



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING/SUMMER 2020 PROGRAM GUIDE

WESTERN 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 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; Two Outdoor Pools
- Youth Fitness Center
- Basketball Gymnasium
- Men's and Women's Locker Rooms
- Family Locker Rooms
- Sauna
- Over 100 group exercise classes weekly- HIIT, Yoga, Pilates, Barre, Cycling, Zumba, BodyPump and more
- Aquatic Group Fitness Classes
- Access to Small Group Training- TRX, Kettlebell, GRIT
- Free Fitness Consultations
- Access to Personal Training
- Instructional Children's Classes: Swimming and Dance
- Youth Sports including Basketball, Soccer, Volleyball and more
- Full Day & Part Day Preschool Program
- Before and After School Care
- Summer Day Camp
- Free Babysitting while you work out
- Teen Center
- Youth in Government
- Plus, you are part of a greater cause! Did you know the YMCA is a non-profit charity that provides numerous programs and services to the community? Visit 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 – THURSDAY: 5 a.m. – 10 p.m.

FRIDAY: 5 a.m. – 9:30 p.m.

SATURDAY: 6 a.m. – 8 p.m.*

SUNDAY: 8 a.m. – 8 p.m.*

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

POOL HOURS

INDOOR POOL

Monday – Friday: 7 a.m. – 9:15 p.m.

Saturday: 7 a.m. – 8 p.m.

Sunday: 8 a.m. – 8 p.m.

BUBBLE POOL

Monday – Friday: 5 a.m. – 10 p.m.

Saturday: 6 a.m. – 8 p.m.

Sunday: 8 a.m. – 8 p.m.

**OUTDOOR POOLS OPEN MAY 2020 –
CHECK THE APP AND BRANCH FOR DETAILS.**

KIDS ZONE HOURS

Drop off babysitting for children ages **6 weeks – 11 years.**

MONDAY – THURSDAY:

8 a.m. – 1:30 p.m. | 3:30 – 8:30 p.m.

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

SATURDAY & SUNDAY: 8 a.m. – 1:30 p.m.

*Hours may vary on holidays and between session breaks. Service is available and free to members and their dependent children. Members will receive 2 hours of care per day while using the facility.

YOUTH FITNESS CENTER

Monday–Thursday: 4 – 8:30 p.m.

Friday: 4 – 7:30 p.m.

Saturday & Sunday: 9 a.m. – 1:30 p.m.

SUMMER HOURS EXTENDED

In addition to the above hours, the Youth Fitness Center will be open every day during the summer from 9 a.m. – 1:30 p.m.

HOW DO I REGISTER FOR PROGRAMS?

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

REGISTER IN PERSON OR BY PHONE:

Stop by our branch, or give us a call 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 21 (Easter): 7 – 11 a.m.

MAY 25 (Memorial Day): 7 – 11 a.m.

Outdoor Pools will be open normal hours

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

Outdoor Pools will be open normal hours

SEPTEMBER 7 (Labor Day): 7 – 11 a.m.

Outdoor Pools will be open normal hours



(302) 709-9622



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 Western Family YMCA. Our calendar is a great way for you to stay up to date. Be sure to check our website frequently for our most current calendar and list of events. Visit www.ymcade.org.

▶ FAMILY EVENTS

FAMILY MOVIE NIGHT

DATES VARY - VISIT THE MEMBER SERVICES DESK FOR DETAILS

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

PARENT'S NIGHT OUT EVERY FRIDAY NIGHT

Drop the kids off at the Y and enjoy a night out. Early registration encouraged.

SUMMER CAMP ORIENTATION

MAY 14, 2020 • 12-2 P.M.

LOCATION: Youth Development Center

HEALTHY KID'S DAY

APRIL 18, 2020

11 A.M. - 1 P.M.

Open to the community to enjoy family time with activities, local vendors, and giveaways.

LES MILLS LAUNCHES

APRIL & JULY 2020

DATES TBD

Get energized and stay on top of your summer workouts with the latest Les Mills program releases.

CINCO DE MAYO ZUMBA CELEBRATION

MAY 3, 2020

Whether you Zumba regularly or just want to dance your heart out, join the fun and get a great workout.

KIDS ZONE SPRINKLER DAYS

SUMMER 2020

On the designated weekdays, we turn on the sprinklers in our playground to help with the summer heat. Children who wish to participate must have their swimsuit on at the time of drop off. Children will stay on the playground while they are in kids zone. Children must bring their own towel. Diapered children must wear a swim diaper.

▶ VOLUNTEER

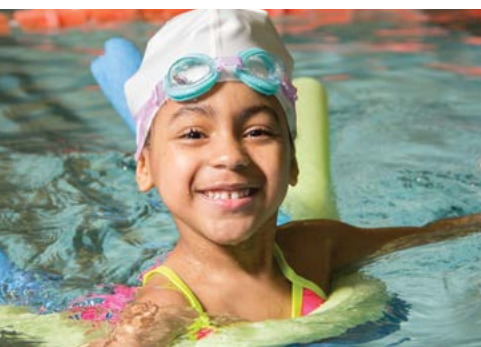
GIVE BACK AND VOLUNTEER

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

▶ ANNUAL CAMPAIGN FUNDRAISER

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





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?



LEADERSHIP



THOMAS WALLACE
Sr. Executive Director
twallace@ymcade.org

MEMBERSHIP



TATEUM LEVAN
Membership Engagement
Coordinator
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SUZETTE PAVIA
Membership Sales
Coordinator
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YOUTH SPORTS



NANCY CUSICK
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FACILITIES



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YOUTH DEVELOPMENT



JEN REID
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DAVE MILLER
Child Development/
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Childcare Program
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BONNIE HAIGH
Meadowood
Full Day Preschool
Coordinator
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SARA CATRON
Kids Zone Coordinator
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HEALTH & WELLNESS



JENNIFER FAWZI
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Group Exercise
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XAVIER LOPEZ
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AQUATICS



LIZ BLUIS
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TOM JANTON
Competitive Aquatics
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DENISE ELMS
Aquatic Programs
Coordinator
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BOARD OF GOVERNORS

Sue Dahms,
Board Chair
Mike Amir

Bob Auer
Alicia Calhoun
Jeff Faulf

Maria Gestwicki
Michelle Lacombe

Rob Rex
Syl Woolford

ADULT PROGRAMMING

FITNESS

Commit to be fit

This 12-week program includes:

- Semi-private group personal training
- Fitness assessment and testing
- Reach your weight loss goals
- Be encouraged & motivated by others in your group
- Take charge & become more accountable

Class times vary during the week.

Look for Commit to Be Fit registration form at Member Services.

13 WEEKS

April 19 – July 18

*First week is an initial assessment week.

\$175 for the entire 12-week program

FitQuest Powered by ActivTrax (14 and up)

Let our certified fitness staff help you reach your fitness goals. There is an option to do a one-time session for anyone looking to get started using our equipment and become familiar with the various fitness offerings. Additional sessions are available to those who want the extra guidance and feedback.

By appointment but walk-ins are welcome.

Included in your membership

Group Fitness Classes

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

Please see our website or mobile app for full schedule and class descriptions. No registration required.

Included in your membership

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 month

*Refer to small group training schedule in the branch.

Ongoing

\$10 drop-in-fee per class

\$35 per one-month unlimited class pass

FITNESS

Personal Training Our certified trainers will design personalized workouts based on your goals and interests. Your first session will be a consultation to ensure that your trainer develops the best plan to meet your needs and help you achieve your goals. Personal training interest and health history forms should be completed prior to your first session and are available online or at the Member Services Desk. By appointment. Package Rates Apply.	30-MINUTE SESSIONS 1 session: \$35 4 sessions: \$120 8 sessions: \$220 12 sessions: \$320	60-MINUTE SESSIONS 1 session: \$60 4 sessions: \$200 8 sessions: \$350 12 sessions: \$480	PARTNER TRAINING 1 session: \$100 4 sessions: \$240 8 sessions: \$400 12 sessions: \$650
Small Group Training (Ages 14 and up)	Schedule varies by month	\$10 drop-in-fee per class \$35 per one-month unlimited class pass	

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%.	Monday, 6:30 p.m.		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 survivors can develop supportive relationships and improve their quality of life.	For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.	Program starts March 5 and runs for 12 weeks.	Free to members and non-members
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.	Class times vary during the week.	April 19 th – July 18 th *1st Week is an initial assessment week	Contact: Agnes Serafin Weight Loss Program Facilitator aserafin@ymcade.org

ADULT SPORTS

Pickleball League (18 and up) Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Playing Pickleball is a great way to get moving and stay healthy. You'll have so much fun you won't even realize that you are working out.	Monday & Thursday, 5 p.m.- 8 p.m. (8 week sessions)	Spring 1, 2 and Summer	Member: \$30 Community: \$45
Pickleball Clinic	Tuesday, 10:30 a.m. – 12 p.m. (8 week sessions)	Spring 1, 2 and Summer	Member: \$60 Community: \$100
Adult Basketball League 16 and up	Tuesday & Wednesday Nights (8 week sessions)	Spring 1, 2 and Summer	Member: \$50 Community: \$70
Pickleball Tournament 18 and up	TBD	MAY 2020	Member: \$60 Community: \$100

SWIM

Swim Basics, Teen Teens learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim – sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab. Classes are 45-minutes in length.	Wednesday, 7:15 – 8 p.m.	Spring 1, 2 and Summer	Member: \$97 Community: \$194
Swim Basics, Adult Adults learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim – sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab. Classes are 45-minutes in length.	Monday, 8 – 8:45 p.m. Wednesday, 8 – 8:45 p.m. Saturday, 8 – 8:45 a.m.	Spring 1, 2 and Summer	Member: \$97 Community: \$194
Private Swim Lessons	By appointment – contact the branch to schedule.	Ongoing	Pricing varies
Water Fitness Classes *No Registration Required	See schedule online at www.ymcade.org or on the YMCA of Delaware mobile app.	Ongoing	Included in your membership
Pre/Post Natal H2O Pre/Post Natal H2O is a low to no impact cardiovascular workout that improves stamina, shapes and tones muscles, reduces discomfort and increases flexibility in preparation for delivery. Nutrition tips are also provided during the class.	Tuesday & Thursday, 7:30 – 8:30 p.m.	Ongoing	\$40 per month

Aquatic One-On-One Training The buoyant pool environment with multi directional resistance provides an intense, effective workout. If you would like to advance your training one-on-one, set up a new workout that fits into your schedule. Our certified trainers are ready to meet your needs.	Contact Elizabeth Alexander at ealexander@ymcade.org for more information	30-minute or 60-minute sessions. Prices vary.
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TRAINING/CERTIFICATIONS

ELLIS LIFEGUARDING CERTIFICATION PRE-REQUISITES: <ul style="list-style-type: none"> • Perform feet first surface dive in deep water • Retrieve a 10-pound brick • Tread water for 1 minute using legs only • Swim 100 continuous yards of freestyle or breaststroke 	15 years & up	SESSION 1 February 11*, 5-9 pm February 14, 5-9 pm February 15*, 9:30 am- 6 pm February 16, 10 am-Class End SESSION 2 March 10*, 5-9 pm March 13, 5-9 pm March 14*, 9:30 am- 6 pm March 15, 10 am-Class End SESSION 3 April 21*, 5-9 pm April 24, 5-9 pm April 25*, 9:30 am-6 pm April 26, 10 am -Class End *Indicates recertification students should also attend.	SESSION 4 May 5*, 5-9 pm May 8, 5-9 pm May 9*, 9:30 am-6 pm May 10, 10 am-Class End SESSION 5 June 2*, 5-9 pm June 5, 5-9 pm June 6*, 9:30 am- 6 pm June 7, 10 am- Class End SESSION 6 August 11*, 5-9 pm August 14, 5-9 pm August 15*, 9:30 am-6 pm August 16, 10 am-Class End	Member: \$210 Community: \$280
ELLIS LIFEGUARDING RECERTIFICATION PRE-REQUISITES: Prior Ellis Lifeguarding Certification. Must show proof of current certification to be eligible.	15 years & up	Dates noted above with asterisk (*). The second day of training will start at 9:30 a.m. and finish at 7 p.m.	Spring 1, 2 and Summer	Member: \$130 Community: \$200

YOUTH PROGRAMMING



CHILD CARE

Before and After School Care

Our licensed program focuses on leadership development, homework assistance, CATCH fitness, nutrition and arts while giving each child the opportunity to become a confident kid today and a healthier, happier grown up tomorrow. Before and After Care is held at the listed schools or at the Y's Youth Development Center. Partial week options are available. POC is accepted.

K –
8th
grade

Before School:
7 a.m. – start of
school

After School:
End of school –
6 p.m.

Fall/Winter/
Spring

Registration
for the
2020/2021
school year
will begin in
April 2020.

Before Care Only

Full Member: \$232/month
Community: \$352/month

After Care Only

Full Member: \$334/month
Community: \$469/month

Before and After Care

Full Member: \$428/month
Community: \$525/month

The above rates are monthly
for 5 days per week option.
Partial week options are
available by contacting
Samuel Mento at
smento@ymcade.org.

BEFORE AND AFTER SCHOOL LOCATIONS

MIDDLE SCHOOLS – AFTER CARE ONLY

(Youth Development Center at the Y)

Stanton Middle School

IB Middle Years Program at Dickenson

Shue-Medill Middle School

Elementary Red Clay Consolidated Schools

(on site care)

Marbrook Elementary School

Anna P. Mote Elementary School

Heritage Elementary School

Forest Oak Elementary School

Baltz Elementary School

Elementary Christina Schools

(on site care)

Brookside Elementary School

Maclary Elementary School

Gallaher Elementary School

Wilson Elementary School

Jennie Smith Elementary School

CHILD CARE

Giant Step Preschool (Part Day)

Your child will have the opportunity to enjoy themes that encourage the use of their imaginations while supporting social, emotional, and intellectual growth. Physical activities are promoted through weekly swim and gym opportunities. Children must be toilet trained to enter the program. POC is accepted.

3 – 5
years

Monday – Friday
9 – 11:30 a.m.

2019–2020
school year

Registration
for the 2020–
2021 school
year begins in
April 2020.

3 days per week
Member: \$250 monthly
Community: \$324 monthly

5 days per week
Member: \$299 monthly
Community: \$373 monthly

* \$25 yearly registration fee
\$65 yearly activity fee

Full Day Preschool (at Meadowood)

An inclusive preschool setting with the Red Clay School District's Early Years Program. Our staff provides a safe, nurturing environment while exposing children to developmentally age-appropriate activities, all of which help prepare your child for kindergarten and beyond. POC is accepted.

3 – 5
years

Monday – Friday,
7 a.m. – 5:30 p.m.

Year-round
registration
pending
availability

Member: \$843/month
Community: \$1050 /
month

*\$25 yearly registration
fee per family

OUR CURRICULUM:

- Math, Science/Sensory, Language/Literacy, Art and Social and Emotional Development

PROGRAM FEATURES:

- Playgrounds & indoor gym
- Low staff to child ratio
- Field trips
- Recreational swim
- Red Clay School Lunch Program is available for an additional fee.

School is Out Care

Bring your kids to the Y when school is out during the school year. Registration is required.

K –
8th
grade

7 a.m. – 6 p.m. on
select days when
the Red Clay
and/or Christina
School Districts
are closed.

School year
only

Member: \$45
Community: \$55

Summer Day 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
– 10th
grade

June 15th –
August 28th
*Pending 2020–
21 district
calendars, an
additional week
may be added

Registration
begins
January 31,
2020

Visit www.ymcade.org
for details.



DANCE – SCHOOL YEAR SEPTEMBER 2019-JUNE 2020

The Annual Recital will be Saturday, June 6, 2020. Costume payments are due on January 18, 2020.

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

ENRICHMENT - TEEN/TWEEN LEADERSHIP

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 meeting times, fees and dates.	Grades 6-12	Wednesdays, 6:30 pm – 8 pm	January - April	Member and Community: \$310
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HEALTH AND FITNESS

Fitness Center Orientation Upon completion of orientations and a signed parent agreement, youth ages 12-13, can gain access to the Adult Fitness Center. Access does not include the Free Weight area.	12-13 years	By appointment	Ongoing	Included with membership
Personal Training See website, www.ymcade.org , for more information on youth personal training packages.	10 - 14 years	By appointment	Ongoing	Package rates apply 4 sessions: \$90 8 sessions: \$150 12 sessions: \$260
Youth Fitness Center Discover new ways to get moving through interactive games and workouts just for kids!	7 - 13 years	See schedule in branch or on our website.	Ongoing	Included with membership



SPORTS

Basketball Skills	7-15 years	Tuesday (ages 7-8) Thursday (ages 9-15) 6 - 7:30 p.m.	Spring 1, 2 and Summer	Member: \$65 Community: \$140
Flag Football League	6-12 years	Saturday, Times vary	Spring 1 and 2	Member: \$75 Community: \$140
Lacrosse Skills	7-13 years	Tuesdays, 6-7:30 p.m.	Spring 1, 2 and Summer	Member: \$65 Community: \$140
Soccer Skills	3-4 years	Saturday, 9-10 a.m. Saturday, 10-11 a.m.	Spring 1 and 2	Member: \$65 Community: \$130
Soccer League	5-14 years	Saturday, Times vary	Spring 1 and 2	Member: \$75 Community: \$140
Soccer Skills	3-6 years	Mondays, 6- 7 p.m.	Summer	Member: \$65 Community: \$130
Soccer Skills	7-14 years	Monday - Thursday, Times Vary	Summer (4 weeks)	Member: \$95 Community: \$190
Tennis Skills	5-13 years	Saturdays, 10-11 a.m.	Spring 1 and 2	Member: \$65 Community: \$140
Volleyball Skills	7-14 years	Saturdays, 10-11 a.m.	Spring 1 and 2	Member: \$65 Community: \$140
T - Ball	4-6 years	Tuesdays & Thursdays, 6-7 p.m.	Summer	Member: \$65 Community: \$130

SWIM LESSONS

Swim Starters, A (Parent/Child) Introduces infants and toddlers to the aquatic environment.	6 months - 2 years	Monday, 5:30-6 p.m. Wednesday, 6-6:30 p.m. Thursday, 10:05-10:35 a.m. Saturday, 9:45-10:15 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174
Swim Starters, B (Parent/Child) Focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills.	1 - 3 years	Monday, 6 - 6:30 p.m. Wednesday, 5:30-6 p.m. Thursday, 10:40-11:05 a.m. Saturday, 10:20-10:50 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174
Swim Basics 1, Toddler Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	2 - 3 years	Monday, 6-6:30 p.m. Wednesday, 6:35-7:05 p.m. Thursday, 11:10-11:40 a.m. Saturday, 9-9:30 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174
Spring Mini Session, Toddler Level 1	2 - 3 years	Tuesday and Thursday, 5:55-6:25 p.m.	May 12 -June 4	Member: \$74 Community: \$148
Swim Basics 1, Preschool Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance	3 - 5 years	Monday, 5:30-6 p.m. Monday, 6:30-7 p.m. Tuesday, 5:15-5:45 p.m. Wednesday, 6- 6:30 p.m. Wednesday, 7:10-7:40 p.m. Thursday, 10:05-10:35 a.m. Thursday, 5:15-5:45 p.m. Friday, 5:50-6:20 p.m. (Spring Only) Saturday, 9:45-10:15 am Saturday, 10:20-10:50 am	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174
Swim Basics 2, Preschool Encourages forward movement in water and basic self-rescue skills performed independently.	3 - 5 years	Monday, 5:30-6 p.m. Monday, 6:30-7 p.m. Tuesday, 5:15-5:45 p.m. Wednesday, 6- 6:30 p.m. Thursday, 10:40 -11:10 a.m. Thursday, 5:15-5:45 p.m. Friday, 5:50 - 6:20 pm (Spring only) Saturday, 9:45 -10:15 a.m. Saturday, 10:20 -10:50 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174
Swim Basics 3, Preschool Develops intermediate self-rescue skills performed at longer distances than in previous stages.	3 - 5 years	Monday, 6:30-7 p.m. Tuesday, 4:30-5 p.m. Wednesday, 7:25-7:55 p.m. Thursday, 11:10-11:40 a.m. Thursday, 5:15-5:45 p.m. Friday, 5:50-6:20 pm (Spring only) Saturday, 9:45-10:15 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174

SWIM LESSONS

Swim Strokes 4 – Preschool Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	3–5 years	Monday, 6:30–7 p.m. Tuesday, 5:15–5:45 p.m. Thursday, 5:15–5:45 p.m. Saturday, 10:20–10:50 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$74 Community: \$148 Summer rates: Member: \$87 Community: \$174
Spring Mini Session, Preschool Level 1 Meets two times per week	3–5 years	Tuesday and Thursday, 6:30–7 p.m.	May 12–June 4	Member: \$74 Community: \$148
Spring Mini Session, Preschool Level 2,3 Meets two times per week	3–5 years	Tuesday and Thursday, 6:40–7:10 p.m.	May 12–June 4	Member: \$74 Community: \$148
Summer Mini Session, Preschool Level 1 Meets four times per week for two weeks	3–5 years	Monday – Thursday, 10:05–10:35 a.m.	Summer – See schedule in the branch for available dates.	Member: \$74 Community: \$148
Summer Mini Session, Preschool Level 2 Meets four times per week for two weeks.	3–5 years	Monday – Thursday, 10:40–11:10 a.m.	Summer – See schedule in the branch for available dates.	Member: \$74 Community: \$148
Swim Basics 1, Youth Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	6–12 years	Monday, 4:45–5:30 p.m. Wednesday, 7:25–8:10 p.m. Saturday, 11–11:45 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$84 Community: \$168 Summer rates: Member: \$97 Community: \$194
Swim Basics 2, Youth Encourages forward movement in water and basic self-rescue skills performed independently.	6–12 years	Monday, 7:05–7:50 p.m. Thursday, 4:25–5:10 p.m. Friday, 5–5:45 p.m. (Spring Only) Saturday, 8:55–9:40 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$84 Community: \$168 Summer rates: Member: \$97 Community: \$194
Swim Basics 3, Youth Develops intermediate self-rescue skills performed at longer distances than in previous stages.	6–12 years	Monday, 7:05 – 7:50 p.m. Tuesday, 4:25 – 5:10 p.m. Thursday, 4:25–5:10 p.m. Friday, 5–5:45 p.m. (Spring only) Saturday, 11–11:45 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$84 Community: \$168 Summer rates: Member: \$97 Community: \$194
Swim Strokes 4 – Youth Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	6–12 years	Monday, 4:45–5:30 p.m. Monday, 7:05–7:50 p.m. Tuesday, 4:25–5:10 p.m. Wednesday, 6:35–7:20 p.m. Friday, 5–5:45pm (Spring Only) Saturday, 8:55–9:40 a.m.	Spring 1 and 2, and Summer	Spring rates: Member: \$84 Community: \$168 Summer rates: Member: \$97 Community: \$194

SWIM LESSONS

Swim Strokes 5 – Youth Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	6–12 years	Monday, 4:45–5:30 p.m. Wednesday, 6:35–7:20 p.m. Thursday, 4:25–5:10 p.m. Saturday, 11–11:45 a.m.	Spring 1 and 2, and Summer	SPRING RATES: Member: \$84 Community: \$168 SUMMER RATES: Member: \$97 Community: \$194
Swim Strokes 6 – Youth Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.	6–12 years	Tuesday, 7:30–8:15 p.m. Thursday, 7:30–8:15 p.m.	Spring 1 and 2, and Summer	SPRING RATES: Member: \$84 Community: \$168 SUMMER RATES: Member: \$97 Community: \$194
Spring Mini Session, Youth Level 1 and 2 Meets twice a week	6–12 years	Tuesday and Thursday, 5:50–6:35 p.m.	May 12 – June 4	Member: \$84 Community: \$168
Summer Mini Session, Youth Level 1 and 2 Meets four times a week for two weeks.	6–12 years	Monday – Thursday, 11:15 a.m. – 12 p.m.	Summer – See schedule in the branch for available dates.	Member: \$84 Community: \$168
Private Swim Lessons Private lessons are taught one-on-one and are ideal for swimmers who want personal instruction specific to their needs.	4 years and older	By appointment – contact the branch to schedule	Ongoing	Varies

PRE-COMPETITIVE SWIM LESSONS

Wahoo Swim Academy Join a more progressive level of swimming. Refine strokes, build endurance and confidence. Advanced swimmers will experience the swim team in a semi-competitive nature while working with swim coaches and swim instructors to improve their technique. Participants will have the opportunity to compete in YMCA swim meets if interested. Practices are held two days/week in the Indoor Pool. PREREQUISITE Prior enrollment in Swim Academy or a swim evaluation by a Western Swim Instructor is required prior to registration.	5 – 12 years	Tuesday, 5:50–6:35pm Thursday, 5:50–6:35pm	Spring	Space is limited. Please contact the Members Service Desk for more information.
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WESTERN FAMILY YMCA

2600 Kirkwood Highway
Newark, DE 19711
(302) 709-9622
www.ymcade.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 TOCKWOUGH

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