



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**FALL 2016/
WINTER 2017**
DOVER YMCA



		BEAR – GLASGOW	BRANDYWINE	CENTRAL	DOVER	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	•	•	•	•	•	•	•
YOUTH AND TEENS	Youth & Teen Enrichment	•	•	•	•	•	•	•
	Youth in Government	•	•	•	•	•	•	•

7 BRANCHES TO SERVE YOU STATEWIDE!

www.ymcade.org

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, build relationships and provides a way for you to be part of your community while helping others. A YMCA membership sets you on the path to good health in spirit, mind and body, so you can enjoy living a full and balanced life.

YOUR MEMBERSHIP INCLUDES:

- Unlimited use of all 6 YMCA of Delaware locations
- Unlimited use of outdoor pools at 4 locations including Dover!
- Over 125 fitness classes including Step, Yoga, Pilates, Spinning, Zumba, Bodypump and more!
- Kids Zone (drop-in babysitting) per child
- Family and Older Adult Programs
- Youth Fitness Center for ages 7-13
- Family Fitness Center times on Friday, Saturday and Sunday
- Individualized fitness center orientation
- Wellness Consultation - A goal setting session that starts with a consultation and ends with a customized plan for you to follow
- Family swim and access to lap lanes
- New cardio equipment every three years
- Two indoor pools, One outdoor pool and One outdoor children's pool
- Reduced rates on specialty classes and programs
- Priority registration for classes, camps, swim lessons and more
- AWAY program (Membership is honored at most YMCAs outside of a 50 mile radius across the country, free of charge or at reduced rates).
- Referral program rewards
- **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 our website for more information.

YOUR DELAWARE MEMBERSHIP INCLUDES PENNSYLVANIA!

You now have the flexibility to use other YMCA facilities in Eastern Delaware County, Philadelphia and the Brandywine Valley at no extra charge! Simply present your YMCA membership card and photo ID at participating Pennsylvania YMCAs and enjoy complimentary access.

REFER A FRIEND AND EARN \$25!

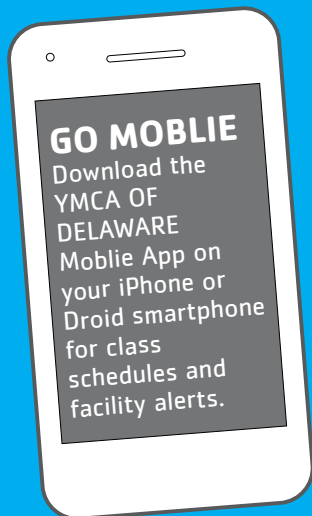
Your \$25 can be used towards your membership or programs.

When a friend joins, they should mention that they were referred by a current member and fill out a referral card.





STAY CONNECTED



PHONE
(302) 346-9622



MOBILE
Text @dyalerts to
(302) 353-1707 for text alerts.



ONLINE

- www.ymcade.org
- facebook.com/doverymca
- twitter.com/doverymca



EMAIL
Please make sure we have your current e-mail address on file so we can keep you up-to-date. If you wish to opt in or out of YMCA emails, please let the staff at our Member Services Desk know.

INFORMATION & DATES



FACILITY HOURS

Monday – Friday: 5:30 a.m. – 10 p.m.
Saturday: 7 a.m. – 6 p.m.
Sunday: 7 a.m. – 6 p.m.

OUTDOOR POOL (through September 5, 2016)

Monday – Friday: 12:30 – 8 p.m.
Saturday & Sunday: 11 a.m. – 8 p.m.

KIDS ZONE HOURS (Drop off baby sitting available for children ages 6 weeks – 12 years)

Monday – Sunday: 8:15 a.m. – 1 p.m.
Monday – Friday: 4 p.m. – 8:30 p.m.

* Hours may vary on holidays and between session breaks.

Our staff are dedicated to nurturing our young members in a safe environment with a focus on the character development values of caring, honesty, respect and responsibility. Full privilege members may utilize this service for up to 2 hours per day, per child in your family. We ask that parents please label all items your child brings with them. Immunizations must be up to date and an emergency form must be on file. Parents are required to remain on the premises.

FEE: Open to all full members for free.

YOUTH FITNESS CENTER

AGES: Fun for ages 7 to 13 years

Monday – Friday: 4 – 8:30 p.m.
Saturday & Sunday: 9 a.m. – 1 p.m.

FEE: Open to all full members for free.
All children must be signed in and out by their parent/guardian.



FALL 2016/WINTER 2017 SESSION DATES

FALL 1: September 6 – October 30, 2016
Full Member Registration Begins: August 15, 2016
Program Member Registration Begins: August 22, 2016

FALL 2: October 31 – December 23, 2016
Full Member Registration Begins: October 17, 2016
Program Member Registration Begins: October 24, 2016

WINTER: January 2 – February 26, 2017
Full Member Registration Begins: December 12, 2016
Program Member Registration Begins: December 19, 2016

PROGRAM REGISTRATION

WEB REGISTRATION:

Full 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.

FINANCIAL ASSISTANCE IS AVAILABLE

We believe that everyone in our community should have the opportunity to benefit from YMCA programs and services. Our Open Doors Financial Assistance Program is central to our mission. This program offers a fee-based scale to fit the financial situations of individuals in our community. For more information or to apply, contact the nearest YMCA branch to request an Open Doors financial assistance application, or download it at www.ymcade.org.

HOLIDAY SCHEDULE & IMPORTANT DATES

NOVEMBER 24 (Thanksgiving): CLOSED

DECEMBER 24 (Christmas Eve): CLOSE 2 p.m.

DECEMBER 25 (Christmas Day): CLOSED

DECEMBER 31 (New Year's Eve): CLOSE 5 p.m.

JANUARY 1 (New Year's Day) 10 – 2 p.m.



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

THE Y FOR ALL

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



SUSAN HERR
Executive Director
sherr@ymcade.org



JUDI SHADE
Senior Program Director
jshade@ymcade.org



SHERI MINEAR
Fitness Director
sminear@ymcade.org



DEBBIE DEENE
Membership Coordinator
ddeene@ymcade.org



John Gilroy
Assistant Program Director
jgilroy@ymcade.org



Ryan Bowlby
Facilities Director
rbowlby@ymcade.org



AYESHA JAMISON
Childhood Development
Director
Ajamison@ymcade.org



BETH JOHNSON
Wellness Coordinator
bjohnson@ymcade.org



DOUG LETTS
Assistant Facilities Director
dletts@ymcade.org



SUSAN THAU
Camp and Youth Program
Coordinator
sthau@ymcade.org



BRENDEN SMITH
Competitive Aquatics
Director
bsmith@ymcade.org

BOARD OF GOVERNORS

GLENN C. MANDALAS
BOARD CHAIR

JENNIFER T. TWINING
VICE CHAIR

JAMES E. ARTHUR

DAVE CASTO

**HONORABLE JEFFREY
CLARKE**

JULIA C. GORMAN

MARY ELLEN GRAY

**DR. ROBERT B.
HARTMANN**

JAMES A. HUTCHISON, III

PAUL LEBLANC

BILL LURWICK

KATHLEEN MICKLE-ASKIN

ADULTS

▶ GROUP EXERCISE

FEES: Classes listed are FREE for full members.

- No registration required for most classes. Just Drop-In!
- Full members only!
- You must be 13 years old to attend unless otherwise specified.
- Classes may be changed or removed based on participation.
- We suggest you bring your own yoga mat to Pilates, BodyFlow and Yoga.
- We encourage members to bring water and a small towel to class.

Class schedules are available in the branch, on-line at www.ymcade.org or on the free YMCA app: ACTIVE LIFE.

ADVANCED CYCLE

This 60-minute advanced indoor cycling class includes structured, high-intensity interval workouts that will challenge you aerobically and anaerobically whether you are looking to stay in shape for outdoor cycling or cross train for your current sport. While all levels of cyclists are welcome, this class is designed for the intermediate to advanced rider.

AMRAP (As Many Rounds As Possible)

Short on time? Give AMRAP a try. This is a great class for all levels and consists of 4-8 exercises, 10 reps each. How many rounds can you complete in two minutes? This 30 minute class will start with a 5 minute warm up and end with 5 minute cool down/stretch.

BODY COMBAT®

BodyCombat is the empowering cardio workout where you are totally unleashed. This energetic class is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, and Tai Chi. Join us to strike, punch and kick your way into great shape.

BODYFLOW®

BODYFLOW reinforces flexibility and strength while combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, this class brings mind and body into perfect harmony. Try our revolutionary, holistic approach to fitness. Please bring your own mat to class. If you don't have one, they can be purchased at the Member Services Desk.

BODYPUMP®

This 45-60 minute workout challenges all major muscle groups using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the fast results you came for.

CHAIR YOGA

This introductory class will teach the basics of yoga while using the aid of a chair. It is perfect for those challenged by getting up and down. Yoga postures can be practiced while seated in a chair or standing with the aid of a chair. Increase your levels of flexibility, coordination, balance, endurance, and use of breath for stress relief at your pace.

CORE-N-MORE

This class works on all muscle groups with resistance training using weights, Bosu, stability balls and bands. This conditioning class ends with awesome abs and a final stretch. Remember, a well-toned body burns more calories at rest!

CYCLE INTRO

This introductory class to cycling will teach you how to set up your bike, proper form on the bike and how to use the gears and resistance.

CYCLE FUSION

Bike meets land in this high energy/calorie blasting class. Get the great benefits of an indoor cycling class combined with off the bike strength drills in this 45 minute calorie burning challenge.

CYCLE

Join us for this terrific indoor cycling class. This workout consists of 45 or 60 minute sessions with no complicated moves to learn. You will ride in a motivating group environment with music that begs your legs to pedal! Bring your water bottle and towel! Please allow time for bike set up prior to class start time.

FITNESS FOR LIFE

Feel fantastic as you resistance train to help improve your strength and endurance. Prevent muscle loss, bone loss and help retain your independence as you work out in this class for the Ageless! This class may be done in a chair or standing.

FIT OVER FIFTY

This chair-based exercise class will use light hand weights, bands, and balls to help increase balance and strength, decrease bone loss, and improve flexibility. Great for beginners!

GRIT®

GRIT is a high intensity interval training (HITT) workout that provides the challenge and intensity you need to get results. There are three 30 minute components to this program including: Strength, Plyo, and Cardio. The powerful music and inspirational coaches will motivate you to go harder and get fit fast.

HI/LOW COMMOTION

Get that heart pumping and that body moving with this aerobic conditioning class using traditional high-low easy to follow combinations. Suitable for all fitness levels.

L.I.F.E (Low Impact Fitness Experience)

This class is perfect for seniors and beginners looking to improve strength and endurance while preventing muscle and bone loss. You will utilize bands, hand weights and body bars to help improve muscle tone with effective strength training techniques.

MUSCLE FLEX

Strengthen all major muscle groups as you work your entire body with this 45-minute class. Basic equipment and easy-to-follow exercises keep it simple yet effective.

PILATES

Do you want an intense workout without the movin' & shakin'? Pilates uses specific movements to emphasize core strength for abs and back while improving control, strength, flexibility and breathing techniques. Specific combinations of muscular elongation and contraction are used to give your body that long, lean look! Mats may be purchased at the Member Services Desk.

STEP

This class has been around for over 20 years and is still going strong. It is the ultimate way to give your body a high energy cardio blast! Enjoy the unique movements and patterns taught on the step. If you are not comfortable with the step, all moves can be done on the floor.

STROGA

Experience 30 minutes designed to enhance flexibility and strength. Varied equipment is used to work through all muscle groups while listening to soothing music. Participants are encouraged to focus on breathing, posture and core at their own level.

TAI CHI [01550]

The Chinese believed the tai chi form is the BEST exercise because it combines the use of the MIND, BODY, and SPIRIT. Please register in advance. Class size is limited.

YOGA

Become familiar with basic yoga postures and breath work while increasing flexibility, endurance, strength, balance and coordination. Use your mind to focus on a specific target area in order to feel each movement and each position. Modifications are given to ensure a safe and effective workout. Bring your own mat to class!

ZUMBA®

This fusion of Latin and International music with dance themes create a dynamic, exciting, effective fitness system! It's FUN! It's different! It's designed for everyone at any level, and you don't have to know how to dance. Come ZUMBA® your way to a better you!

ZUMBA LITE

We'll have all the fun of ZUMBA® at a lower intensity than our other classes! These classes are perfect for both seniors and those new to group fitness. You will move aerobically with easy to follow dance steps and rhythms. Join the PARTY today!

ZUMBA® FAMILY

Come party and dance as a family! This ZUMBA® class is for families and children 5 years or older. All children 12 and younger must be accompanied and supervised by an adult during the entire class. This class meets the last Friday of each month.

ZUMBA® STEP

Tone and strengthen legs and glutes with a blend of Step aerobics and fun. Step right up and party with us!

ZUMBA TONING®

Take the party of ZUMBA® and add light hand weights (1-2 lbs.) that you'll shake like maracas to enhance your workout. ZUMBA® TONING helps build coordination and muscular strength while reshaping your body. ZUMBA® TONING sticks can be purchased from any ZUMBA® instructor, but are not required for class.

ADULTS

► FITNESS CENTER

FITNESS CONSULTATION

Get Started with a Fitness consultation!

Are you interested in the fitness center, group exercise, or lap swimming, but aren't sure where to start? A fitness staff member will help to identify obstacles, set short term goals, and discuss programs within the facility that meet your needs. Register at the Fitness Desk for a consultation today.

FEE: Free for members

FITNESS CENTER ORIENTATION

Our fitness center staff will help you learn how to use cardiovascular and resistance training equipment properly. Whether you need to learn about the equipment for the first time or need help to become more comfortable, they will be happy to help! Schedule your appointment at the Fitness Desk.

FEE: Free for members

FITNESS ASSESSMENT

Let us help you get started with a comprehensive assessment to meet your fitness needs. A certified personal trainer will complete a full evaluation and assist you in identifying areas in which to focus when choosing your fitness plan. Register at the Member Services Desk and schedule your appointment at the Fitness Desk. This session will be 30-45 minutes in length.

FEE: Members: \$30



▶ PERSONAL TRAINING

The Dover YMCA offers professional personal training services by staff who are nationally certified. Whether you need to learn fundamentals of exercise, require a specialized fitness program or are looking to achieve your personal best, our staff can help! They will customize a program to meet your needs and continually encourage you to succeed.

What does a Dover YMCA personal trainer do?

- Strength training
- Pre/Postnatal training
- Race training for new runners
- Post-physical therapy
- Post-cardiac rehab
- Isolated abdominal training
- Sports enhancement training
- Firm abs/healthy back training
- Strength training for seniors
- Personal flexibility training
- And more!

Each of our Personal Trainers has acquired education, training and certifications that ensure they have the qualifications to serve your needs. Your training team has either received their degree in Exercise Science and/or been certified through one or more of the following nationally recognized health and fitness organizations:

- American College of Sports Medicine (ACSM)
- National Strength and Conditioning Association (NSCA)
- American Council On Exercise (ACE)
- American Fitness Professionals & Association (AFPA)
- Aerobic & Fitness Association of America (AFAA)
- YMCA of the USA

PERSONAL TRAINING (60 Minutes) [01602]

This program is designed to help you learn how to work more efficiently and effectively via one-on-one instruction. Whether you need beginner basics or want high intensity interval training (HITT), our certified personal trainers can help you achieve your fitness goals. Personal training times are set up between you and your trainer to accommodate your needs. Pick up your personal trainer registration packet at the Member Services Desk, pick the session that fits your needs, and get on the road to a new you. Each session is up to one hour.

FEES:

- (01) 1 development session: \$45
- (02) 3 sessions: \$120
- (03) 6 sessions: \$210
- (04) 12 sessions: \$360

PERSONAL TRAINING (30 Min) [01162]

Are you struggling to find time to workout? Do you want to work on a specific area in less time? We have the perfect solution for you. Get the personal attention you want in a time frame that fits into your schedule with our 30 Minute "To Go" sessions.

FEES:

- (01) 3 sessions: \$75
- (02) 6 sessions: \$126
- (03) 12 sessions: \$228

PARTNER SMALL GROUP TRAINING (01190)

Bring a friend and accomplish your goals together! Small group training can range from 2-4 in a group.

FEES:

- 6 - 30 min. sessions: \$80 each
- 6 - 60 min. sessions: \$120 each
- 12 - 30 min sessions: \$150 each
- 12 - 60 min. sessions: \$240 each



**IF IT
DOESN'T
CHALLENGE
YOU, IT
DOESN'T
CHANGE
YOU.**

ADULTS

► SPECIALTY CLASSES

BELLY DANCING [01151]

Engage your spirit, mind, and body to unleash your inner goddess! Learn the beautiful, exotic art of belly dancing. This class is perfect for all fitness levels and body types, especially beginners. No dance experience required! For females ONLY.

LOCATION: Movement Studio

DAY/TIME: Saturdays 9:45-10:45 a.m.

FEES:

Full Members: \$42

Program Members: \$52

BARRE [01702]

The Barre workout is a series of movements that strengthen the entire body and ensures that no muscle is overlooked. This class blends dance, yoga, and pilates with an emphasis on alignment and optimal posture. We will utilize body weight exercises to enhance body awareness, balance, and overall strength.

LOCATION: Program Room 2

DAYS/TIMES:

Tuesday, 10:30-11:15 a.m.

FEES:

Full Members: \$40

PRIVATE SELF DEFENSE [01103]

Learn essential self-defense techniques developed by a Black Belt instructor who has combined his training with life experience. You will learn how to avoid confrontations and how to get out of bad situations. Lessons are 50 minutes long and are available for seniors, adults and teens.

FULL MEMBER FEES:

3 sessions: \$100

6 sessions: \$180

12 sessions: \$320

PROGRAM MEMBER FEES:

3 sessions: \$130

6 sessions: \$210

12 sessions: \$350



TRX SMALL GROUP TRAINING [01901]

TRX training classes help improve muscular balance, joint stability, mobility and core strength. This program is progressive and includes exercises for the upper body, lower body, and core. Since you create your own resistance level, TRX is great for everyone! Our trained TRX instructors will coach you through a workout that is fun and effective. Come experience one of the best total body workouts you've ever had!

FEES:

\$45 for Fall 1, Fall 2 or Winter Session
\$18 punch card for any three classes (if space is available)

LOCATION: Program 2 Room

DAYS/TIMES:

- (1) Tuesday, 9:30 - 10:15 a.m.
- (2) Tuesday, 5:30 - 6:15 p.m.
- (4) Thursday, 5 - 5:45 p.m.

TAI CHI [01550]

Tai Chi means "grand ultimate" or "grand supreme" and combines the use of the MIND, BODY, and SPIRIT. Tai Chi may help lower blood pressure, promote weight loss, increase energy levels, aid flexibility, balance, and can help in the reduction of chronic pains.

DAYS/TIMES:

- Tuesday, 10:15 - 1 p.m. (beginners)
- Thursday, 10:15 - 11 a.m. (advanced)
- Thursday, 6:25 - 7:15 p.m.

FEES:

Free
Registration is required. Each class has a natural progression and you will continue in the same class/day throughout the session. Limited to one class a week.

GRIT 8 WEEK

WEIGHT LOSS CHALLENGES

[01309]

Find the competitor in yourself and get ready for the 8 week weight loss challenge. This includes the GRIT workout series (or workout suggestions), pre and post fitness testing, and nutritional guidance. Look for more information to be posted within the YMCA.

FEES: \$80

▶ SPORTS

40 & OVER BASKETBALL LEAGUE

[03116]

Join us to compete in a safe and friendly environment. The adult basketball league encourages adults to stay active in a game setting. There will be one game per week.

Open Gym Monday, September 19th and 26th.

All players must be registered by Monday, September 26th.

DAY/TIME:

Monday, 7:30 - 9:45 p.m.

FEES:

Full Member: \$45

Community Member: \$65



JOIN US FOR OUR LES MILLS LAUNCH!

- Body Pump
- Body Combat
- GRIT
- Body Flow

2ND ANNUAL FITNESS MARATHON Saturday, January 28

More details to follow.

ADULTS

▶ SWIM LESSONS

ADULT SWIM LESSONS [02414]

Swim lessons are available at the Dover Y for adult beginners and intermediates. Classes consist of small groups that will work on individual goals and are 45 minutes long. It's never too late to learn!

DAY & TIMES:

Monday/Wednesday, 6:25 – 7:10 p.m.

Saturday, 11:50 – 12:35 p.m.

Sunday, 12 – 12:45 p.m.

FEES:

Full Member: \$59

Program Member: \$119

TRI SWIMMING [02702]

Would you like to compete in a triathlon but not sure about the swim? Tri swimming is a program designed to get you comfortable in the water. Learn some of the basic skills you will need in order to finish the swim portion of a triathlon. Even if you do not plan to complete an event, Tri Swimming will get you moving like a fish!

FALL 2 SESSION:

November 6 – December 28
(6 weeks, no class on Nov. 27)

WINTER SESSION:

January 2 – February 26 (8 weeks)

DAY/TIME: Sundays, 2 p.m.

LOCATION: 8 lane pool

FEES:

Full Members:

\$60 for Fall II and \$80 for Winter

Program Members:

\$90 for Fall II and \$110 for Winter

1ST STATE MASTERS SWIMMING

AGES: 18-99 & up [02701]

Would you like to have a structured and coached practice from a member of our professional coaching staff? Would you like to learn more about swimming technique or get feedback on your strokes? Would you like to practice with a group of adult teammates? If you answered yes to any of the above, then Masters Swimming is for you.

FALL I SESSION:

September 6 – October 31

FEE: \$80

FALL II SESSION:

November 1 – December 22

FEE: \$70

FULL FALL SESSION:

September 6- December 22:

Full Member: \$135

Program Member \$155

WINTER SESSION:

January 2 – February 23

FULL SESSION:

January 3- June 16:

Full Member: \$215

Program Member \$250

REGISTRATION INCLUDES PARTICIPATION IN ALL PRACTICE TIMES:

Sunday, 7-9 a.m. (Focus: Endurance)

Tues. & Thurs., 5:45 – 7:15 am
(Focus: Triathlon Training)

Mon. & Wed., 11:30 a.m. – 1 p.m.
(Focus: Technique Improvement)

Tue.s & Thurs., 7:30 p.m. – 8:45 p.m.
(Focus: Team/Social)

SCUBA LESSONS

Participants need to be at least 10 years old. All classroom work is completed at Scuba World, while most of the water work is completed at the YMCA. Please contact Darrell at Scuba World, (302) 697-2882, for class times and prices.

PRIVATE AND SEMI PRIVATE SWIM LESSONS

AGES: All ages

In our one-on-one swimming lessons you will learn to swim, refine strokes or improve breathing techniques. Semi-private lessons are also available and combine two students with one instructor. For maximum effectiveness, both swim students should be close to the same skill level. The Y staff does not coordinate semi-privates between members who do not know one another. Both students must sign up together.

FEES PRIVATE:

(Eight half-hour lessons)

Full Member: \$150

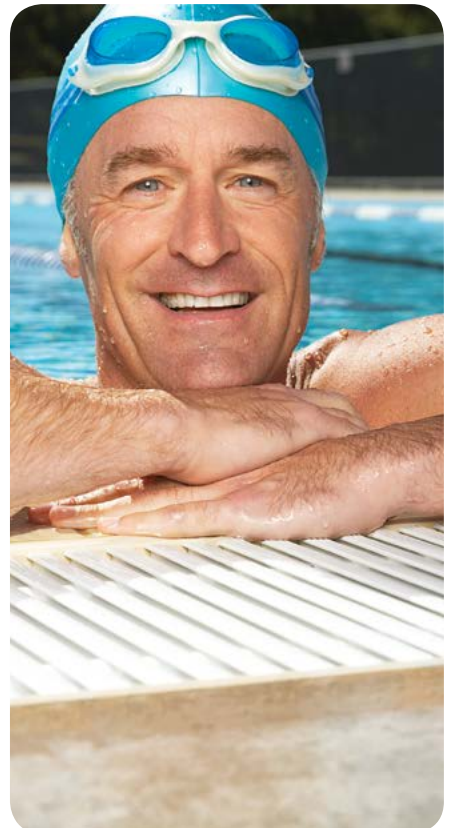
Program Member: \$190

FEES SEMI – PRIVATE:

(Eight half-hour lessons)

Full Member: \$109

Program Member: \$157



▶ WATER FITNESS

Water Exercise classes are FREE and only available to Full Members!

AQUA-ZUMBA®

Integrating the zumba dance class with traditional aqua fitness, Aqua Zumba will provide you with a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

AQUACISE

This class uses the buoyant qualities of water to enhance physical fitness through exercises. It is a medium-impact water class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. It is a total body workout without the stress of land-based exercise. Non-swimmers are welcome!

AQUATIC BOOT CAMP

Join us for a high intensity water workout! This cardio class includes water running, cardio drills, lap swimming, water resistance routines, strength and endurance training to get your heart pumping, build strength and improve endurance.

DEEP WATER RUNNING

This is a no impact, aqua-aerobics class conducted in deep water where you can work at your own pace. The aerobic portion varies in length and intensity and utilizes a buoyancy belt or pool noodle.

HIP WORKOUT

This is a deep water, high intensity workout with upbeat, funky music. Comfort in deep water is recommended but not required. Beginners are welcome.

HYDRO PUMP

Hydro Pump provides a combination of shallow and deep water exercises to increase strength and endurance for upper body, lower body and core. With use of a variety of water fitness equipment, this class is for all levels of conditioning and is adaptable for non-swimmers.

SHALLOW AQUA ROM (RANGE OF MOTION)

This class will provide you with a slow paced range of motion exercises without a cardio element. It is recommended for those who have arthritis, fibromyalgia and other skeletal muscular disorders and is designed to maintain and promote joint flexibility and enhance well-being.

SWIMNASTICS

This shallow water class allows individuals the opportunity to work on flexibility and muscle strengthening without stress on their joints. This is a great water workout for the beginner, or those returning to exercise due to health issues.

WATER YOGA

Adopted from land yoga, water yoga exercise emphasizes breathing, balance, concentration and relaxation. It is meditative and allows participants to learn and experience quiet while hearing the sounds of silence.



ACTIVE OLDER ADULTS

▶ GROUP EXERCISE

CHAIR YOGA

This introductory class covers the basics of yoga while using the aid of a chair. Yoga postures can be practiced while seated in a chair or standing with the aid of a chair. Increase your levels of flexibility, coordination, balance, endurance, and use of breathe for stress management purposes at your own pace.

FITNESS FOR LIFE

Feel fantastic as you use resistance training to help improve your strength and endurance. Prevent muscle loss, bone loss and help retain your independence as you work out in this class for the ageless! Participants may use a chair or stand.

FIT OVER FIFTY

This is a chair-based exercise class that uses light hand weights, bands, and balls. This class will help increase balance and strength, decrease bone loss, and improve flexibility.

L.I.F.E. (Low Impact Fitness Experience)

This class is perfect for seniors and beginners who are looking to improve strength and endurance while preventing muscle and bone loss. Participants will utilize bands, hand weights and body bars to help improve muscle tone with effective strength training techniques.

TAI CHI T/TH [01550]

Tai Chi means “grand ultimate” or “grand supreme” and combines the use of the MIND, BODY, and SPIRIT. This class may help lower blood pressure, promote weight loss, increase energy levels, aid flexibility and balance, and can help in the reduction of chronic pains.

DAY/TIME:

Tuesday, 10:15 a.m. (beginners)

Thursday, 10:15 a.m. (advanced)

Thursday, 6:25 p.m.

FEE: Free

REGISTRATION REQUIRED

Each class has a natural progression and you will continue in the same class/day throughout the session. Limited to one class a week.



ACTIVE OLDER ADULTS

▶ WATER FITNESS

AQUACISE

This class uses the buoyant qualities of water to enhance physical fitness through exercises. It is a medium-impact water class designed to provide cardiovascular conditioning, improved muscle tone, and improved balance. It is a total body workout without the stress of land-based exercise. Non-swimmers welcome!

DEEP WATER RUNNING

This no impact, aqua-aerobics class is conducted in deep water where you can work at your own pace. The aerobic portion varies in length and intensity and utilizes a buoyancy belt or pool noodle.

HIP WORKOUT

This is a deep water, high intensity workout with upbeat, funky music. Comfort in deep water is recommended but not required. Beginners are welcome.

HYDRO PUMP

This class provides a combination of shallow and deep water exercises to increase strength and endurance for upper body, lower body and core. With use of a variety of water fitness equipment, hydro pump is for all levels of conditioning and is adaptable for non-swimmers.

SHALLOW AQUA ROM (RANGE OF MOTION)

This class will provide you with a slow paced range of motion exercises without a cardio element. It is recommended for those who have arthritis, fibromyalgia and other skeletal muscular disorders and is designed to maintain and promote joint flexibility and enhance well-being.

SWIMNASTICS

This shallow water class allows individuals the opportunity to work on flexibility and muscle strengthening without stress on joints. This is a great water workout for the beginner, someone new to fitness, and those returning to exercise due to health issues.

WATER YOGA

Adopted from land yoga, water yoga exercise emphasizes breathing, balance, concentration and relaxation. It is meditative and allows the participants to learn and experience quiet while hearing the sounds of silence.



YOUTH

► ENRICHMENT

FRIDAY FUN [08707]

AGES: 3 and up

Join us on scheduled Fridays for a whole lot of fun. Drop the kids off and enjoy some time alone. Your kids will have dinner, swim, make crafts, and participate in other youth enrichment activities like yoga, tumbling, music and more! Check the Youth Enrichment bulletin board for upcoming dates.

Please wear a swimsuit if you are going to swim. All children who would like to swim must get swim tested. Children must be potty trained. Pre-registration is required!

DATES:

September 9 & 23

October 7 & 28

November 4 & 18

December 2, 9 & 16

January 13 & 27

February 10 & 24

March 10 & 24

April 7 & 28

May 5 & 19

TIME: 6 -9 p.m.

PRE REGISTRATION FEES:

Full Member: \$12 each child

Program & Non Member: \$17 per child

DAY OF EVENT:

Full Member: \$17

Program Member: \$22

LITTLE MUSICAL NOTES [04210]

AGES: 6 months - 3 years

Bring your little one in to engage in our musical play! This class will expose your little learner to a wide range of music through movement, games and free play. Toddlers will explore through singing, dancing and playing with musical instruments. There is plenty of learning and social interaction for parents and children!

LOCATION: Program Room 1

DAY & TIME:

Wednesday, 9:15 – 9:45 p.m.

FEES: (8 Weeks)

Full Member: \$30

Program Member \$50

INCHWORMS [04427]

AGE: 2

Children will learn to interact socially with their peers. Each class encourages the development of your toddlers imagination, coordination, and strength through age appropriate play. Your child will discover colors, shapes, letters, numbers, music and more!

LOCATION: Program 1 Room

DAY & TIME:

Tuesday & Thursday, 9:30 -10:15 a.m.

FEES:

Full Member: \$65

Program Member: \$105

EXPLORE & CREATE LUNCH

BUNCH [04402]

AGES: 2-3

Children will explore our classroom through play, story time, art projects and more! We will begin with a "Lunch Bunch" where children will eat their lunch with friends and get ready to explore and create. This class emphasizes socialization and classroom integration for our young friends.

LOCATION: Program 1 Room

DAY & TIME:

Tuesday, Noon – 2 p.m.

FEES:

Full Member: \$45

Program Member: \$75

CATERPILLARS [03203]

AGE: 3

Your little Caterpillar will begin to get a taste of what school is really like with activities like show and tell, art projects, snack time and story time. Children will discover colors, shapes, letters, and numbers through our fun and educational activities. They will begin to practice writing letters and numbers and much more! Please pack a small snack for your child.

LOCATION: Program 1 Room

DAY & TIME:

Tuesday & Thursday, 10:30 a.m. - Noon

FEES:

Full Member: \$95

Program Member: \$145

DRAGONFLIES [04434]

AGE: 4

Your little one will be ready to fly off on our many adventures in our Dragonflies class! As your child prepares for school, we will focus on learning site words and beginning writing skills. Your Dragonfly will perfect their ABC's and 1-2-3's while making friends and learning valuable classroom skills. This class is packed with fun and learning! Please pack a snack or small lunch.

LOCATION: Program Room 1

DAYS & TIMES:

Mondays, Wednesdays & Fridays

10 a.m.- noon

FEES:

Full Member: \$125

Program Member \$175

CREATIVE CREATIONS [03231]

AGES: 5-12

This new class is a geared toward those who love to create. Students will cook, make jewelry and create art. This class offers something fun and exciting each week. It is sure to please children who are creative and love to work with their hands.

LOCATION: Program Room 1

DAY & TIME:

Thursday, 5:30 p.m. - 6:15 p.m.

FEES:

Full Member: \$55

Program Member: \$75

HOMESCHOOL ART & GYM [03215]

AGES: 6 -12

We will study master artists and create our own masterpieces using clay, paints, pastels, charcoal and other mediums. When it is time for gym, put on your sneakers and get ready for some physical fitness fun! Don't forget to pack a snack!

LOCATION:

Program Room 1 and Gymnasium

DAY & TIME:

Monday, 1:30 p.m. – 4 p.m.

FEES:

Full Member: \$96

Program Member: \$134

STEMULATE YOUR MIND [03306]

AGES: 6-12

Work that brain muscle as we explore, experiment and calculate our way to fun using science and technology. Learn how robots work, what makes volcanoes explode and much more in our laboratory here in the Y.

LOCATION: Program Room 1

DAY AND TIME:

Wednesday 5 - 5:45 p.m.

FEES:

Full Member: \$84

Program Member: \$114

▶ FITNESS

YOUTH FITNESS CENTER

Fun for Ages 7-13

MONDAY-FRIDAY: 4 - 8:30 p.m.

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

*Additional days with morning hours are offered during school breaks.

The Youth Fitness Center is designed for kids too young for the Adult Wellness Center and too big for the KidZone! Come meet our YMCA staff in the Youth Fitness Center who provide quality attention, giving you the tools and education to boost your fitness level. All 7-13 year olds can join us and safely work out in a variety of ways. Try one of our fitness challenges! After your workout, enjoy our activity-based games. Parents are welcome! *To ensure safety, all children must be signed in and out by an adult.

The individual signing in the child must remain in the YMCA while the child is in the center.

FAMILY FITNESS HOURS

Children ages 10 -12 who have completed the Strong Enough program and use the adult fitness center during Family Fitness Times with an adult. Child and parent must sign in at the fitness desk prior to exercising. Children ages 12-13 are permitted in the fitness center with parent supervision anytime. An orientation must be completed if Strong Enough program was not done.

DAY/TIME:

Fridays, 6 - 10 p.m.

Saturdays, 1-6 p.m.

Sundays, 1-6 p.m.

FEE: Free

REQUIREMENT: Proof of completion of Strong Enough program.

STRONG ENOUGH [01804]

This is an educational course for children ages 10-16 to help transition from youth wellness to the adult fitness center. The 6 week program focuses on proper exercise form, safety, etiquette, and training techniques. The children will learn recommended exercises appropriate for their age. Register at the Member Services Desk.

FALL 1 SESSION:

September 8 - October 13
(6-weeks)

FALL 2 SESSION:

November 3 - December 15
(6 weeks, no class on November 24)

WINTER SESSION:

January 5 - February 9
(6 weeks)

DAY/TIME:

Thursdays 6:30 -7:30 p.m.

LOCATION: Program II

FEE: \$25

▶ PERSONAL TRAINING

YOUTH 1 ON 1 PERSONAL TRAINING

[01162]

We will meet one on one with your child for 45 minutes and train them with programs specifically designed for their needs and goals! Each session will last up to 45-minutes. Register at the Member Services Desk. This program is for full members only.

FEE:

3 Sessions: \$75

6 Session: \$130

12 Session: \$225

YOUTH FIT FOR TWO (45 Min)

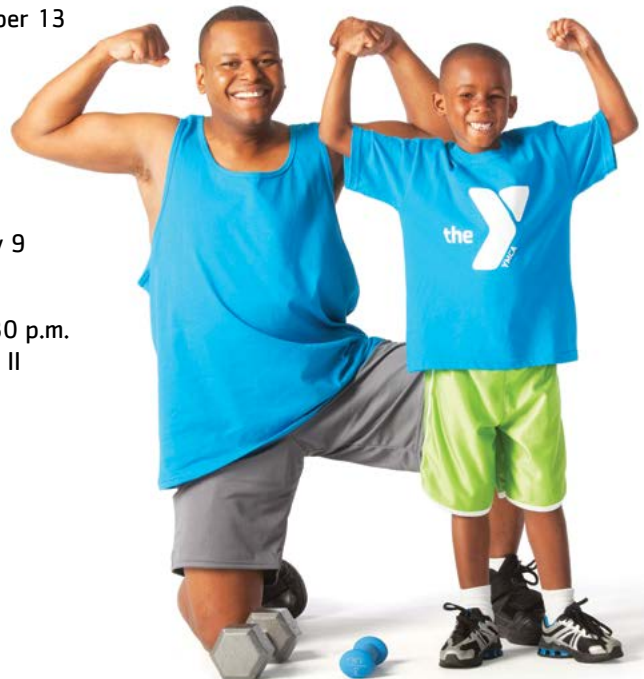
[01168]

Train with a friend to stay on track! This program allows two children or a parent and child to train together with a certified personal trainer. This program is for full members only.

FEE:

6 Sessions: \$75 each

12 Sessions: \$130 each



YOUTH

▶ YOGA

YOUTH YOGA [03232]

AGES: 7 & up

Discover just how strong and flexible you are! Join our youth yoga program to learn poses such as the crow, cobra, warrior and more. Yoga teaches relaxation through movement and sitting meditations. You will strengthen your coordination in a relaxed and fun environment.

LOCATION: Program Room 2

DAY & TIME:

Wednesday, 6 - 6:45 p.m.

FEES:

Full Member: \$45

Program Member: \$60

▶ DANCE

Y dance classes are designed to help your child develop grace, poise, self-confidence, flexibility and coordination. Dancers must be the specified age to enroll in class. We do recognize that all children develop at different rates and exceptions can be made at the discretion of the instructor. If a child is not the correct age at the time of registration, he/she will have to wait until the next session begins. We do understand that sometimes it seems to be convenient to enroll siblings of different ages into the same class, but if they are not within the age requirements it is unfair to the participants meeting the age guidelines. Curriculums are based on the age set for the class. With the exception of the Dance with Me, classes are closed to parents/caregivers to ensure quality learning and instruction. Please note: If a class is full, put your child's name on our waiting list so we can accommodate you with more classes.

DANCE WITH ME [04312]

AGES: 18 months and up with parent or caregiver

Start their feet moving at an early age in this class focused on movement, coordination, balance, rhythm and a variety of skills which develop listening and social interaction. The class is set to music and will feature basic dance steps in ballet, jazz, and tap. This is a great way to spend some quality time with your child.

LOCATION: Program Room 2

DAY & TIME:

Wednesday, 9:30 - 10 a.m.

FEES:

Full Member: \$25

Program Members: \$45

PRE BALLET/TAP [04232]

AGES: 3-5

This is a great introduction to the world of dance for the young dancer who is able to handle a longer class. Class will start with developing rhythms in tap and get those large gross motor skills working. Pre Ballet will introduce graceful steps to help their balance and poise. Traditional ballet slippers, tap shoes and a leotard are needed. Shoes are not required for the first day. We sometimes have gently used shoes donated that may be available.

PREREQUISITE: Students must be able to participate in class without parental presence and should be cooperative in a group situation.

LOCATION: Program 2 Room

DAY & TIME:

Wednesday, 4:45 - 5:15 p.m.

Wednesday, 10:15-10:45 a.m.

Saturday, 9:30-10 a.m.

FEES:

Full Member: \$45

Program Members: \$60

BALLET/TAP [04202]

AGES: 5 & up

Students with some dance experience will continue their dance journey in this Ballet/Tap class. Focus will be on basic steps and beginning technique training. Traditional ballet slippers, tap shoes and a leotard are needed. Shoes are not required for the first day. We sometimes have gently used shoes donated that may be available.

LOCATION: Program Room 2

DAY & TIME:

Wednesday, 5:30 - 6:15 p.m.

Saturday 10:30 am

FEES:

Full Member \$45

Program Members \$60

BALLET/TAP/JAZZ [04215]

AGES: 6 & up

This is a Triple threat class for dancers who have had some dance experience. The emphasis is on technique and more complex steps. Dancers should be properly dressed in dance attire and have both ballet and tap shoes. Jazz shoes are optional. Ballet shoes may be worn for Jazz. All hair must be pulled out of face.

LOCATION: Program Room 2

DAY & TIME: Friday, 5 - 6 p.m.

FEES:

Full Member: \$45

Program Members: \$72

HIP HOP [04236]

AGES: 7 & up

Derived from a combo of jazz, funk and street jazz, this style of dance requires high energy. Class teaches rhythm, musicality, coordination and age appropriate choreography. This is an excellent program for kids who want to have fun while dancing. Our hip hop class also features some traditional jazz dance and movement steps.

LOCATION: Program Room 2

DAY & TIME:

Monday, 5 - 5:45 p.m.

FEES:

Full Member: \$45

Program Members: \$60

TINY TUTUS

AGES: 2-3

Tiny Tutus is the perfect class for your ballerina to dance. In this ballet class the child learns to follow the teacher to form strong listening skills while gaining independence. The class focuses on the child's fine and gross motor skills, musicality, creativity, and fun.

LOCATION: Program 2 Room

DAY & TIME:

Wednesday, 9:30 - 10 a.m.

FEES:

Full Member: \$25

Program Members: \$45

TUMBLING & GYMNASTICS

GYMNASTICS [03230]

AGES: 6-13

This class will teach the fundamental skills for gymnastics. Participants will stretch and master or learn basic tumbling moves. Each student will work at their level and receive instruction based on experience.

LOCATION: Gymnasium

DAY & TIME: Tuesday, 6 - 6:45 p.m.

FEES:

Full Member: \$45

Program Member: \$60

TUMBLE TYKES [03201]

AGES: 3 to 5

Join a class full of rolling, jumping, and tumbling. Your little one will love learning about balance and flexibility. Creative movement to music will also be incorporated to get them moving. Children will be encouraged to use their imagination as instructors lead them through various activities.

LOCATION: Gymnasium

DAY & TIMES:

Tuesday, 11 a.m.

FEES:

Full Member: \$45

Program Member: \$60

TWISTING TODDLERS [03702]

AGES: 2 to 3

Toddlers that are ready to twist and roll on their own will learn independence and confidence while building strength and flexibility. Stations and obstacle courses will be set up for exploring. Twist, tumble and turn upside down!

PREREQUISITE: Students must be able to participate in class without parental presence and should be cooperative in a group situations.

LOCATION: Gymnasium

DAY & TIMES:

Tuesday, 10:15-10:45 a.m.

FEES:

Full Member: \$25

Program Member: \$45

RUMBLE TUMBLE [03218]

AGES: Walkers to 2 years

This is a motor development and movement awareness class. It includes activities such as stretching, aerobics, balancing, play, and songs in a loosely structured and relaxed environment. We promote physical strength, flexibility, confidence, self-esteem and fun. Class requires active parental or caregiver support.

LOCATION: Gymnasium

DAY & TIME:

Tuesday, 9:30 - 10 a.m.

FEES:

Full Member: \$25

Program Member: \$45

MARTIAL ARTS

MARTIAL ARTS [03722]

AGES: 5 & up

Techniques of the Tae Kwon Do Martial Arts are taught by Black Belt instructors and above in a well supervised and safe setting. Regular Martial Arts training helps children learn respect, self-discipline and improves concentration. Students develop fitness and flexibility while gaining self-confidence and improving self-esteem. Students may work towards belt training. Parents and adults are welcome and encouraged to enroll in class.

LOCATION: Program Room 2

DAY & TIME:

Monday, 6:30 - 7:30 p.m.

FEES:

Full Member: \$50

Program Member: \$75



YOUTH

▶ SPORTS

YMCA youth sports programs promote healthy kids, families and communities. We place a priority on family involvement, healthy competition, the value of participation over winning and team building. Parents are encouraged to be more than spectators by contributing their time as volunteer coaches and team parents.

NEW! ARCHERY

AGES: 7-12

Join us to learn the basics of Archery at our Outdoor Complex. We will focus on form and safety by teaching basics that will get students comfortable with the sport. Our qualified instructors will go over range rules, safety gear (finger tabs, arm guards, sling, etc.

LOCATION: Outdoor Complex – under the front pavilion

SESSION: Fall 1

DAY AND TIME:

Wednesday, 5-6 p.m., OR
Saturday from 10 -11 a.m.

FEES:

Full Member: \$50
Program Member: \$75

NEW! INSTRUCTIONAL FLOOR BALL

AGES: 5-12

Floorball is a fun, fast-paced hockey game that is played on foot. This instructional class will teach the skills of floorball and transition into games at the end of class.

LOCATION: Gymnasium

DAY AND TIME:

Ages 5 - 6: Thurs., 5 - 5:45 p.m.
Ages 7 - 8: Thurs., 5 - 5:45 p.m.
Ages 9 - 12: Thurs., 6 - 6:45 p.m.

FEES:

Full Members: \$45
Program Members: \$60

SPORTS SERIES [03154]

AGES: 3-5

This program is an introductory course designed to develop interest and introduce basic fundamentals of different sports. A different sport will be emphasized each week.

LOCATION: Gymnasium

DAYS & TIMES:

Thursday, 9:30 - 10:15 a.m.

FEES:

Full Member: \$45
Program Member: \$60

OBSTACLE PALOOZA [03121]

AGES: 3-5

Obstacle Palooza is high Energy, fast moving crazy, fun! Children will challenge themselves on different obstacle courses promoting self-confidence while using large motor skills. An emphasis is placed on muscle building, coordination and balance in a playful learning environment.

LOCATION: Gymnasium

DAYS & TIMES:

Wednesday, 10:15 - 11 a.m.

FEES:

Full Member: \$45
Program Member: \$60

BASKETBALL

TOT BASKETBALL [03102]

AGES: 3-5

This program is designed to introduce boys and girls to the basics of basketball through physical play, balancing, coordination and movement based activities. The class encourages children to develop social confidence along with listening and communication skills.

LOCATION: Gymnasium

DAYS & TIMES:

Monday, 5 - 5:45 p.m.

FEES:

Full Member: \$45
Program Member: \$60

YOUTH INSTRUCTIONAL BASKETBALL [03116]

AGES: 6-8

This instructional program teaches children the core components of basketball. Participants will learn the fundamentals of passing, shooting, dribbling, defense and teamwork.

LOCATION: Gymnasium

DAY & TIME:

Monday, 5:45 - 6:30 p.m.

FEES:

Full Member: \$45
Program Member: \$60

YOUTH INSTRUCTIONAL BASKETBALL

AGES: 9 and up

This instructional basketball program is designed for beginners and advanced players. Drills and activities will help introduce children to the sport. For more advanced players, we offer activities designed to enhance the skills that children have already built.

LOCATION: Gymnasium

DAY & TIME:

Monday, 5:45 - 6:45 p.m.

FEES:

Full Member: \$45
Program Member: \$60

ELITE BASKETBALL LEAGUE

The YMCA of Delaware announces the Elite Basketball Travel league for athletes under 12. This league co-ed and will travel and play games at each YMCA of DE site. Registration is required. If selected at tryouts, an additional uniform fee is required. Tryouts and practices will start mid-December. Games will start early January. Look for more information at the branch.

SOCCER

LITTLE KICKERS [03117]

AGES: 3-5

This class is a great introduction to move, stretch and play soccer. Little ones will develop skills like dribbling, kicking, balance, foot-eye coordination, and running control. Parent involvement is encouraged.

LOCATION: Gymnasium

DAYS & TIME:

Friday, 9:30 - 10:15 a.m.

FEES:

Full Member: \$42

Program Member: \$67

YOUTH FALL SOCCER LEAGUE

[03110]

AGES: 4-13

Children will be registered by age divisions and learn the skills of the game. This is a recreational level league with practice and games each week. We strive to provide EVERY child with the opportunity to play, and believe in promoting self-esteem, self-confidence, teamwork and respect for self and others. This league is supported by Volunteer Coaches. If you are interested in coaching please contact Judi at jshade@ymcade.org.

DAYS & TIME: You will receive an e-mail with your practice days and times once you register. Please be sure to provide a valid email address.

FEES:

Full Member: \$55

Program Member: \$65

INDOOR YOUTH SOCCER

LEAGUE [03110]

AGES: 4-13

This indoor league offers all the excitement of playing outdoor soccer while learning sportsmanship, soccer rules and skills. The league is supported by parent volunteers. Please let us know if you would like to coach or assist. Players will be placed on age appropriate teams. All players must have the proper equipment including rubber soled sneakers and shin guards. There will be a weeknight practice and games will be played on Saturdays. Coaches will notify you of practice and game times.

SESSION: Winter

LOCATION: Gymnasium

DAYS & TIMES: TBD

FEES:

Full Member: \$55

Community: \$65

NEW! GIRLS ONLY SOCCER TEAM

AGES: 10 +

New this fall, we will be registering for a GIRLS ONLY SOCCER TEAM. If we do not receive the numbers needed to support a team the girls will be placed on a CO-ED team.

FEES:

Full member: \$55

Community: \$65

VOLLEYBALL

INSTRUCTIONAL VOLLEYBALL [03118]

AGES: 7-17

Our youth volleyball program is a co-ed program designed to provide quality instruction and skill development. The YMCA specializes in teaching good sportsmanship and teamwork in a fun atmosphere.

LOCATION: Gymnasium

SESSIONS: Fall 1 and Fall 2

DAY & TIMES:

Tuesday, 5:30 - 6:30 p.m.

FEES:

Full Member: \$45

Community Member: \$55

VOLUNTEER COACHES NEEDED!

Please join us for a
Volunteer Coaches Meeting
Monday,
August 22nd,
6-7 p.m. in the Gym

Please join us to receive information on coaching. It is imperative that we have volunteer coaches to be able to have a successful season. Coaching is a great way to bond with your child and be actively involved in their sport. Coaches clinics will be held to give you all the tools you need to help you become a successful coach! We appreciate your dedication!



YOUTH

AQUATICS

In our Aquatics programs, children will learn the fundamentals of swimming with an emphasis on personal safety. Participants are not required to do anything that makes them uncomfortable, but are encouraged to try new skills with their instructor's help. Parents should drop child(ren) off at the pool deck making sure they are with their instructor before leaving. Please return five minutes before the end of class to pick children up from the pool deck.

FALL I SESSIONS:

Weekday Session I: Sept. 6- Sep.29
Weekday Session II: Oct. 4- Oct. 27
Sat./ Sun. Session: Sept. 10-Oct.29

FALL II SESSIONS:

Weekday Session I: Oct. 31-Nov.23
Weekday Session II: Nov. 28- Dec. 22
Saturday Session: Nov. 5 – Dec 17th

WINTER SESSIONS:

Weekday Session I: Jan. 5 - 28
Weekday Session II: Feb. 1 - 25
Saturday Session: Jan. 9 - Feb. 27
Sunday Session: Jan. 10 - Feb. 28

▶ SWIM LESSONS PARENT/CHILD

This Program was designed to provide children with the opportunity to become adjusted to the aquatic environment. All classes must have a parent or trusted adult in the pool with the child. The recommended student/teacher ratio is 12:1 and the classes are scheduled for 30 minutes. This level uses the process of repetition, especially in games and songs. Swim diapers are required.

SHRIMP, KIPPERS, INIA AND PERCH WITH PARENT [02104]

AGES: 6 months to 36 months

This is an introduction to the aquatic environment for infant and toddlers. Child must have head control, sit unaided with hand support and be 6 months old by the first day of class. Parents will be in the water with their child at all times and will learn basic aquatic safety through fun activities including songs, games, toys and flotation devices.

DAYS & TIMES:

Monday or Wednesday: 5:50 – 6:20 p.m.
Tuesday or Thursday: 11 – 11:30 a.m.
Saturday: 8:25 – 8:55 a.m.
Saturday: 9 a.m. - 9:30 a.m.

FEES:

Full Members: \$48
Program Members: \$94

PIKE WITH PARENT [02109]

AGES: 3 to 5 years

This class is for the child who is not quite ready to be in the water by him/herself. A Parent or trusted adult will join the child at the beginning of the session and gradually move out of the pool throughout the session. All Pike skills are introduced in a caring atmosphere for the timid Pike student.

DAY & TIME:

Mon. & Wed., 4:50 – 5:20 p.m.
Tues. & Thurs., 5:50 – 5:20 p.m.
Saturday, 9:35 – 10:05 a.m.

FEES:

Full Members: \$48
Program Members: \$94

▶ SWIM LESSONS PRESCHOOL

Two levels of instruction are offered for preschool aged children. Level 1 Preschool is recommended for first time swimmers or those resistant to putting their face in the water. Level 2 Preschool is recommended for students who can float independently.

FALL I SESSIONS:

Weekday Session I: Sept. 6- Sep.29
Weekday Session II: Oct. 4- Oct. 27
Sat./ Sun. Session: Sept. 10-Oct.29

FALL II SESSIONS:

Weekday Session I: Oct. 31-Nov.23
Weekday Session II: Nov. 28- Dec. 22
Saturday Session: Nov. 5 – Dec 17th

PRESCHOOL SWIM LESSONS

AGES: 3 to 5 years

DAYS & TIMES:

Monday & Wednesday, 5:50-6:20pm
Tuesday & Thursday, 11:35 – 12:05 p.m.
Tuesday & Thursday, 5:50 – 6:20 p.m.
Saturday, 9:35 – 10:05 a.m.
Saturday, 11:05-11:35 a.m.
Sunday, 10:30 - 11 a.m.

FEES:

Full Members: \$48
Program Members: \$94



▶ SWIM LESSONS AGES 6-12

FALL I SESSIONS:

Weekday Session I: Sept. 6- Sep.29
Weekday Session II: Oct. 4- Oct. 27
Sat./ Sun. Session: Sept. 10-Oct.29

FALL II SESSIONS:

Weekday Session I: Oct. 31-Nov.23
Weekday Session II: Nov. 28- Dec. 22
Saturday Session: Nov. 5 - Dec 17th

WINTER SESSIONS:

Weekday Session I: Jan. 5 - 28
Weekday Session II: Feb. 1 - 25
Saturday Session: Jan. 9 - Feb. 27
Sunday Session: Jan. 10 - Feb. 28

BEGINNER SWIM LESSONS

Level 1 [02202]

Level 2 [02203]

AGES: 6 to 12 years

Two levels of instruction are offered for beginners. Level 1 Beginner Youth is recommended for first time swimmers or those resistant to putting their face in the water. Level 2 Beginner Youth is recommended for students who can float independently.

DAYS & TIMES:

Monday & Wednesday, 5-5:45 p.m.
Tuesday & Thursday, 5 - 5:45 p.m.
Saturday, 10:10 - 10:55 a.m.
Saturday, 11 - 11:45 a.m.
Sunday, 11:05 a.m.-11:50 a.m.

FEES:

Full Members: \$59
Program Members: \$119

INTERMEDIATE YOUTH SWIM LESSONS

Level 1 [02213]

level 2 [02214]

AGES: 6 to 12 years

Two levels of intermediate swim instruction are offered for children ages 6 - 12. Level 1 is recommended for students that can swim at least one length of the pool (25 yards) unassisted with rhythmic/ rotary breathing. Level 2 is recommended for students that can swim at least two lengths of front and back stroke in addition to one length of breaststroke.

DAYS & TIMES:

Monday & Wednesday, 6:25-7:10pm
Tuesday & Thursday, 6:25-7:10 p.m.
Saturday, 11:50 - 12:35 p.m..

FEES:

Full Members: \$59
Program Members: \$119

▶ SWIM LESSONS PRIVATE

PRIVATE & SEMI-PRIVATE SWIM LESSONS [02231]

AGES: 4 years and up

One-on-one swimming lessons will teach your child to swim, refine strokes or improve breathing techniques.

Semi-private lessons will teach two students with one instructor. For maximum effectiveness, both swim students should be about the same skill level. The Y staff does not coordinate semi-privates between members who do not know one another. Both students must sign up together.

PRIVATE:

Eight half-hour lessons
Full Member: \$150
Program Member: \$190

SEMI PRIVATE:

Eight half-hour lessons
Full Member: \$109 each
Program Member: \$157 each

FUN WITH A SPLASH OF CONFIDENCE!

Register your child for swim lessons today!



YOUTH

▶ COMPETITIVE SWIMMING

DOVER YMCA DOLPHINS SWIM TEAM

The Dover YMCA is proud to offer a competitive swim program that emphasizes positive character building, teamwork and good sportsmanship. While athletic achievement is very important, being part of the Y swim team provides life lessons that go far beyond the pool and prepare swimmers for a lifetime of success.

The Dover Dolphins are led by a team of excellent coaches who work hard to build healthy relationships with all swimmers and their families. Our professional coaching staff guides our swimmers towards personal improvement and inspire contributions towards team success!

Team participants compete annually in the YMCA National Championships in April and Long Course Nationals in August. Recent graduates have earned athletic and academic scholarships to colleges including University of Delaware, Hood College, Washington College and West Chester University.

Practice levels are progressive and based on age, ability and commitment. Teams participate in both YMCA and USA Swimming competitions and offer a variety of meet formats as well as dual meets. Practice groups are based on age, ability and commitment.

Our families play an important part in competitive swimming programs at our branch. Parents help run swim meets, volunteer for team activities and participate in action committees. They are needed to help with social events, concessions, timers and officials. In doing so, they build a community of support and fellowship for their children and the YMCA.

FALL CONDITIONING SWIM CLINIC

Interested in joining the Dover YMCA Dolphins? This clinic is for swimmers who did not compete for the Dolphins in the 2015 Short Course Season. Swimmers age 5 and over will learn and swim with the Dolphin coaching staff to help with determining placement in groups. We will be working on drills and introducing the four competitive strokes: Butterfly, Breaststroke, Backstroke, and Freestyle. This clinic is free and fun!

DATES & TIMES:

September 6, 7, & 8 from 5 - 6 p.m.

LITTLE EXPLORERS [02600]

Swimmers are introduced to competitive swimming in our Little Explorers program. The focus of Little Explorers is to begin to swim a little more and a little bit longer than a traditional swim lesson program. We will be working on swimming one length of freestyle and backstroke without stopping. As the season progresses, we will introduce breast stroke and butterfly.

DAY & TIME:

September 12 - March 3
Mon., Tues., Wed., or Thurs.
6:30 - 7:15 p.m.

FEES:

Full Members: \$280
Program Members: \$382

MINI-DOLPHINS [02625]

Swimmers begin to develop their motor skills and competitive stroke techniques for freestyle, backstroke, breast stroke and butterfly. We will practice drills to help refine stroke mechanics and basic diving techniques.

DAYS AND TIMES:

September 12 - March 3
Monday - Friday, 6:30 - 7:15 p.m.,

FEES:

Full Members: \$344
Program Members: \$510

WHITE [02625]

Swimmers continue to build upon skills taught in Mini-Dolphins. We will practice drills, refine stroke mechanics and basic diving techniques. Competitive finishes and turns are introduced.

DAYS AND TIMES:

September 12 - March 10
Monday - Friday, 6-7 p.m.

FEES:

Full Member: \$442
Program Member: \$650

RED [02625]

Swimmers are beginning to develop aerobic endurance while refining their competitive strokes. Starts, turns, and finishes are covered.

DAYS AND TIMES:

September 12 - March 10
Monday - Friday, 4:45 - 5:45 p.m.
Saturday, 10 - 11 a.m.

FEES:

Full Members: \$505
Program Members: \$671

GOLD [02625]

Swimmers are mastering the techniques for all the competitive strokes including starts, turns, and finishes. Aerobic endurance training as well as Individual Medley training is instrumental in developing Gold swimmers for transition to the Senior Group.

DAYS AND TIMES:

September 12 - March 10
Monday-Thursday, 6-7:30 p.m.
Saturday, 10-11 a.m.

FEES:

Full Member: \$555
Program Member: \$769

SENIOR [02625]

Senior swimmers are challenged with workouts designed with competition in mind as well as helping them achieve their goals as student athletes. A high level of commitment to the team and to goals is expected of this group.

DAYS AND TIMES:

September 12 - March 10
Monday - Thursday, 4-6 p.m.
Monday/Friday, 5:30 - 6:15 a.m.
Saturday, 8-10 a.m.

FEES:

Full Members Only \$745 includes USA Swimming Membership

HIGH SCHOOL WARM UP [02625]

AGES: 14 - 18 (must be entering high school)

This program is designed to give high school swimmers an edge over their competition. Swimmers will be practicing with our Senior Swim Team until the high school season begins. Participants should know the fundamentals of all 4 strokes and be able to complete a 90 minute workout.

DAY & TIME:

Monday - Thursday, 5:30 - 7:30 p.m.

FEES:

Full Members: \$210
Program Member: \$315

FALL CONDITIONING PARENT MEETING

We Will Host Informational Parent Meetings on Thursday, September 17th and Thursday, October 8th. Join us and meet coaches and parent board members as they share their experiences with the team and answer any questions you might have. We will discuss the season plan as well as train you for your volunteer jobs throughout the season. New swimmers to the team must attend an open house evaluation. Open house date to be determined.



HIGH SCHOOL SWIM MEETS/ POOL CLOSURES:

The Dover YMCA is proud to host both Dover High and Caesar Rodney High School Dual Meets. The Dover YMCA 8 lane pool will close at 3 p.m. during the following Swim Meet dates:

DOVER HIGH:

12/6/16: Indian River
12/13/16: Sussex Academy
12/20/16: Cape Henlopen
1/5/17: Lake Forest
1/17/17: Sussex Tech

CAESAR RODNEY:

12/15/16: Archemere Academy
1/10/17: Dover High
1/12/17: Sussex Tech
1/19/17: Tri-Meet
1/30/16: Conrad School of Science

TWEEN & TEENS

▶ CLUB 58

Club 58 is a special event open to all 5th - 8th graders. On designated Saturday evenings, we open the YMCA just for you!

DAY & TIME:

Saturday, 6 - 9 p.m.

DATES:

September 24

October 8 & 22

November 5 & 19

December 3 & 17

January 14 & 28

February 11 & 25

March 11 & 25

April 8 & 29

May 6 & 20

COST:

\$8 For Everyone
(promotions do not apply)

WHAT SHOULD I BRING?

- Extra spending money for a snack card. There will be a concession stand open where you can purchase pizza, nachos, candy, water, fruit, and more! You must purchase a snack card! We do not take cash at concession stand.
- Appropriate swimming attire must be worn.
- You must wear tennis shoes. No flip flops or sandals please.
- Please use a lock for your locker. The YMCA is not responsible for any lost, stolen, or damaged items. If you wish to bring items that are valuable please, bring a lock to secure them when not in your possession.
- Friends
- A GOOD ATTITUDE

CLUB 58 RULES

- No inappropriate language or behavior.
- No cell phones can be used. We encourage you to leave your cell phone home. You can use the YMCA phone if needed.
- Appropriate dress at all times. You must be fully dressed and have shoes on at all times inside the YMCA. Please do not leave the pool in your swim suit and a towel.
- Please leave valuables (IPODS or other devices at home). The YMCA is not responsible for any lost, stolen, or damaged items. If you wish to bring items that are valuable please bring a lock to secure them when not in your possession!

WHAT CAN I DO AT CLUB 58?

- Swim
- Dance
- Karaoke
- Fitness Games
- Just hang out
- HAVE FUN!

REGISTRATION (OPEN TO ALL)

A one time registration form must be filled out by a parent or guardian for the child to enter Club 58.

New forms need to be filled out by everyone (even if you attend Club 58 in the past) starting September 2016.

▶ LEADERSHIP

YOUTH IN GOVERNMENT [06207]

AGES: 13-18

Youth in Government (YIG) offers model legislative and judicial experiences to youth in grades 6 - 12. Participants can assume the role of Legislator, Lobbyist, Journalist, Speaker, Youth Governor, Attorney, Justice and more!

MODEL LEGISLATIVE & JUDICIAL YOUTH IN GOVERNMENT PROGRAM: GRADES: 6-12

Weekly meetings begin in December and will continue leading up to the 1-day Training and Elections Conference scheduled for early March and the Model Legislative and Judicial conferences in early April 2017. Both take place in Dover, DE at Legislative Hall and the Kent County Court House.

NEW! FALL MIDDLE SCHOOL YOUTH IN GOVERNMENT CONFERENCE: GRADES: 6-8

Middle School students will have the chance to learn about the legislative process, debate parliamentary procedure, and work with students from across the state to develop solutions to problems they see facing Delaware. The conference will take place in November.

FOR MORE INFORMATION ABOUT YOUTH AND GOVERNMENT:
Visit DEYIG.ORG for meeting times, fees and dates.



TWEEN & TEENS

▶ TEEN SWIM

TEEN SWIM LESSONS

AGES: 13 -17

Teen Swim classes will consist of small groups that will work on individual goals.

DAY & TIME:

Tuesday and Thursday,
6:25 - 7:10 p.m.

FEES:

Full Members: \$59

Program Members: \$119

PORPOISE SWIM CLUB

AGES: 13-17

This program is geared towards teenage swimmers who have completed swim lessons and are looking to take the next step with their swimming. Swimmers will continue to build upon the foundations of swimming, and will work towards learning the 4 competitive strokes. They will also be introduced to the aquatic safety skills associated with lifeguarding.

Participants must be able to swim one length of the pool without stopping in either freestyle or backstroke.

FEES:

Full Members: \$59

Program Members: \$119

TEEN PRECOMPETITIVE SWIM TEAM

The YMCA is excited to offer a new program geared towards teenage swimmers who have completed swim lessons and are looking to take the next step with their swimming. Working with The Dolphins coaching staff, swimmers will continue to build upon the foundations of swimming, and will work towards learning the 4 competitive strokes. Meeting on Saturdays from 10-11 a.m., this will be a fast paced program incorporating aspects of swim team training while introducing stroke drills to help master techniques.

The goal of this program is to bridge our lessons program and offer a smooth transition to competitive swimming. Participants must be able to swim a length of the pool without stopping in either freestyle or backstroke.

For more information please contact Brenden Smith, Competitive Aquatics Director at bsmith@ymcade.org.

HIGH SCHOOL WARM UP

AGES: 14 -18 (must be entering high school)

This program is designed to give high school swimmers an edge over their competition. Swimmers will be practicing with our Senior Swim Team until the high school season begins. Participants should know the fundamentals of all 4 strokes and be able to complete a 90 minute workout.

DAY & TIME:

Monday – Thursday, 5:30 – 7:30 p.m.

FEES:

Full Members: \$210

Program Member: \$315

Additional programs for teens can be found in the Youth Section.



CHILDCARE

▶ BEFORE & AFTER SCHOOL

FOR CHILDREN GRADES K – 6

The Dover YMCA provides a safe, positive and enriching experience for your child's after school care. The Before and After School Enrichment Program is an activity-based program designed to enhance the social, physical, emotional and intellectual growth of all children within a safe, caring, fun and supportive environment. All programs and activities focus on the YMCA's character virtues of Caring, Honesty, Respect and Responsibility.

The Before and After School Enrichment Program provides structured daily activities for children including group games, homework assistance, the Kindle reading program, arts and crafts, healthy snacks, and indoor/outdoor physical activities. Children will also have the opportunity to engage in a variety of special activities such as Friday swims (once a month for each school), talent shows, community service projects and team building activities throughout the school year.

HOURS OF OPERATION

BEFORE CARE:

7 a.m. until start of school

AFTER CARE:

School dismissal until 6 p.m.

SCHOOLS WE SERVE:

Booker T. Washington Elementary
(After school only at
William Henry site)

Fairview Elementary

North Dover Elementary

South Dover Elementary

William Henry Middle School
(after school only)

STATE PURCHASE OF CARE

is accepted at all locations, but childcare space is limited. Please register early to ensure your child's space in our program. YMCA Financial Scholarships are also available through the generous donations to the YMCA Annual Campaign by our community and members like you.

TUITION RATES (5 days a week)

Before School Only: \$104/month*

After School Only: \$198/month*

Before & After School: \$280/month*

* Rates effective for the 2016 – 2017 school year

2016-17 PARTIAL WEEK OPTIONS

The Y is pleased to offer partial week care options for families who do not need care 5 days per week. There are now 2, 3 & 4 day per week rates available!

	2 day	3 day	4 day
AM	\$42	\$63	\$84
PM	\$84	\$126	\$168
AM/PM	\$115	\$173	\$231

* Tuition is monthly and families must indicate which days care is needed.

* This option is not available for families receiving state POC.

* Families must complete all forms required by Delaware Childcare Licensing before child may start care.

▶ INCLEMENT WEATHER CARE

Sign your child up for our Inclement Weather Care and only pay when school is canceled due to inclement weather.

Care will be provided at the Dover YMCA as long as the building can be safely opened. Children will have a blast participating in games, activities, and swimming in our indoor pool.

FEE:

Cost for care is \$30 per day. Students must be pre-registered for this care. No day of registrations will be accepted. Space is limited so reserve your spot today!



AROUND THE Y

FRIDAY FUN [08707]

AGES: 3 and up

Join us on scheduled Fridays for a whole lot of fun. Drop the kids off and enjoy some time alone. Your kids will have dinner, swim, make crafts, and participate in other youth enrichment activities like yoga, tumbling, music and more! Check the Youth Enrichment bulletin board for upcoming dates. Please wear a swimsuit if you are going to swim. Pre-registration is required! All children who would like to swim must get swim tested. Children must be potty trained.

DATES:

September 9 & 23
October 7 & 28
November 4 & 18
December 2, 9 & 16
January 13 & 27
February 10 & 24
March 10 & 24
April 7 & 28
May 5 & 19

TIME: 6 -9 p.m.

PRE REGISTRATION FEES:

Full Member: \$12 each child
Program & Non Member: \$17 per child

DAY OF EVENT:

Full Member: \$17
Program Member: \$22

HIGH SCHOOL SWIM MEETS/ POOL CLOSURES

The Dover YMCA is proud to host both Dover High and Caesar Rodney High School Dual Meets. The 8 lane pool will close at 3 p.m. during the Swim Meets. For a list of dates please refer to page 27.

AMISH COUNTRY BIKE TOUR VOLUNTEER EVENT

Volunteer opportunity! Sign up at the front desk to help set up, hand out snacks and/or clean up from the event. All proceeds earned benefit our 2016 Annual Scholarship Campaign.

DATE & TIME:

Saturday, September 10th,
6 a.m. - 3 p.m.

LOCATIONS:

Calvary United Church, Marydel, Amish School House and the YMCA.

CELEBRATING OUR SENIORS SEPTEMBER

September is National Senior Safety month. Watch for special events all month!

TRUNK OR TREAT HALLOWEEN TRAIL

Join us for an evening of fun for the whole family — our first annual Trunk or Treat and Halloween Trail. Prizes will be given to the best decorated car and other categories. There will be a limited amount of parking spots to register for. All cars participating are required to have at least 100 pieces of individually wrapped candy for trick or treaters. This event is open to all members. Pre-registration and YMCA id's are required for entrance. Community may join for a fee of \$5 per child and must pre-register at the front desk to get your pass.

DATE & TIME:

Friday, October 21st, 6 p.m. - 8 p.m.

LOCATION:

Dover Y Outdoor Pool Complex

FEES:

Full Members: Free
Community: \$5 per child

PRE-REGISTRATION is required.

HOLIDAY CRAFT AND VENDOR FAIR

Join us for the 3rd Annual Holiday Craft and Vendor Fair. Get some holiday shopping done and support our local vendors and crafters. Tell your friends. You don't want to miss it.

DATE & TIME:

Wed., November 2nd, 9 a.m.-5 p.m.

LOCATION: Gymnasium

FEES: FREE and open to all community members.

THANKSGIVING LUNCHEON

Please join us for a Thanksgiving Luncheon to be held on Wednesday, November 16 from Noon - 2 p.m. Prepare your favorite holiday dish and join your Y family for lunch and fellowship. Please register at the Member Services Desk.

DATE & TIME:

Wed., November 16th, 12 - 2 p.m.

LOCATION: Gymnasium

PAY IT FORWARD NOVEMBER

Our Annual Canned Food Drive returns! Please plan to bring your canned food donations to the Y throughout the month or November. We will donate them to local food pantries for distribution to our neighbors in Kent County.

DATE & TIME:

November 1- November 30

LOCATION: Lobby

WINTER WONDERLAND

Saturday, December 10th
Join us in our Winter Wonderland where you will experience the magic of Christmas. Vendors will be available to shop for that special someone. Make and take gift station for Kids and Wrapping depot will give your gift that holiday sparkle. There will be cookies and cocoa and of course a special visit from Santa himself.

DATE & TIMES:

Saturday, December 10th,
10 a.m. - 1 pm

LOCATION: Gymnasium

2ND ANNUAL FITNESS MARATHON

Saturday, January 28.
More details to follow.

COMMUNITY

► BIRTHDAY PARTIES

Choose from Pool Parties, Gym Parties or Youth Theme Parties.

POOL PARTIES [02510]

For more information contact Courtney at 346-9622 ext. 28 or cfisher@ymcade.org.

WE PROVIDE

- 1 hour pool time
- 1 hour of space in party room to enjoy cake and any snacks you would like to provide.
- Paper products
- Setup and tear down

FEES:

Price is based on 12 children. Additional children are \$5 each for a maximum of 24.
Full Member: \$175
Non Member: \$225

THEME PARTIES AND GYM PARTIES [03300]

For more information contact John Gilroy at 346-9622 ext. 38, or jgilroy@ymcade.org.

WE PROVIDE:

- 1 hour of age appropriate, theme based activity
- 1 hour of space in party room to enjoy cake and any snacks you would like to provide
- Paper products
- Setup and tear down

A YMCA representative will facilitate the theme based activity and will be on hand for all your party needs.

THEMES INCLUDE BUT ARE NOT LIMITED TO:

Tumbling, Toddler Fun, Sports, Princess, Zumba, or Arts & Crafts

FEES:

Price is based on 12 children. Additional children are \$5 each for a maximum of 20.
Full Member: \$185
Program Member: \$210
Non Member: \$250
Additional Gym time: \$75/hour

► GIRLS ON THE RUN

Girls on the Run is a transformational, physical activity based, positive youth development program for girls in 3rd-8th grade. We teach life skills through dynamic interactive lessons and games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

The Dover YMCA will be once again offering Girls on the Run for 3rd - 5th grades & Heart and Sole for 6th - 8th graders.

PRACTICE DAYS/TIMES:

- 3rd - 5th Grade (Girls on The Run)
Monday & Wednesday, 4:30-5:45
- 5th -8th Grade (Heart & Sole)
Monday & Wednesday, 4:30-5:45

REGISTRATION:

Opens August 29th

REGISTER ONLINE!

You must register online at www.girlsontherunde.com.



YMCA HERITAGE SOCIETY

LEAVE A LASTING LEGACY AND ENSURE THAT THE YMCA OF DELAWARE REMAINS STRONG FOR GENERATIONS TO COME.

Membership in the Heritage Society simply requires a commitment of a gift, now or in the future, ensuring the YMCA of Delaware is strong for future generations. With your support, the YMCA can help safeguard youth development, healthy living and social responsibility in our communities.

You are invited to connect with Matt Clements, Director of Philanthropy, for a confidential discussion about your legacy options. You can reach Matt at (302) 571-6962 or by email at mclements@ymcade.org.

▶ DRIVER'S EDUCATION

DRIVERS EDUCATION [04525]

Ages: 15 years 6 months & up
The YMCA provides state certified Driver's Education programs which meet all of the instruction requirements for your teen to obtain a Delaware Level One Learner's permit. Classes are held at the YMCA and students will meet their driving instructor at the YMCA for individually scheduled driving times. These may be scheduled with one of the instructors during, or after the classroom time has been completed. Classroom times meet monthly for a total of ten classes. A total of 30 classroom hours is required by State law.

LOCATION: Dover YMCA

START DATES:

September 6 - 27 (Tuesday start due to Holiday)

October 3 - 24

November 7 - 28

December 5 - 26

January 2 - 23

February 6 - 27

March 6 - 27

April 3 - 24

DAYS & TIMES:

All classes meet Monday, Tuesday and Wednesday from 5-8 p.m.

FEES: \$485

Home, Charter and Private schools that do not offer Drivers Education have an Administration Fee of \$60.

Youth who are Home Schooled, attend a religious academy or charter school students are eligible for state funding and a reduced class rate.

TO REGISTER, ALL PARTICIPANTS MUST BRING:

- A parent/guardian (not the student under 18) must bring in birth certification and a school letter proving admission as well as a current report card showing academic eligibility to take the course that is required by law.
- Home, religious or charter school must also bring proof of admission to the school, preferably on school letter head.

Class space is available on a limited basis. Class participants ages 18 and up are required by law to successfully complete both the written and behind the wheel exam at the DMV.

PRE-GRADUATED DRIVER'S LICENSE [04526]

This program is for public high school students who have successfully completed their classroom portion of Driver's Education. This program will meet the DMV requirement for instructed driving and observation time needed to complete the State of Delaware Driver's Education Course. This process requires students to drive in pairs, which may take some time, so please be patient. Students will meet the instructor at the YMCA. Limited spaces available.

TO REGISTER, PARENT'S SHOULD BRING:

- A letter stating the student has successfully passed the classroom portion of driver's education. This should be on school letterhead and must be signed by the supervising Driver's Ed Instructor. **This cannot exceed 6 months from completion or they must retake entire course again.**
- Copy of child's birth certificate and current report card.
- Fee: \$250
- * Driving time may take up to 6-8 weeks from date of registration.

BEHIND THE WHEEL INSTRUCTION [04526]

The YMCA provides state certified behind-the-wheel Driver's Education instruction. Participants ages 16 and 17 must have a valid Delaware driver's license. Participants ages 18 and up must have either a valid Delaware learner's permit or driver's license. Behind the wheel instruction includes 7 behind-the-wheel driving hours with a certified driving instructor in the vehicle. Vehicles not provided for use during DMV road exam.

FEES: \$325

The YMCA will only issue adults a certificate of road completion. All testing must be completed at the DMV.

All driving times are scheduled by date of registration and includes classroom participants. The Dover Y cannot guarantee a particular start date.

Payment arrangements can be set up on electronic billing (EFT) only on a case by case basis. This must be set up at the time of registration. All fees must be paid before any driving is done and any certifications are issued. This requires half down at registration and the balance electronically setup before class. This is based on class size and permit expiration.

COMMUNITY

▶ LIFEGUARD CERTIFICATION

LIFEGUARD CERTIFICATION ELLIS & ASSOCIATES

A hands on and proactive approach to lifeguard training, the International Lifeguard Training Program™ (ILTP™) is a single, integrated curriculum that is valid for one year. This course successfully trains lifeguards through proven training methods and state-of-the-art lifeguard rescue skills. Students must attend all days and times of the course for certification. They must also complete an assigned resource document, achieve a minimum of 80% on written exam and demonstrate mastery of all practical skills.

COURSE DETAILS

- Certification includes lifeguard rescue skills, First Aid and CPR for Professional Rescuer, Emergency Oxygen and AED.
- Certification is valid for up to 9 feet of water (excluding open water and wave environments)
- If the pool you are guarding is deeper than 9 feet, please contact with the Y before registering.

CERTIFICATION PRE-REQUISITES

- 15 years of age or older
- Swim 100 yards of freestyle or breaststroke
- Tread water for one minutes using feet only
- Descend to the bottom of 9 feet of water, feet first to retrieve a 10 pound object
- Climb out of the pool without the use of a ladder or steps

WHAT TO BRING TO CLASS

- Pen and Paper
- Glasses - if you require corrective lenses
- Bathing Suit and Towel - appropriate swim attire is required. Females are encouraged to wear a one piece suit.

FALL FULL CERTIFICATION CLASSES:

- Full Certification: Oct. 21st-23rd
- Full Certification: Dec 9th-11th
Friday, 5-9 p.m.,
Saturday, 7a.m.-6p.m.,
Sunday, 7a.m.-4 p.m..

Participants must attend all 3 days of training to receive certification.

FALL RECERTIFICATION CLASSES:

In order to qualify for recertification, the candidate must have an Ellis Certification that is no more than 15 days expired by the recertification date. Recertification classes are held Saturdays from 7a.m. - 6 p.m.

- Recertification: Oct. 8th
- Recertification: Dec 3rd

FULL CERTIFICATION:

Full Members: \$230
Program Members: \$280
Community Members: \$330

RECERTIFICATION:

Full Members: \$110
Program Members: \$135
Community Members: \$185

▶ RED CROSS CPR/AED & FIRST AID

ADULT & PEDIATRIC [01501]

Classes may be longer or shorter depending on class participation and skill level. This is a community class and is not intended for health care providers or professional rescuers. Manuals are not included in the class price. You may purchase them at www.redcross.org for \$8.50.

DATES & TIMES:

Saturday, September 19
Saturday, October 10th
Saturday December 6th

CPR: 8:30 a.m. - 12:30 p.m.
First Aid: 1-3 p.m.

FEES:

First Aid: \$60
CPR: \$80
Both classes: \$130

▶ SCUBA LESSONS

Participants need to be at least 10 years old. All classroom work is completed at Scuba World, while most of the water work is completed at the YMCA.

For class times and prices, please contact Darrell at Scuba World by calling (302) 697-2882.





EMPOWERING FAMILIES TO LIVE HEALTHIER

Healthy Weight and Your Child Program

Healthy Weight and Your Child is a 12 month evidence-based program for children with obesity. The year-long program empowers 7-13 year olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program includes a family information session and 16 weekly sessions, followed by 4 biweekly sessions, and 5 monthly sessions. The Healthy Weight and your Child program is currently offered at the following locations:

BRANDYWINE YMCA
Sunday, 10 a.m. - 12 p.m.

CENTRAL YMCA
Wednesday, 6-8 p.m.

DOVER YMCA
Sunday, 10:30 - 12:30 p.m.
Thursday, 6:30 - 8:30 p.m.

BEAR-GLASGOW FAMILY YMCA
Tuesday 5:30 - 7:30 p.m.
Thursday, 5:30 - 7:30 p.m.

Pre-registration and healthcare provider approval are required.

TO QUALIFY FOR PARTICIPATION IN THIS PROGRAM:

- Child must be 7-13 years old
- Child must carry excess weight with a body mass index of the 95th percentile or higher
- Child must receive medical clearance from a healthcare provider or school nurse
- Parent/Caregiver **MUST** attend all sessions

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



DOVER YMCA

1137 South State Street
Dover, DE 19901
Phone: 302-346-YMCA
Fax: 302-674-2906

Non-profit org.
U.S. postage

PAID

YMCA of DELAWARE
Permit No. 17
Wilmington, DE

Additional YMCAs come with your membership!

Dover Family YMCA full members also enjoy privileges at over 25 Pennsylvania YMCAs including Philadelphia Freedom Valley, Eastern Delaware County and Brandywine Valley. Plus you have access to the following 5 additional YMCA of Delaware locations:

BEAR-GLASGOW YMCA | (302) 836-YMCA
351 George Williams Way, Newark, Delaware 19702

BRANDYWINE YMCA | (302) 478-YMCA
3 Mt. Lebanon Road, Wilmington, Delaware 19803

CENTRAL YMCA | (302) 254-YMCA
501 West Eleventh Street, Wilmington, DE 19801

SUSSEX FAMILY YMCA | (302) 296-YMCA
20080 Church Street, Rehoboth, DE 19971

WESTERN FAMILY YMCA | (302) 709-YMCA
2600 Kirkwood Highway, Newark, DE 19711

OTHER YMCA CONTACTS:

YMCA CAMP TOCKWOGH | 800-331-CAMP
24370 Still Pond Neck Road Worton, MD 21678

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

WALNUT STREET YMCA | (302) 472-YMCA
1000 North Walnut Street, Wilmington, DE 19801