



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING/SUMMER 2020 PROGRAM GUIDE

## SUSSEX FAMILY 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?



## YOUR MEMBERSHIP INCLUDES:

- Fitness Center: State of the Art Cardio Equipment, Strength Circuit and Free Weights
- Indoor Pool
- Basketball Gymnasium
- Locker Rooms
- Over 100 Group Exercise Classes Weekly- HIIT, Yoga, Pilates, Barre, Spinning, Zumba, BodyPump and more
- Aquatic Group Fitness Classes
- Access to Small Group Training- TRX, Kettlebell, GRIT
- Free Fitness Consultations
- Access to Personal Training
- Instructional Children's Classes: Swimming, Tumbling, and more
- Youth Sports including Basketball, Soccer, Volleyball and more
- Before and After School Care
- Summer Day Camp
- Up to two hours of Babysitting while you work out
- Teen Leadership Programs

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## 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.





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

## THE Y FOR ALL

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

## OUR MISSION

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



# HOW CAN WE HELP YOU?



**TAMISHA HOPKINS**  
Executive Director  
thopkins@ymcade.org



**SHANNON NEAL**  
Child Development Director  
sneal@ymcade.org



**ANNA SEIFFERT**  
Aquatic Director/Tsunami  
Head Coach  
anna.seiffert@ymcade.org



**JUSTIN DENNIS**  
Facilities Director  
jdennis@ymcade.org



**ASHLEY SAVAGE**  
Office Membership  
Manager  
asavage@ymcade.org



**TRACEY CONDON-KNIEFL**  
Aquatics Coordinator  
tkneifl@ymcade.org



**KARYN ANEN**  
Group Exercise  
Coordinator  
kanen@ymcade.org



**LORI WALDEE-WARDEN**  
Assistant Physical Director  
lwaldee-warden@ymcade.org

## BOARD OF GOVERNORS

BEDFORD BRUNO,  
BOARD CHAIR  
TYLER COUPE  
MIKE DICKINSON

DJ HILL  
MARY HOUCK  
DIMITRA KOTANIDES

KRISTINA LINGO  
SANDRA WALDEE- WARDEN  
AMBER WILLIS

# INFORMATION CENTER

## FACILITY HOURS

MONDAY – FRIDAY 5 a.m. – 9:30 p.m.

SATURDAY 6:30 a.m. – 6 p.m.

SUNDAY 7:30 a.m. – 6 p.m.



## KIDS ZONE

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

MONDAY – FRIDAY 4 – 8 p.m.

SATURDAY 8 a.m. – 12 p.m.

### KIDS ZONE RATES:

Family Members: Included in your membership (Children must be listed on membership)

Community: \$5 per hour per child

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

## HOW DO I REGISTER FOR PROGRAMS?

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

**REGISTER IN PERSON OR BY PHONE:** Stop by our branch, or give us a call on the first day of registration and we will be happy to assist you.

## PROGRAM SESSION DATES

**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):** 7 – 11 a.m.

**MAY 25 (Memorial Day):** 7 – 11 a.m.

**JULY 4 (Independence Day):** 7 – 11 a.m.

**SEPTEMBER 7 (Labor Day):** 7 – 11 a.m.



**PHONE:** (302) 296-9622



### EMAIL:

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



### 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.



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

# AROUND THE Y

There's always something happening at the Sussex Family YMCA. 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/sussex](http://www.ymcade.org/locations/sussex).

## ▶ MEMBER STORIES

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

## ▶ VOLUNTEER

### GIVE BACK AND VOLUNTEER

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

## ▶ ANNUAL CAMPAIGN FUNDRAISER

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

## ▶ EVENTS

### PARENT NIGHT OUT

**AGES:** 6 weeks-10 years  
Every 4th Friday of each month, parents can enjoy a night out while their children are in a safe place. Children will enjoy a nice, hot dinner with dessert. Our babysitters plan age-appropriate games and activities for the night.

**LOCATION:** Sussex Family YMCA

**Members:** \$10/child (free after second child)

**Community:** \$15/child

**REGISTRATION:** Please register in advance at the Member Services desk.

### HEALTHY KIDS DAY

**April 18, 2020**

**10 a.m. - 12 noon**

Being healthy can be fun! Join us for games, activities, fitness, crafts and snacks! Bring your family and friends!

### FAMILY PAJAMA PARTY

**April 10, 2020**

**6:30 - 9 p.m.**

Kick off your child's Spring Break with swimming, snacking, and watching a movie. This party is for youth and their families in the GYM. Bring a swim suit, pajamas, a sleeping bag and a pillow. Parents must stay with their children during the movie. This event is free for all and open to the community.

**REGISTRATION:** Please register in advance at the Member Services Desk.





# ADULT PROGRAMMING

## FITNESS

### SMALL GROUP TRAINING FAST TRACK (14 and up)

Add muscle and improve your cardiovascular conditioning with free weights and your own body weight in this small group circuit-style workout. Group limited to 12 participants. Register for multiple days and receive a multi-day discount.

Monday/Wednesday/  
Friday,  
9 - 10 a.m.

Spring 1:  
Feb. 24 -  
April 19

Spring 2:  
April 20 -  
June 14

Members: \$40  
Community: \$65

### FIT QUEST

Our trained wellness coaches will educate, guide and motivate you to successfully reach your wellness goals in this private consultation appointment. For all ages and fitness levels.

By appointment

Ongoing

INCLUDED WITH  
MEMBERSHIP

### 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 WITH  
MEMBERSHIP

### PERSONAL TRAINING (14 and up)

Whether you need motivation, accountability or expert knowledge and guidance, let one of our certified personal trainers help you achieve your fitness goals and get the results you want. Our certified trainers will design personalized workouts based on your goals and interests. Your first session will be a consultation to ensure that your trainer develops the best plan to meet your needs and help you achieve your goals.

By appointment

Ongoing

Available to members only  
Package rates apply.  
We offer 30 or 60 minute  
sessions.

### SMALL GROUP TRAINING CIRCUIT (55 and up)

A small group strength and cardiovascular circuit workout designed especially for active adults ages 55 and over. This training group utilizes the strength circuit in the Wellness Gallery. Group limited to 12 participants. Register for multiple days and receive a multi-day discount.

Tuesday/Thursday,  
9-10 a.m.

Spring 1  
Spring 2

Members: \$40  
Community: \$65

### FIT FOR 2 PERSONAL TRAINING (14 and up)

Keeping up a fitness program is easier when you have a friend who is committed to doing the same. FIT for 2 allows two members with similar goals and fitness levels to work with one personal trainer at the same time.

By appointment

Ongoing

Available to members only.  
Package rates apply.



## HEALTH AND WELLNESS

### 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](mailto:healthyliving@ymcade.org) or (302) 572-9622.

### LIVESTRONG® AT THE YMCA

These small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. LIVESTRONG at the YMCA creates a welcoming community in which cancer survivors can develop supportive relationships and improve their quality of life.

Free to members and the community. For details or to register, contact the Healthy Living Department at [healthyliving@ymcade.org](mailto:healthyliving@ymcade.org) or (302) 572-9622.

### WEIGHT LOSS PROGRAM

Learn how to eat healthier, move more and lose weight. No gimmicks, no restrictive approaches — just the tools you need to achieve your wellness goals while keeping you motivated. 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.

For details and contact Fitness Director Lori Waldee-Warden at [lwaldee-warden@ymcade.org](mailto:lwaldee-warden@ymcade.org).



## SPORTS

### COED VOLLEYBALL

Join this exciting volleyball league that is designed to keep you in shape and bring out your competitive spirit!

**Monday & Wednesday,**  
6 – 9 p.m.  
**Location:** Beacon Middle School

Spring 1

\$325 per team

### MEN BASKETBALL LEAGUE

Join this fun and competitive basketball league for adults who still love the game!

**Monday, 6:30 – 9 p.m.**  
**Location:** Sussex YMCA

Spring 2

\$100 per team



SWIM			
<b>MASTERS SWIM</b> An organized workout designed to help improve fitness, personal goals and techniques in a practice atmosphere. Lap swimmers, triathletes and masters swimmers all welcomed.	<b>Monday/Wednesday,</b> 6 - 6:55 a.m. <b>Tuesday/Thursday,</b> 10 - 10:55 a.m.	Spring I Spring II	Members: \$42 Community: \$67
<b>AQUATIC STRENGTH TRAINING</b> The class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance using the resistance of deep water to offer a full-body workout. This class is conducted totally in the deep end of the pool.	<b>Tuesday/Thursday,</b> 8 - 8:55 a.m.	Spring I Spring II Summer	Spring I & II: Members: \$38 Community: \$72 Summer: Members: \$52 Community: \$81
<b>PRIVATE SWIM LESSONS</b> Please complete a registration form at the membership desk or online at <a href="https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex">https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex</a> .	<b>As scheduled.</b> Contact Tracey Condon-Kneifl at <a href="mailto:tkneifl@ymcade.org">tkneifl@ymcade.org</a> .	Spring I Spring II Summer	Members: \$93 Community: \$149
<b>SEMI-PRIVATE SWIM LESSONS</b> Please complete a registration form at the membership desk or online at <a href="https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex">https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex</a> .	<b>As scheduled.</b> Contact Tracey Condon-Kneifl at <a href="mailto:tkneifl@ymcade.org">tkneifl@ymcade.org</a> .	Spring I Spring II Summer	Members: \$72 Community: \$113
<b>SWIMMING WITH AUTISM (S.W.A.M.)</b> Working one-on-one with an trained instructor, students with autism will focus on improving their swimming skills. Depending on skill level, students will be introduced to all skills of the Swim Basics 1,2, and 3 course, or swimming technique from the Swim Strokes 4, 5, and 6 course.	<b>As scheduled.</b> Contact Tracey Condon-Kneifl at <a href="mailto:tkneifl@ymcade.org">tkneifl@ymcade.org</a> .	Spring I Spring II Summer	Spring I & II: (Four 30-Minute Private Lessons) Members: \$145 Community: \$215 Summer: (Eleven 30-Minute Private Lessons) Members: \$226 Community: \$340
<b>SKILLS &amp; DRILLS</b> Students in this class are comfortable in the water and have a basic knowledge of freestyle, backstroke, and breaststroke. The instructor will build on each individual's skill set and introduce drills to break down the strokes while enhancing efficiency.	<b>Friday,</b> 7:15 - 8:15 p.m.	Spring I Spring II Summer	Members: \$50 Community: \$80

## SWIM

### SWIM BASICS FOR ADULTS

Increase comfort in the water while building endurance. This class is appropriate for those working to swim a length of the pool or take their feet off the bottom of the pool. We will focus on individualized results. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) swim, float, swim – sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.

**Saturday,**  
7:45 a.m. – 8:30 a.m.

Spring I  
Spring II  
Summer

Members: \$72  
Community: \$103



## 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.

#### ASHI CPR/AED/First Aid Certification Option

Each participant will receive an American Safety and Health Institute (ASHI) CPR/AED/First Aid Certification card, which is valid for two years. This is an excellent choice for both the community and workplace setting.

#### Ellis & Associates BLS and AED Certification Option

Each participant will receive their E & A certification which provides the bearer with CPR training at the professional rescuer level.

Contact Anna Seiffert at [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org), for additional details.

Spring I  
Spring II  
Summer

Members &  
Community: \$40

### 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 breaststroke.

Contact Anna Seiffert at [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org), for additional details.

Spring I  
Spring II  
Summer

Members: \$215  
Community: \$290



# YOUTH PROGRAMMING

## SUMMER CAMP

### TRADITIONAL SUMMER CAMP

School's out and summer's in! From specialty camps to sports camps to traditional camp, the YMCA has it all! Registration is required and on a first-come, first-served basis. **Space fills up fast – sign up today!** Financial assistance available. Visit [www.ysummercamp.org](http://www.ysummercamp.org) for details.

K-15 years

Some camps have age restrictions.

**JUNE 15 – AUGUST 21**

**Monday – Friday**

9 a.m. – 4 p.m.

**Extended care hours**

7 a.m. – 9 a.m.

4 p.m. – 6 p.m.

Members: \$160/week  
Community: \$210/week

### SUMMER CAMP SEMI-PRIVATE SWIM LESSONS (Summer Camp Supplement)

Does your camper want a little extra time in the water? Consider adding swim-lessons to their camp week. We will offer one lesson per week on Monday or Wednesday at the Sussex Family YMCA. Sign-up through the Sussex YMCA Aquatics Department. Space is limited. Contact Anna Seiffert, Aquatic Director for more details at (302) 510-1270 or email [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org).

K-15 years

Mondays and Wednesdays during summer camp.

Members: \$20 per lesson;  
\$150 for 8 lessons

Community: \$30 per lesson;  
\$230 for 8 lessons

### BASKETBALL CAMP

This instructional camp will teach youth the basics of basketball, how to be a leader, and how to play as a team.

K - 14 years

June 22 – 26

Members: \$170  
Community: \$230

### COASTAL FUN CAMP

Coastal FUN Camp offers the fun and freedom of being outdoors while working on exciting coastal activities. Campers learn to respect and enjoy nature while having fun hiking, exploring, swimming, going on field trips, and much more.

5 - 12 years

July 27 – 31

Member: \$170  
Community: \$240

### CHEER CAMP \*NEW\*

#CheerIsLife! If your camper is interested in learning the basics of cheerleading, this is the right camp! Being led by experienced instructors, will learn the basics of cheer and dance. At the end of the week, they will perform a cheer routine for parents and their fellow campers.

7 - 12 years

August 10 – 14

Member: \$180  
Community: \$285

<b>DANCE CAMP *NEW*</b> Get ready to showcase your moves! Campers will work with experienced instructors to learn a choreographed dance routine to be performed at the end of the week for parents and their fellow campers to see.	7 - 12 years	July 13 - 17	Member: \$180 Community: \$285
<b>FLAG FOOTBALL CAMP</b> This instructional camp will teach youth the basics of the game of football, how to be a leader, and how to play as a team.	K - 14 years	July 6 - 10	Member: \$150 Community: \$220
<b>SOCCER CAMP</b> This instructional camp will teach youth the basics of the game of soccer, how to be a leader, conditioning, and how to play as a team.	K - 14 years	July 20 - 24	<b>HALF-DAY:</b> Member: \$85 Community: \$155 <b>FULL-DAY:</b> Member: \$160 Community: \$210
<b>TUMBLING/AERIAL CAMPS</b> Have fun while learning gymnastic basics or advancing your skills. Pre-registration is required and is on a first-come, first-served basis. Spots fill up fast - register today!	5-15 years	Session 1: June 29 - July 3  Session 2: August 3 - 7	Member: \$180 Community: \$285

## CHILD CARE

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

## MOVEMENT/TUMBLING

<b>BOUNCING AND BUBBLES</b> Infants and toddlers enjoy 45 minutes of gymnastics and 45 minutes of pool time. Each area focuses on the basics and getting your little ones comfortable with their body movements!	Up to 3 years	<b>Saturdays,</b> Tumbling time: 10:15 – 10:45 a.m. Swim time: 11–11:30 a.m.	Fall/Winter/ Spring	Members: \$73/session Community: \$140/session
<b>TUMBLING I &amp; II</b> Students will learn basics of body movements, flipping, and more. In order to advance to Tumbling II, students must be able to complete a backwards roll and cartwheel.	3 years – 13 years	<b>Tumbling I:</b> Monday, 4:45 – 5:45 p.m. Saturday, 10:45 – 11:45 a.m. <b>Tumbling II:</b> Monday, 5:45 – 6:45 p.m. Saturday, 11:45 a.m.–12:45 p.m.	Fall/Winter/ Spring	Members: \$50/session Community: \$100/session
<b>TUMBLING III/IV</b> Pre-requisites must be met to advanced to this class. Instructors must approve for students before enrollment.	5 years – 17 years	<b>Wednesdays,</b> 4:30 – 5:30 p.m.	Fall/Winter/ Spring	Members: \$50/session Community: \$100/session





## SPORTS

**PRESCHOOL BASKETBALL ACADEMY**

This program will help kids develop their footwork and conditioning while learning the basics the game.

3-5 years

Tuesdays, 6-7 p.m.  
(day/time subject to change)

Spring 2

Member: \$65  
Community: \$105

**YOUTH BASKETBALL LEAGUE**

This program is to get kids ready for middle school basketball. They will learn all of the fundamentals of the game, and how to play organized ball. This program is also great for middle school students who are beginners, or need to brush up on their skills.

1st Grade -  
8th Grade

Tuesday and Thursday,  
6 - 8 p.m.

Spring 2

Member: \$80  
Community: \$100

## TEEN LEADERSHIP

**Y WAVES**

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

11-14 years

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

2019-20  
school  
year

FREE

## SWIM

<b>POOL PARTIES</b> Need a space to hold a birthday party, graduation party, or other celebration? Use the recreational space of our pool for an hour and then use one of our classroom spaces for your celebration. We will provide a party attendant, you provide the food and decorations (the YMCA is an alcohol free zone). The party room is yours for the 30 minutes prior to the start of your party to decorate and 30 minutes after to clean up.	All ages	<b>As scheduled.</b> Please contact Tracey Condon-Kneifl for details at tkneifl@ymcade.org.	Year-round	Member: \$150 Community: \$200 (up to 12 people)
<b>SWIM STARTER</b> All Infants and toddlers new to the water or comfortable in the water will excel with this group. Focus will be around all introductory skills of swimming as well as transitional skills with the instructor. Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.	6 months - 3 years	Tuesday, 11 - 11:30 a.m.	Spring I Spring II	Member: \$57 Community: \$93
<b>SWIM STARTERS A</b> Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents will learn about water safety, drowning prevention and the importance of supervision.	6 months - 3 years	Saturday, 11 - 11:30 a.m.	Spring I Spring II Summer	Spring I & II: Member: \$57 Community: \$93 Summer: Member: \$89 Community: \$146
<b>SWIM STARTER B</b> Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents will learn about water safety, drowning prevention and the importance of supervision.	6 months - 3 years	Saturday, 8- 8:30 a.m. Saturday, 11 - 11:30 a.m.	Spring I Spring II Summer	Spring I & II: Member: \$57 Community: \$93 Summer: Member: \$89 Community: \$146
<b>PRESCHOOL BASICS ALL</b> 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. Students learn personal water safety and achieve basic swimming competencies by learning two benchmark skills: (1) swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab.	3 -5 years	Monday, 5 - 5:30 p.m. Saturday, 9:50 - 10:20 a.m. Saturday, 10:25 - 10:55 a.m. Summer Weeknights: TBD	Spring I Spring II Summer	Spring I & II: Member: \$57 Community: \$93 Summer: Member: \$89 Community: \$146
<b>PRESCHOOL STROKES ALL</b> Focus will be to introduce all skills of Swim Strokes 4, 5 and 6. Multiple instructors will be available, and participants will be separated into skill based groups. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.	3 -5 years	Saturday, 9 - 9:45 a.m.	Spring I Spring II Summer	Spring I & II: Member: \$72 Community: \$103 Summer: Member: \$89 Community: \$113

## SWIM

<b>YOUTH BASICS (ALL)</b> Focus will be to introduce all skills of Swim Basics 1, 2 and 3. Students learn personal water safety and achieve basic swimming competencies by learning two benchmark skills: (1) swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2)	6 - 12 years	Monday, 5:30 - 6 p.m. Saturday, 9:50 - 10:20 a.m. Saturday, 10:25 - 10:55 a.m.  Summer weeknights: TBD	Spring I Spring II Summer	Spring I & II: Member: \$57 Community: \$93 Summer: Member: \$89 Community: \$146
<b>YOUTH STROKES ALL</b> Focus will be to introduce all skills of Swim Strokes 4, 5, 6. Multiple instructors will be available, and participants will be separated into skill based groups. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.	6 - 12 years	Saturday, 9 - 9:45 a.m.	Spring I Spring II Summer	Spring I & II: Member: \$72 Community: \$103 Summer: Member: \$89 Community: \$113
<b>PRIVATE SWIM LESSONS</b> Complete a registration form at the membership desk or online at <a href="https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex">https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex</a> .	Ages 3 and up	Please contact Tracey Condon-Kneifl for details at <a href="mailto:tkneifl@ymcade.org">tkneifl@ymcade.org</a> .	Spring I Spring II Summer	Member: \$93 Community: \$139
<b>SEMI-PRIVATE SWIM LESSONS</b> Complete a registration form at the membership desk or online at <a href="https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex">https://ymcade.formstack.com/forms/private_swim_lesson_request_sussex</a> .	Ages 3 and up	Please contact Tracey Condon-Kneifl for details at <a href="mailto:tkneifl@ymcade.org">tkneifl@ymcade.org</a> .	Spring I Spring II Summer	Member: \$72 Community: \$113
<b>SWIMMING WITH AUTISM (S.W.A.M)</b> Working one-on-one with an trained instructor students, with autism will develop their swimming skills. Focus will depend on current skill level.	3 years and up	<b>As scheduled.</b> Contact Tracey Condon-Kneifl at <a href="mailto:tkneifl@ymcade.org">tkneifl@ymcade.org</a> .	Spring I Spring II Summer	<b>Spring I &amp; II:</b> (Four 30-Minute Private Lessons) Members: \$145 Community: \$215  <b>Summer:</b> (Eleven 30-Minute Private Lessons) Members: \$226 Community: \$340
<b>WATER POLO</b> Middle and high school age students come together to learn the fundamentals of the game and scrimmage. This is a great complement to competitive swimming in the off season.	Middle and high school students	Contact Anna Seiffert at <a href="mailto:anna.seiffert@ymcade.org">anna.seiffert@ymcade.org</a> .	Spring I Spring II Summer	TBD



## SWIM TEAM

<b>TIGERSHARKS</b> (Precompetitive Team) This is the group that bridges the gap between our YMCA swim lessons program and our competitive program. Participants are encouraged to participate in dual meets in a fun, no stress environment. Level prerequisites are posted on our Tsunami website, <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	5 - 12 years	Practice schedules will be posted on SFY website at <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	Spring: 4/1 - 5/24 Summer: 5/28 - 7/21	Fees will be published 2/1.  *Additional SFY Swim Team Fun Contribution of \$25 due at sign up, per season.
<b>BRONZE LEVEL</b> This is the introductory level of our competitive Tsunami age group program. Swimmers are encouraged to participate in local and regional competitions and the YMCA four core values continue to be encouraged. Level prerequisites are posted on our Tsunami website, <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	7 - 12 years	Practice schedules will be posted on SFY website at <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	Spring: 4/1 - 5/24 Summer: 5/28 - 7/21	Fees will be published 2/1.  *Additional SFY Swim Team Fun Contribution of \$25 due at sign up, per season.
<b>SILVER LEVEL</b> This practice level is designed for age group swimmers and newer age group swimmers who have expressed interest in taking on a greater involvement and commitment to our YMCA competitive swim team. Participation in swim meets is highly encouraged and emphasis is placed on supporting each individual swimmer's journey from being a participant to a leader in the program. Level prerequisites are posted on our Tsunami website, <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	9 - 14 years	Practice schedules will be posted on SFY website at <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	Spring: 4/1 - 5/24 Summer: 5/28 - 7/21	Fees will be published 2/1.  *Additional SFY Swim Team Fun Contribution of \$25 due at sign up, per season.
<b>GOLD LEVEL</b> Swimmers in this level are beginning to transition from being age group swimmers to senior swimmers. Strong emphasis is placed on technique refinement with a stronger conditioning experience. Race strategies and mental preparation are included. Swimmers are encouraged to guide their peers as they put the YMCA four core values into use and emphasis continues to be placed on supporting each individual swimmer's journey from being a participant to a leader in the program. Participation in local and regional competitions is expected. Level prerequisites are posted on our Tsunami website, <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	11 - 16 years	Practice schedules will be posted on SFY website at <a href="http://www.sfyswim.com">www.sfyswim.com</a> .	Spring: 4/1 - 5/24 Summer: 5/28 - 7/21	Fees will be published 2/1.  *Additional SFY Swim Team Fun Contribution of \$25 due at sign up, per season.

## SWIM TEAM

### JUNIOR LEVEL

Swimmers in this level are continuing to build upon the habits and skills they have acquired in the Gold level. Junior level swimmers are committed to furthering their mental and physical development as it pertains to both the sport of swimming and balancing their goals and commitments outside of the competitive sport. Junior level swimmers have elected to train along with their Senior level peers and are committed to strengthening and exuding their Tsunami pride in daily practice. Level prerequisites are posted on our Tsunami website, [www.sfyswim.com](http://www.sfyswim.com).

11 - 16  
years

Practice schedules  
will be posted on  
SFY website at  
[www.sfyswim.com](http://www.sfyswim.com).

Spring:  
4/1 - 5/24  
Summer:  
5/28 -  
7/21

Fees will be  
published 2/1.

\*Additional SFY  
Swim Team Fun  
Contribution of  
\$25 due at sign  
up, per season.

### SENIOR LEVEL

This introduction to senior swimming emphasizes polishing stroke technique, starts and turns. The focus will be IM and distance training. This level is also for those 13 and over athletes that swim seasonally, are multisport athletes or who just want to swim to be involved with the sport. Stroke technique, race strategy, training intensity, leadership skills, and race preparation for local, regional, and national competitions are important elements of the Tsunami swimmer's journey. Level prerequisites are posted on our Tsunami website, [www.sfyswim.com](http://www.sfyswim.com).

13 - 18  
years

Practice schedules  
will be posted on  
SFY website at  
[www.sfyswim.com](http://www.sfyswim.com).

Spring:  
4/1 - 5/24  
Summer:  
5/28 -  
7/21

Fees will be  
published 2/1.

\*Additional SFY  
Swim Team Fun  
Contribution of  
\$25 due at sign  
up, per season.





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Wilmington, DE

**SUSSEX FAMILY YMCA**  
20080 Church Street  
Rehoboth Beach, DE 19971  
(302) 296-9622



## 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-YMCA

### **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-YMCA

### **CAMP TOCKWOUGH**

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

### **ASSOCIATION OFFICE**

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

## OUR MISSION

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

## CONNECT WITH US!



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