- After 5 p.m. weekdays and all day Saturday and Sunday, free parking is available at the Della Donne lot at the corner of Jefferson and 11th Street for YMCA of Delaware members who are using the facility.

WALNUT STREET YMCA

FACILITY HOURS*

Friday: 7 a.m. – 9 p.m.

Saturday: 9 a.m. – 9 p.m.

Sunday: 12 – 4 p.m.

WALNUT STREET YMCA CHILD CARE HOURS:

Monday–Friday: 7 a.m. – 6 p.m.

*After school care is open until 7 p.m.

WALNUT STREET YMCA POOL HOURS*

Wednesday: 4–7 p.m.

Thursday: 4–7 p.m.

Friday: 4–7 p.m.

Saturday: 10 a.m. – 1 p.m.

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

WALNUT STREET PARKING

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

PROGRAM SESSION DATES

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

Summer Swim Lesson Session Dates:

Summer I: June 15–July 18

Summer II: July 20–August 22

PROGRAM REGISTRATION

WEB REGISTRATION:

Members may begin to register at 6 a.m. on the first day of program registration at www.ymcade.org.

REGISTER IN PERSON OR BY PHONE:

Stop by our branch or give us a call and we will be happy to assist you with program registration.

HOLIDAY SCHEDULE & IMPORTANT DATES

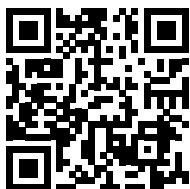
APRIL 10 (GOOD FRIDAY): OPEN

APRIL 12 (EASTER): 7–11 a.m.

MAY 25 (MEMORIAL DAY): 7–11 a.m.,
Outdoor pools open regular hours

JULY 4 (Independence Day): 7–11 a.m.

SEPTEMBER 7 (Labor Day): 7–11 a.m.,
Outdoor pools open regular hours



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.



ONLINE

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



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

HOW CAN WE HELP YOU?



LEADERSHIP



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



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

MEMBERSHIP



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



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



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

COMMUNITY PROGRAMS



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



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



ANESHA TRUESDALE
Teen Program Director
atruesdale@ymcade.org



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

CHILD CARE



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



SARA RICHMOND
Camp Director
srichmond@ymcade.org



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



SHANDY PEREZ
School Age Program Director
sperez@ymcade.org



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



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



GAU-WAN SMITH
Workforce and Drill Team
Program Coordinator
gsmith@ymcade.org

HEALTH & WELLNESS



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



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

AQUATICS



CHASE DARDEN
Aquatics Director
cdarden@ymcade.org



MARIA GILLETTE
Swim Lesson Coordinator
mgillette@ymcade.org

FACILITIES



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



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



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.

2019



CENTRAL AND WALNUT STREET YMCAs

DONOR IMPACT



Together we can build stronger communities and change lives.

\$1.3 MILLION

was provided in financial assistance through the annual campaign in 2019. Donor support keeps our doors open to everyone in our community.

1,732

Donors supported **1,732 Downtown Y members** with financial assistance, ensuring that everyone has a place to belong.



560

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

700 YOUTH AND TEENS

found a place to learn, grow and thrive at the Walnut Street YMCA.

125 CHILDREN received high quality early childhood education at the Central and Walnut Street YMCAs in 2019.

100,500

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



990

Donors allowed **990 children** in the Wilmington community to receive free swim lessons through our Water Wise program designed to prevent childhood drowning.



AROUND THE Y

There's always something happening at the Central and Walnut Street Ys. Our website is a great way for you to stay up-to-date. Be sure to check frequently for our most current list of events. Visit www.ymcade.org/locations/central-ymca.

EVENTS

TEENS SWIM AND EAT FREE SATURDAYS, JANUARY – MAY 1 – 3 P.M.

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

LES MILLS LAUNCHES MARCH 28 • 8 – 10:30 A.M. JUNE 6 • 8 – 10:30 A.M.

Join us for a morning of NEW music and NEW routines! All Les Mills classes will be fresh and taught by your favorite team of Instructors! This event is FREE and open to public.

DIY TEEN NIGHT MARCH 13, 2020

Teens (ages 12 and up) join us at the Walnut Street YMCA and learn how to make paracord bracelets, phone cases, and much more. DIY nights are free, open to the community, and include a pizza dinner. Doors open at 6:30 p.m. Festivities start at 7 p.m.

TEEN MOVIE NIGHTS

Grab your friends and head over to the Walnut Street YMCA for a movie night. Movie nights are FREE to all and include a pizza dinner and popcorn. Doors open at 6:30 p.m. Movie starts at 7 p.m.

- March 27
- April 24
- May 8
- June 12

NATIONAL ADVOCACY DAYS MARCH 3–5, 2020 WASHINGTON, DC

YMCA of the USA's Government Relations and Policy office is sponsoring the Youth Advocate Program at YMCA National Advocacy Days. The program offers high school students the opportunity to advocate at the local and federal levels on behalf of the Y's three areas of focus: youth development, healthy living, and social responsibility.

YOUTH IN GOVERNMENT PRE-CONFERENCE TRAINING & ELECTIONS

SATURDAY, MARCH 7, 2020
Legislative Hall – Dover, DE

SIGMA GAMMA RHO YOUTH SYMPOSIUM SATURDAY, MARCH 14, 2020 9 A.M. – 12:30 P.M.

Calling all Teens! Teen Youth Symposium including Fitness, Financial Literacy, Etiquette, Mentoring and more!

FAMILY MOVIE NIGHTS

Hop in your PJs and bring your blankets for a big screen movie in the Walnut Street YMCA gym. Movie nights are free and include a pizza dinner and popcorn. Doors open at 6 p.m. Movie starts at 6:30 p.m.

- March 20, 2020
- April 17, 2020
- May 22, 2020

YOU'RE MY LUCKY CHARM DANCE MARCH 20, 2020 • 6 – 8 P.M.

Grab your dancing shoes and dancing partner then join us for a night of fun. Don't forget to wear your green. For Childcare and School-Age Families

YOUTH IN GOVERNMENT MODEL LEGISLATIVE AND JUDICIAL CONFERENCE

APRIL, 3 – 5, 2020
Legislative Hall & Kent County Courthouse

Several months each year, teens meet in their local delegations to discuss and debate issues that affect citizens of Delaware and learn about Legislative and Judicial processes. The program culminates with the teen participants serving as legislators, attorneys, lobbyists press and more at the 3-day model Legislative and Judicial Conference held annually at Legislative Hall and The Kent County Court House in Dover, Delaware. Delegates learn by doing, and have the opportunity to try their hand at leadership in an open and receptive learning environment.

TEEN NIGHT OUT

Bring your friends for a teens only Night at the Walnut Street YMCA. Teen Night Out includes activities like open, mike night, paint night, game night dances and sports. For more information, pick up a flyer at the Member Services Desk.

- April 10
- May 22

BLACK ACHIEVERS COLLEGE TOUR APRIL 12 – 17, 2020

Black Achievers participants will visit Colleges from Washington D.C to Tallahassee, FL.

FAMILY SKATING NIGHTS APRIL 25 & JULY 18, 2020 5:15 – 7:10 P.M.

Bring your family out for an evening full of skating and fun at the Christiana Skating Center (Newark, DE). Transportation is provided to the Skating Center. \$6 per person for admission and \$4 for skate rental per person.

HEALTHY KIDS DAY
SATURDAY, APRIL 18
11 A.M. – 2 P.M.

Join us for this free community event full of fun, family friendly activities, vendors and more!

FEE: FREE for all

COMMUNITY EARTH DAY
WEDNESDAY, APRIL 22, 2020
6 P.M. – 7 P.M.

Join us for an evening of activities celebrating World Earth Day.
Bird Feeders and other Earth Day crafts

TEEN POOL PARTY

Grab a friend and join us at the Walnut Street YMCA for our Teen Swim Party. Swim or bring your own pool noodle or clear inflatable to the pool! Doors open at 6:30 p.m. Walnut Street YMCA. Teen Swim nights are free, open to the community, and include a pizza dinner.

- June 12
- July 17
- August 14

COMMUNITY PROGRAMMING

BLACK ACHIEVERS

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

BACK ON TRACK

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

JUVENILE CIVIL CITATION

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

RESIDENCE

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

TEEN WORKFORCE PROGRAM

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

WATER WISE

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

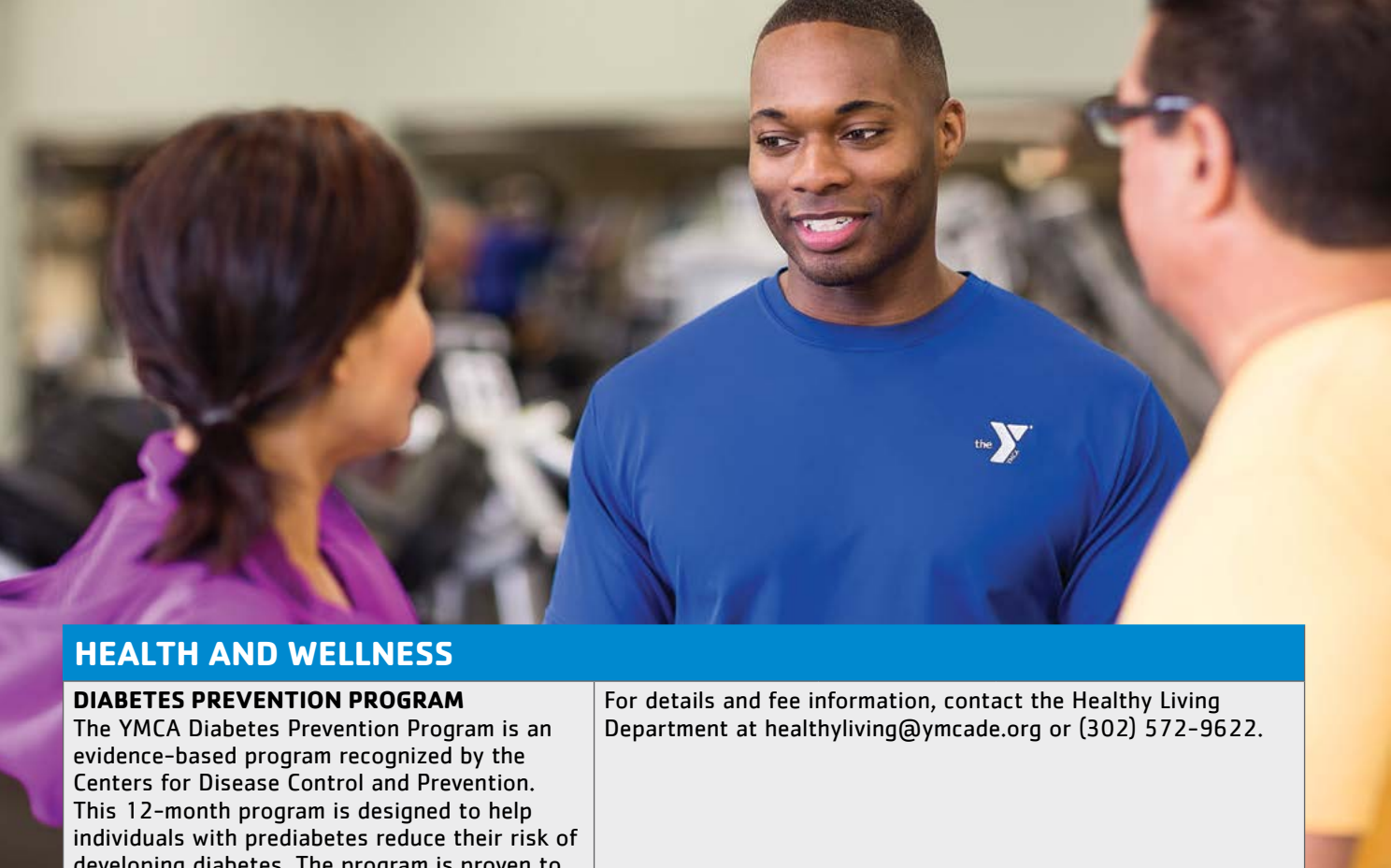




ADULT PROGRAMMING

FITNESS		
FitQuest FitQuest is a personalized wellness program designed to meet your specific fitness needs and is included in your Y membership at no additional cost. Our trained wellness coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your wellness goals.	Offered all days/times throughout the week. See a fitness center or member service staff to schedule an appointment.	INCLUDED IN MEMBERSHIP
Personal Training Our certified trainers will design personalized workouts based on your goals and interests. Your first session will be a consultation to ensure that your trainer develops the best plan to meet your needs and help you achieve your goals.	Offered all days/times throughout the week. See a fitness center or member service staff to schedule.	60 MINUTE SESSIONS 6 sessions \$285 12 sessions \$475 24 sessions \$915 30 MINUTE SESSIONS 3 sessions \$95 6 sessions \$180 12 sessions \$325

Aerial Yoga No yoga or aerial experience needed – this class is perfect for the complete beginner. You will stretch, swing, invert, build strength, learn about yourself and your body while you are supported or suspended in an aerial yoga hammock.	See small group training schedule for class days, times, and descriptions.	\$80/10 classes \$50/5 classes
Boxing Learn the basics or advance your skills of Boxing. This class is designed to build endurance and strength while teaching the sport in a small group of 8-10 people.	See small group training schedule for class days, times, and descriptions.	\$30 per month for unlimited classes.
Massage Therapy *NEW* Our Massage Studio is now open and taking appointments! Massage therapy can help relieve common stress, boost overall energy, refresh your mental and emotional outlook and positively impact all aspects of your life. We provide quality, therapeutic, and customized massage for relaxation and overall wellness. Our certified Massage Therapists will personalize your massage so it is just right for you. Book now and the member services desk, and leave the stress of deadlines and hectic schedules behind.	Please call or inquire at the front desk for available times and packages.	
Group Fitness *No Registration Required From low-impact exercise and chair classes, stretching and strength training to indoor cycling, water exercise, and yoga, you'll find a group class that's fun, supportive and keeps you moving.	For a full list of classes, visit the schedules section of our website, or download the YMCA of Delaware App.	INCLUDED IN MEMBERSHIP
LesMills GRIT Intensity Interval training to take your fitness to the next level. Class size is limited so your coach can help you achieve your individual best performance! GRIT is a fee based program.	See GRIT schedule for class days, times, and descriptions.	\$30 per month for unlimited classes
Transform Program (8 weeks) Work with a coach to transform your fitness today! Program includes pre/post test, nutrition, goal setting, access to all small group training classes, online fitness tracking and more.	To be scheduled with your assigned coach	\$200/ 8 weeks
W.O.D. (Workout of the Day) Group training specifically designed to get you as fit as possible without the need to spend hours in the gym training. Our goal is to improve your strength, cardiovascular system, and overall health.	See small group training schedule for class days, times, and descriptions.	\$30 per month for unlimited classes



HEALTH AND WELLNESS

<p>DIABETES PREVENTION PROGRAM</p> <p>The YMCA Diabetes Prevention Program is an evidence-based program recognized by the Centers for Disease Control and Prevention. This 12-month program is designed to help individuals with prediabetes reduce their risk of developing diabetes. The program is proven to reduce the risk of developing type 2 diabetes by more than 58-72%.</p>	<p>For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>		
<p>LIVESTRONG® at the YMCA</p> <p>These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. LIVESTRONG at the YMCA creates a welcoming community in which cancer survivors can develop supportive relationships and improve their quality of life.</p>	<p>For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.</p>	<p>FREE to Members and Community</p>	
<p>WEIGHT LOSS PROGRAM</p> <p>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.</p>	<p>Class times vary during the week.</p>	<p>April 19th – July 18th *1st Week is an initial assessment week</p>	<p>For details and registration information, contact Megin Hewes at mhewes@ymcade.org.</p>

TRAINING/CERTIFICATIONS

ELLIS LIFEGUARD 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 breast stroke.	All classes meet Friday - Sunday Friday, 4 - 9 p.m. Saturday, 9 a.m. - 6 p.m. Sunday, 9 a.m. - completion *Due to spring break, April 14-16 class will meet Tuesday - Thursday, 10 a.m. - 5 p.m.	March 13, 14, 15 April 3, 4, 5 *April 14, 15, 16 May 15, 16, 17 May 22, 23, 24 June 12, 13, 14	Member: \$210 Community: \$280 Prospective Staff: \$130
ELLIS LIFEGUARDING RE-CERTIFICATION PRE-REQUISITES: perform feet first surface dive in deep water, retrieve a 10-pound brick, tread water for one minute using legs only, and swim 100 continuous yards of freestyle or breast stroke. Must have proof of current Ellis & Associates Lifeguard Certification.	All classes are Sundays, 9 a.m. until completion.	March 15 April 5 May 24 June 14 May 17 June 7	Community: \$130



SWIM

SWIM BASICS (13 & up) Increases comfort being underwater, encourages forward movement, and develops intermediate skills for water safety and stroke techniques.	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
SWIM STROKES (13 & 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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
PRIVATE SWIM LESSONS Learn how to swim at your own pace or work individually with a swim instructor to meet your goals. Request forms are available at the Member Services Desk. 30-minute lessons, available in sets of 1-8 lessons.	Sunday - Saturday, 8 a.m. - 8 p.m.	Year-round	Member: \$20/lesson Community: \$35/lesson

YOUTH PROGRAMMING



CHILD CARE

WALNUT STREET CHILD DEVELOPMENT CENTER

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

2 – 5
years

Monday – Friday
7 a.m. – 6 p.m.

\$850/month

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



ENRICHMENT/SPECIALTY				
BLACK ACHIEVERS The Black Achievers Program provides college readiness and career awareness to youth and teens in Wilmington. Mentors from diverse career fields are nominated by the local business community to serve as role models preparing participants for future success. The Black Achievers meet weekly for one year at the Walnut Street YMCA. The program offers participants the opportunity to participate in a College Tour each spring for an additional charge.	8 - 12 grade	Saturday, 10 a.m. - 12 p.m.	Year-round	FREE TO MEMBERS AND COMMUNITY
YMCA ESSENCE LEGACY DRILL TEAM Drill team is a performing arts program that gives students the opportunity to learn and perform the art of drill and percussion. Members compete in the Tri-State area and perform throughout several communities. Members explore their creative expressions, performance skills, and the importance of teamwork.	Steppers: 5+ years Drummers: 7+ years	Tuesday, 6 – 8 p.m. Thursday, 6 – 8 p.m. Sat., 12:30 – 2:30 p.m. Times may vary due to instructor availability	Year-round	\$150/ year
TEEN CENTER/OPEN GYM	6 - 12 grade	Saturday, 12-6 p.m.	Year-round	FREE TO MEMBERS AND COMMUNITY
ELLIS 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 breast stroke.	15+ years	All classes meet Friday-Sunday Friday, 4-9 p.m. Sat., 9 a.m. - 6 p.m. Sun., 9 a.m.-complete	March: 13, 14, 15 April: 3, 4, 5 May: 22, 23, 24 June: 12, 13, 14	Community: \$210 Prospective Staff: \$125
ELLIS LIFEGUARDING RE-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 breast stroke. Must have proof of current Ellis & Associates Lifeguard Certification.	15+ years	All classes meet Sundays, 9 a.m. - completion.	March: 15 April: 5 May: 24 June: 14	Community: \$130

SWIM LESSONS

SWIM STARTERS , (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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
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 and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
TEEN/ADULT SWIM BASICS Increases comfort being underwater, encourages forward movement, and develops intermediate skills for water safety and stroke techniques.	13+ years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
Swimming With Autism (S.W.A.M) Focus will be to introduce skills to individuals with Autism & Diverse Abilities around water adjustment and/or stroke development. Staff to Participant Ratio is 1:1	All Ages	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.
Pre-Competative 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.	6+ years	Schedules will be posted in the branch and online one-week prior to the start of registration.	Spring and Summer	Visit www.ymcade.org , or the Member Services Desk for pricing information.



**BE A HERO
DONATE TODAY**

ymcade.org

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 give to the Y, you strengthen our community.

Your contribution opens doors not only for kids, but also for families, adults and senior citizens alike. Your gift is used to provide financial assistance to those in our community who are unable to afford the cost of membership.

How do I get financial assistance?

Contact the nearest YMCA branch and request an Open Doors financial assistance application or download it at www.ymcade.org.

2020

WALNUT STREET 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!



YOUTH PROGRAMS



REGISTER TODAY! WWW.YSUMMERCAMP.ORG

Financial assistance is available.



Non-profit org.
U.S. postage

PAID

YMCA of DELAWARE
Permit No. 17
Wilmington, DE

CENTRAL YMCA

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

WALNUT ST. YMCA

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

www.ymcade.org

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