

Sea Colony

Activities & Amenities Map

For more information:
Pick up a Sea Colony Play Book,
Watch Channel 78 or visit
www.SeaColonyRecreation.org



FREEMAN FITNESS CENTER
Info: 302-539-4511
Outdoor & Indoor Pools
Kiddie Pool
Indoor Gym / Weight Room
Sauna / Hot Tub / Locker Rooms
Group & Private Swim Lessons
Club Sea Colony
Fitastic Kids Club
Aerobics
Dodge Ball Mania
Children's Theater
Coed Teen Basketball
Noodle Hockey
Kids Night Out

AQUATIC CENTER T-4
Outdoor 25-Meter Lap Pool
Heated Pool • Kiddie Pool
Showers
Swim Meet-Money Hunt

TENNIS CENTER
Info: 302-539-4488
SeaColonyTennis.net
34 Tennis Courts / Tennis Shop
4 Indoor / 14 Har-Tru Courts
25 Teaching Pros
Clinics, Camps & Round Robins
Private Lessons Available

EDGEWATER HOUSE
Indoor & Outdoor Pools
Kiddie Pool
Sauna & Hot Tub
Weight Room
Lockers & Showers
Aerobics
Bingo
Starfish Soccer
Junior Lifeguards
Musical Entertainment
Cooking, Whole Foods Demos
Floral Design Designs

EDGEWATER BEACH
Sandcastle Contest
Pee Wee Guards
Lifeguard Drills
Watersports Hut

New: Teen Volleyball

Bonfires

OCEAN POOL 4
Outdoor Pool
Kiddie Pool
Swim Meet Money Hunt

OCEAN POOL 5
Outdoor Pool
Kiddie Pool
Group Swim Lessons
Private Swim Lessons

- Amenities**
- P** = Pool
 - T** = Tennis Courts
 - C** = Basketball Courts
 - R** = Public Access Boat Ramp
 - K** = Playground / Picnic Area
 - V** = Vending Services
 - B** = Rest Rooms
 - U** = Beach Chair & Umbrella Rentals
 - S** = Sea Colony Security
 - F** = Fishing Areas
All fishing areas are catch and release.

RESORTQUEST

Real Estate Sales & Vacation Rentals
800-732-2656 / 302-537-8888
P.O. Box 480 Bethany Beach, Delaware 19930
RENTALS: www.ResortQuestDelaware.com
SALES: www.ResortQuestDE.com

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↑ To North Bethany, Rehoboth Beach and Dewey Beach

↓ To South Bethany, Fenwick Island, Route 50, & 90, and Ocean City, MD

Summer 2010 Activities

Activity	When & Where?	Who (ages)?	Details.
Club Sea Colony*	M-TH, 10 a.m.-2 p.m. 6/14-9/2 FFC	4-10	\$25/session/child \$15/session/each additional sibling
Fitastic Kids*	M-F, 2-4 p.m. 6/22-8/25 FFC	5-11	\$20/session/child
Group Swim Lessons*	M-TH, 9-9:55 a.m. 6/21-8/27 FFC/OP5	Ages: 3-5, 9-9:25 a.m. 6-9, 9:30-9:55 a.m.	\$35/week/child
Private Swim Lessons	Scheduled on an individual basis. FFC, OP5	All ages	\$25/child per 1/2 hour session
Junior Lifeguards*	M-TH, 9 a.m.-noon 6/14-9/2 Edgewater Promenade	9-16	\$300/season/child \$100/week/child
Bingo	M & W, 7-8 p.m. 6/14-9/1 Edgewater Promenade	All ages	\$1/card
Pee Wee Guards	T, 10-11 a.m. 6/15-8/31 EB	4-8	
Starfish Soccer	W, 9-10 a.m. 6/23-8/25 EGA	5-10	\$5 drop in
Sandcastle Contest	TH, 9:30 a.m. to noon 6/17-9/2 EB-GB	All ages	
Bonfire & Awards	TH, Awards: 6:30 p.m., Bonfire: 7-9 p.m. 6/17-9/2 Georgetowne Beach	All ages	
Swim Meet-Money Hunt	M & W, 2:30-3:30 p.m. 6/14-9/1 M-OP4 / W-T4	4-12	
Dodge Ball Mania	T, W, TH 4:15-5:15 p.m. 6/22-8/25 FFC	10-16 (T), 6-10 (W) 6-16 (TH)	\$5 drop in
Kids Night Out*	M,T,W,F 5:30-8 p.m. 6/14-9/3 FFC	4-10	\$20/session/child
Noodle Hockey	F 4:15-5:15 p.m. 6/25-8/20 FFC	6-16	\$5 drop in
Teen Bonfire	T, 8-10 p.m. 6/15-8/31 GB	13-17	
Co-ed Teen Basketball	M, 4:15-5:15 p.m. 6/28-8/23 FFC	13-17	\$5/session/teen
NEW: Teen Volleyball	W, 10 a.m.-noon, 6/16-9/1 Net @ Georgetowne/Farragut	13-17	

EGA=Edgewater Grassy Area EB=Edgewater Beach GB=Georgetowne Beach FFC=Freeman Fitness Center T4=Tennis Pool 4 (Aquatics Center) OP4=Ocean Pool 4 OP5=Ocean Pool 5
 Note: Operations and hours subject to change without notice. * Pre-registration takes place at the Freeman Fitness Center. Space is limited. Call 539-4511 for more info.

World Class Tennis

Ranked #10 U.S. Tennis Resort by Tennis Magazine
 #19 in the world by Tennis Resorts Online

Through 6/5-9/10: Pro Shop - 8:30 a.m.-5:30 p.m.; Indoor Courts - 7 a.m.-10 p.m.; Outdoor Lit Courts - 7 a.m.-10 p.m.

Adult Clinics (ages 14 & up)

Cardio Tennis: 9 a.m., \$20/player

Daily clinics (\$20/player)
Beginner Clinic: 9 a.m., levels 2.5 & below
Intermediate Clinic: 10 a.m., levels 3.0 & 3.5
Advanced Clinic: 11 a.m., levels 4.0 & above

1-hour clinics focus on: M, forehands; T, back-hands; W, volleys and overhands; TH, serve and return, F, attack day (serve & volley, chip & charge, poaching); SAT & SUN, weekend clinics emphasize ground strokes, volleys and court positioning.

Play w/ Pro: M,W,F - 3-5 p.m., Levels 3.0+, \$50/player
 Description: 2-hour clinic focuses on court strategy for singles and doubles.

Junior Clinics

Little Hitters: ages 4-7, M-SAT, 1 p.m. \$20/player
Baseliners: ages 8-13, M-SAT, 2 p.m., \$20/player
 Junior clinics use "quick start" to enhance learning and promote fun and success.

Private lessons are available at any time. More info at SeaColonyTennis.net or stop by the Tennis Center.
 Note: Operations, hours & pricing subject to change without notice. Call 539-4488 for more information.

Tournament Tough: all ages, M-SAT, 3-5 p.m.
 Cost: \$50/player
Nike Jr. Camp: 6/20-25, \$495/player.

Socials (ages 14 & up, all levels, \$5/player)

Men's Doubles Round Robin: T, 3-5 p.m.
Women's Doubles Round Robin: TH, 3-5 p.m.,
Mixed Doubles Round Robin: SUN, 3-5 p.m.,

Private Beach

GUARDED BEACH SEASON 2010:

There will be daily lifeguard coverage on Sea Colony's half mile of private beach from Memorial Day to October 3. Hours are Sunday-Friday, 10 a.m. to 5 p.m., and Saturday, 10 a.m. to 5:30 p.m.

NEW: 7/27-8/28: 10 a.m. to 5:30 p.m.

Note: Operations and hours subject to change without notice.

LIFEGUARD DRILLS: Tuesdays, 6/15-8/31, 9-10 a.m. - Edgewater Beach

NO SMOKING on the beach.

Pools

Oceanfront Pools ++

Ocean Pool 1 - 6/12-9/6, 10 a.m.-6 p.m.

Ocean Pool 2 - 5/29-6/26 & 8/29-9/6, 10 a.m.-6 p.m.
 6/27-8/28, 10 a.m.-8 p.m.

Ocean Pool 3 - 6/12-6/26 & 8/29-9/19, 10 a.m.-6 p.m.
 6/27-8/28, 10 a.m.-8 p.m.

Ocean Pool 4 (+) - 5/29-6/26 & 8/29-9/6, 10 a.m.-6 p.m.
 6/27-8/28, 10 a.m.-8 p.m.

Ocean Pool 5 - 6/12-9/6, 10 a.m.-6 p.m.

Tennis Side Pools

Tennis Pool 1 - 6/12-9/6, 10 a.m.-6 p.m.

Tennis Pool 2 - 6/12-9/6, 10 a.m.-6 p.m.

Tennis Pool 3 - 6/12-9/6, 10 a.m.-6 p.m.

Aquatics Center (T-4) - 5/29-9/6, 9 a.m.-8 p.m.*
 9/7-9/26, 9 a.m.-6 p.m.

Fitness Center Outdoor - 6/12-9/6, 10 a.m.-6 p.m.

Indoor Pools

Edgewater Indoor - 5/29-9/25, 8 a.m.-10 p.m.**++

- Starting 9/26 - Sunday, 10 a.m.-6 p.m.**

- Monday-Thursday, 8 a.m.-8 p.m.**

- Friday-Saturday, 8 a.m.-10 p.m.**

Freeman Fitness Center Indoor - 7 a.m.-9 p.m.***

Note: Operations and hours subject to change without notice. No smoking is permitted at the pools.

* T-4 will be open for lap swims only from 9-10 a.m. from 5/29-9/26. Lap swims will only be held Fridays, Saturday and Sundays from 6/14-7/22.

** In the event of inclement weather, or at lifeguard's discretion, adult swims will be cancelled. Only those 18 years and older will be allowed in the pools during adult swim.

*** For the latest information, visit SeaColonyRecreation.org or contact the Fitness Center for the current schedule.

(+) Water Aerobics: 6/14-9/3, M-TH, 11-11:45 a.m. & F, 10-10:45 a.m. \$4 drop in.

(++) Adult swims are called at the top of the hour at all outdoor pools. At the Edgewater indoor pool, adult swims are 10 a.m. to noon and 5-6 p.m.

Summer Entertainment

July

Sun., July 4 - **Randy Lee Ashcraft & The Saltwater Cowboys**, 6-8 p.m. EP

Sun., July 4 - **Grand Slam Mixer**, 3-5 p.m. TC

Sun., July 4 - **Pro Exhibition**, 5 p.m. TC

Tue., July 6 - **Lloyd Dobler Effect**, 5-7 p.m. EP

Tue., July 6 - **"Beach Eats"** - cooking demonstration by local restaurateur Matt Haley, 7 p.m. EP*

Wed., July 7 - **"Super Foods for Extraordinary Health"**

- whole food seminar by Good Earth Market, 6-7 p.m. EP*

Fri., July 9 - **Wizard of Oz**, Rehoboth Summer Children's Theatre, \$8/person in advance/\$10/person at the door, 7-8 p.m.** FFC

Tue., July 13 - **"Bunch of Flowers"**

- Floral arrangement demo by Blossoms, 7-8 p.m. EP*

Tue., July 20 - **HyJinx**, 5-7 p.m. EP

Tue., July 20 - **"Beach Eats"** - cooking demonstration by local restaurateur Matt Haley, 7 p.m. EP*

Wed., July 21 - **"Super Foods for Extraordinary Health"**

- whole food seminar by Good Earth Market, 6-7 p.m. EP*

Fri., July 23 - **Robin Hood**, Rehoboth Summer Children's Theatre, \$8/person in advance/\$10/person at the door, 7-8 p.m.** FFC

Tue., July 27 - **"Christmas in July"**

- Floral arrangement demo by Blossoms, 7-8 p.m. EP*

August

Tue., Aug. 3 - **Lloyd Dobler Effect**, 5-7 p.m. EP

Tue., Aug. 10 - **"Seaside Centerpiece"**

- Floral arrangement demo by Blossoms, 7-8 p.m. EP*

Fri., Aug 13 - **Aladdin**, Rehoboth Summer Children's Theatre, \$8/person in advance/\$10/person at the door, 7-8 p.m.** FFC

Tue., Aug 17 - **HyJinx**, 5-7 p.m. EP

Tue., Aug. 17 - **"Beach Eats"** - cooking demonstration by local restaurateur Matt Haley, 7 p.m. EP*

Wed., Aug. 18 - **"Super Foods for Extraordinary Health"**

- whole food seminar by Good Earth Market, 6-7 p.m. EP*

Tue., Aug. 24 - **Lloyd Dobler Effect**, 5-7 p.m. EP

Tue., Aug. 24 - **"Silks for Fall"**

- Floral arrangement demo by Blossoms, 7-8 p.m. EP*

Fri., Aug. 27 - **Wizard of Oz**, Rehoboth Summer Children's Theatre,

\$8/person in advance/\$10/person at the door, 7-8 p.m.** FFC

Sat. & Sun, Aug. 28-29 - **Homeowner-Guest Tournament**, 3-5 p.m. TC

Tue., Aug. 31 - **HyJinx**, 5-7 p.m. EP

Tue., Aug. 31 - **"Beach Eats"** - cooking demonstration by local restaurateur Matt Haley, 7 p.m. EP*

September

Wed., Sept. 1 - **"Super Foods for Extraordinary Health"**

- whole food seminar by Good Earth Market, 6-7 p.m. EP*

Sun., Sept. 5 - **Pro Exhibition**, 5 p.m. TC

EP=Edgewater Promenade FFC=Freeman Fitness Center Outdoor
 GB=Georgetowne Beach TC=Tennis Center

* In case of inclement weather, these activities will be held Edgewater's Kiddie Kamp Room.
 ** Tickets available in advance at www.SeaColonyRecreation.org or at the Freeman Fitness Center.

For the latest, visit SeaColonyRecreation.org or SeaColonyTennis.net, check out Sea Colony Resort TV 78 or call the Fitness Center at 302-539-4511. Weekly schedules available at Rec facilities.