

# Sea Colony

# Activities & Amenities Map

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

**For more information:**  
 Pick up a Sea Colony Play Book,  
 watch Channel 78 or visit  
[www.SeaColonyRecreation.org](http://www.SeaColonyRecreation.org)

**FREEMAN FITNESS CENTER**  
**Info: 302-539-4511**  
**Outdoor Pool - CLOSED FOR RENOVATIONS (Reopen in 2016)**  
 Indoor Gym / Weight Room  
 Sauna / Hot Tub / Locker Rooms  
 Group & Private Swim Lessons  
 Club Sea Colony  
 Personal Trainers  
 Aerobics  
 Dodge Ball Mania & Family Dodge Ball  
 Children's Theater  
 Co-ed Teen Basketball  
 Noodle Hockey  
 Kids Night Out  
 NEW: Elimination Nukem

**TENNIS CENTER**  
**Info: 302-539-4488**  
[SeaColonyTennis.net](http://SeaColonyTennis.net)  
 34 Tennis Courts / Pro Shop  
 6 Indoor / 14 Har-Tru Courts  
 Experienced Teaching Pros  
 Clinics, Camps & Round Robins  
 Private Lessons Available

**EDGEWATER HOUSE**  
 Indoor & Outdoor Pools  
 Kiddie Pool, Hot Tub  
 Edgewater Exercise Room  
 Lockers & Showers  
 Sauna  
 Aerobics  
 Bingo  
 Junior Lifeguards  
 Musical Entertainment  
 Community & Conference Center  
 Family Capture the Flag  
 Oceanside Deli & Donuts

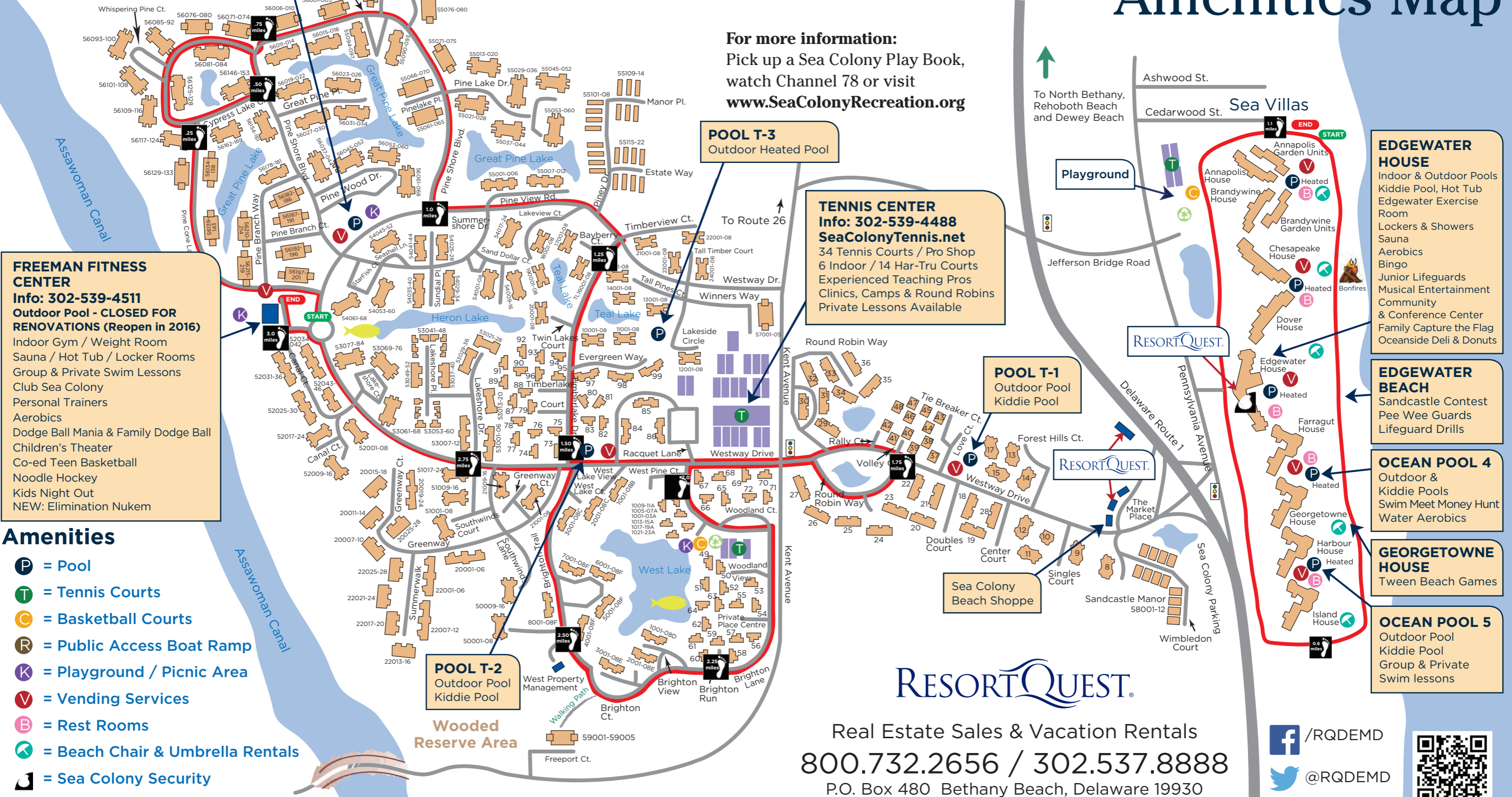
**EDGEWATER BEACH**  
 Sandcastle Contest  
 Pee Wee Guards  
 Lifeguard Drills

**OCEAN POOL 4**  
 Outdoor & Kiddie Pools  
 Swim Meet Money Hunt  
 Water Aerobics

**GEORGETOWNE HOUSE**  
 Tween Beach Games

**OCEAN POOL 5**  
 Outdoor Pool  
 Kiddie Pool  
 Group & Private Swim lessons

- Amenities**
- = Pool
  - = Tennis Courts
  - = Basketball Courts
  - = Public Access Boat Ramp
  - = Playground / Picnic Area
  - = Vending Services
  - = Rest Rooms
  - = Beach Chair & Umbrella Rentals
  - = Sea Colony Security
  - = Recycling Areas
  - = Fishing Areas
- All fishing areas are catch and release.*



**POOL T-2**  
 Outdoor Pool  
 Kiddie Pool

**POOL T-3**  
 Outdoor Heated Pool

**POOL T-1**  
 Outdoor Pool  
 Kiddie Pool

**RESORTQUEST**

Real Estate Sales & Vacation Rentals  
**800.732.2656 / 302.537.8888**  
 P.O. Box 480 Bethany Beach, Delaware 19930  
 RENTALS: [www.WVRDelaware.com](http://www.WVRDelaware.com)  
 SALES: [www.ResortQuestDE.com](http://www.ResortQuestDE.com)

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# Summer Activites 2015

ACTIVITY	WHEN & WHERE	WHO (AGES)	DETAILS
Co-ed Teen Basketball	Wed. 3-4 p.m. 6/17-8/26 (FFC)	12 to 17	\$5/person per session
Dodgeball Mania	Mon. - Thurs. 4:15-5:15 p.m. 6/15-9/3 (FFC)	6 to 12 (M), 6 to 16 (T & TH), 9 to 16 (W)	\$5/person per session
Family Dodgeball	Fri. 3-4 p.m. 6/19-9/4 (FFC)	6 and up	
Noodle Hockey	Fri. 4:15-5:15 p.m. 6/19-8/28 (FFC)	6 to 16	\$5/person
Group Swim Lessons*	Mon. - Thurs. 9-9:55 a.m. 6/22-8/20 (FFC) 6/29-8/20 (OP5)	3 to 5 (9-9:25 a.m.) 6 to 9 (9:30-9:55 a.m.)	\$35/person per week
Private Swim Lessons*	Schedule on individual basis (FFC, T4, OP5)	All ages	\$25/person per 1/2 hour session
Pee Wee Guards	Tues. 10 a.m. 6/16-8/25 (EB)	4 to 8	
Junior Lifeguards*	Mon. - Thurs. 9 a.m.-noon 6/15-9/3 (EP)	9 to 16	\$400/person for the season or \$120/person per week
Swim Meet Money Hunt	Mon. (OP4) & Wed. (T4) 2:30-3:30 p.m. 6/15-9/2	4 to 12	
Bingo	Mon. & Wed. 7-8 p.m. 6/15-9/2 (EP)	All ages	\$1 per card
Sand Castle Contest	Thurs. 10-11:30 a.m. 6/18-9/3 (Between lifeguard stands 3 & 5)	All ages	
Bonfire & Awards	Thurs. Awards: 6:30 p.m.*, Bonfire: 7-9 p.m. 6/18-9/3 (CB)	All ages	
Club Sea Colony*	Mon. - Thurs. 10 a.m. - 2 p.m. 6/15-9/3 (FFC)	4 to 10	\$30/person per session 20% off/ session for each additional sibling
Kids Night Out*	Mon., Tues., Wed., Fri. 5:30-8 p.m. 6/15-9/4 (FFC)	4 to 10	\$25/person per session 10% off/ session for each additional sibling
Tween Beach Games	Tues. 7:30-9 p.m. 6/16-8/18 (GB)	10 to 15	
Family Capture the Flag	Wed. 11:15 a.m.-noon 6/17-9/2 (EGA)	All ages	
NEW! Elimination Nukem	Tues. 3-4 p.m. 6/16-9/1 (FFC)	8 to 16	\$5/person

**CB** = Chesapeake Beach   **EB** = Edgewater Beach   **EP** = Edgewater Promenade   **EGA** = Edgewater Grassy Area   **FFC** = Freeman Fitness Center  
**GB** = Georgetowne Beach   **OP2** = Ocean Pool 2   **OP4** = Ocean Pool 4   **OP5** = Ocean Pool 5   **T4** = Tennis Pool 4 (Aquatics Center)

*Note: Operations and hours subject to change without notice. Some activities may not be offered on July 4. \*Pre-registration takes place at the Freeman Fitness Center. Space is limited. Call 539-4511 for more info.*

# World Class Tennis

Through 5/23-9/13: Pro Shop [8am-7pm] Indoor Courts [7am-10pm] Outdoor Lit Courts [7am-10pm]

*Preferred pricing for all adult & junior clinics with 24-hour advanced registration available by calling 302-539-4488, visiting [SeaColonyTennis.net](http://SeaColonyTennis.net) or at the **Pro Shop**.*

## ADULT CLINICS (ages 14 & up)

**Cardio Tennis:** 9 a.m., \$25 drop in or \$20 in advance. A great cardio vascular workout, while hitting hundreds of balls.

**Daily Clinics:** \$25 drop in or \$20 in advance  
**NOVICE 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, backhands; W, volleys & overheads; TH, serve & return, F, attack day; SAT & SUN, weekend clinics emphasize ground strokes, volleys and strategy.

**All About Doubles Clinic:** all levels, M & W, 3 p.m., \$25 drop in or \$20 in advance Focus on communication, positioning, shot selection.

## Night Clinics (live ball):

Levels 3.5 & up, W & TH, 6-7 p.m., \$25 drop in, \$20 in advance

## JUNIOR CLINICS (from 6/8-9/4):

\$25 drop in or \$20 in advance  
**LITTLE HITTERS:** ages 4-7, M-F, 1 p.m.  
**FUTURES:** ages 8-12, M-F, 2 p.m.  
**CHALLENGERS:** Level dependent, M-F, 3 p.m.  
 Junior clinics enhance learning and promote fun and success.

**Tournament Tough:** college-style practice for varsity level/ranked juniors. All ages, level dependent, M-TH, 4-6 p.m. \$50 drop in, \$40 in advance

**Tournament Day:** all ages, F, noon, \$10 drop in. Must be able to serve & play a point. Pizza provided.

**Nike Jr. Camps:** ages 8-18, all levels, 6/15-19, 6/22-26 & 7/20-24, \$555 pp.

**Nike Tournament Training Camp:** ages 10-18, 7/13-17, \$555 pp.

**Nike Adult Camps:** ages 18 & up, levels 3.0 & up, all levels, 6/12-14 & 6/19-21, 7/17-19, \$265 pp.

## Socials (ages 14 & up, all levels, \$10/player)

Mixed Doubles Round Robin: SAT, 4-6 p.m.

Meet & Greet Round Robin: SUN, 4-6 p.m.

Men's Doubles Round Robin: T, 4-6 p.m.

Mixed Doubles Round Robin: W, 4-6 p.m.

Women's Doubles Round Robin: TH, 4-6 p.m.

## Adult Camps:

Join us for a fabulous weekend of tennis! \$240

Private lessons are available at any time.

More info at [SeaColonyTennis.net](http://SeaColonyTennis.net) or stop by the Tennis Center.

*Operations & pricing subject to change without notice.*

# Private Beach

## Guarded Beach Season 2015

Daily lifeguard coverage on Sea Colony's half mile of private beach from May 16 to October 12

**HOURS:** 5/16-6/20 & 8/23-10/12 10 a.m. - 5:30 p.m.; 6/21-8/22 10 a.m. - 6 p.m.

*NOTE: operations and hours subject to change without notice.*

**LIFEGUARD DRILLS:** Tuesdays, 6/16-9/1 9-10 a.m. at Edgewater Beach

# Pools+

*No smoking is permitted at the pools or on the Promenade*

## Oceanfront Pools

**OCEAN POOL 1** (heated)  
6/7-9/7 from 10 a.m. - 6 p.m.

**OCEAN POOL 2** (heated)  
5/23-6/20 & 8/23-9/7 from 10 a.m. - 6 p.m.  
6/21-8/22 from 10 a.m. - 8 p.m.

**OCEAN POOL 3** (heated)  
5/16-6/20 & 8/23-9/27 from 10 a.m. - 6 p.m.  
6/21-8/22 from 10 a.m. - 8 p.m.

**OCEAN POOL 4\*** (heated)  
5/23-6/20 & 8/23-9/7 from 10 a.m. - 6 p.m.  
6/21-8/22 from 10 a.m. - 8 p.m.

**OCEAN POOL 5** (heated)  
6/7-9/7 from 10 a.m. - 6 p.m.

## Tennis Community Pools

**TENNIS POOL 1** - 6/7-9/7 from 10 a.m. - 6 p.m.

**TENNIS POOL 2** - 6/7-9/7 from 10 a.m. - 6 p.m.

**TENNIS POOL 3** (heated) - 6/7-9/7 from 10 a.m. - 6 p.m.

**AQUATICS CENTER** (T-4) (heated)\*\*  
5/2-6/6 & 9/7-10/12 from 10 a.m. - 6 p.m.  
6/8-9/7 from 10 a.m. to 8 p.m.

**FITNESS CENTER OUTDOOR**  
CLOSED FOR RENOVATIONS

## Indoor Pools

**EDGEWATER INDOOR** \*\*\*  
5/23-9/20 from 8 a.m. - 10 p.m.  
Adult Swim 18 and older 11 a.m. - noon and 5-6 p.m.

**FREEMAN FITNESS CENTER INDOOR**  
6:30 a.m. - 9 p.m.

*Note: Operations and hours subject to change without notice.*

*\*Please take note of any special rules, programs or activities, including adult swim times posted at each pool.*

*\*Water Aerobics Classes - 6/15-9/4 Monday-Thursday from 11-11:45 a.m.; Friday from 10-10:45 a.m.; & Swim Meet Money Hunt, Wednesdays from 2:30-3 p.m.*

*\*\*T-4 will be open for lap swims only from 9-10 a.m. from 5/23-9/7. No lap swims will be allowed 6/15-7/24 Monday through Thursday from 9 a.m. - 10 a.m.; or Wednesdays for Swim Meet Money Hunt from 2:30-3 p.m.*

*\*\*\*In the event of inclement weather or at lifeguard's discretion, adult swims or other programs will be canceled. Only those 18 and older will be allowed in the pools during adult swims from 11 a.m. to noon and 5-6 p.m.*

# Summer Entertainment

## JUNE

Tuesday, June 30 -  
**LLOYD DOBLER EFFECT - 7-9 P.M.** EP  
 Saturday, June 20-Sunday, June 21  
**SUMMER JUNIOR OPEN #1** TC  
 Friday, June 26-Sunday, June 28  
**GIRLS 14'S CLASSIC** TC

## JULY

Thursday, July 2 -  
**LLOYD DOBLER EFFECT - 7-9 P.M.** CB  
 Sat., July 4 -  
**TRADITIONAL FOURTH OF JULY EVENTS:**  
**BIKE DECORATING**, 9:30 a.m. at the Marketplace at Sea Colony  
**BETHANY BEACH PARADE**, noon at downtown Bethany  
**BETHANY BEACH FIREWORKS**, dusk

Sat., July 4 -  
**GRAND SLAM MIXER & PRO EXHIBITION**, TC  
 Tues., July 7 -  
**BEACH EATS:** Cooking Demo by Casey Cunningham, Matt's Fish Camp, 7-8 p.m. EP  
 Fri., July 10 -  
**REHOBOTH SUMMER CHILDREN'S THEATRE PRESENTS: THE SNOW QUEEN**, 7-8 p.m.

\$8 in advance/\$10 at door FFC  
 Saturday, July 18 - Sunday, July 19  
**SUMMER JUNIOR OPEN #2** TC  
 Saturday, July 18  
**SUMMER FUN 10 & UNDER #1** TC  
 Tues., July 21 -  
**BEACH EATS:** Cooking Demo by Nino Mancari, Catch 54, 7-8 p.m. EP  
 Tues., July 28 -  
**LLOYD DOBLER EFFECT**, 7-9 p.m. EP

## AUGUST

Saturday, August 1 -  
**SUMMER FUN 10 & UNDER #2** TC  
 Tuesday, August 4 -  
**BEACH EATS:** Cooking Demo by Jason Dietterick of BlueCoast, 7-8 p.m. EP  
 Fri., August 7 -  
**REHOBOTH SUMMER CHILDREN'S THEATRE PRESENTS: "THE JUNGLE BOOK"**, 7-8 p.m.  
 \$8 in advance/\$10 at door FFC  
 Tues., August 11 -  
**BEACH EATS: COOKING DEMO BY SCOTT VISELI OF PAPA GRANDE'S**, 7-8 p.m. EP  
 Saturday, August 15 - Sunday, August 16  
**SUMMER JUNIOR OPEN #3** TC  
 Tues., August 25 -  
**LLOYD DOBLER EFFECT**, 7-9 p.m. EP

**CB** = Chesapeake Beach   **EP** = Edgewater Promenade  
**FFC** = Freeman Fitness Center   **TC** = Tennis Center

For the latest, visit [SeaColonyRecreation.org](http://SeaColonyRecreation.org) or [SeaColonyTennis.net](http://SeaColonyTennis.net), check out Sea Colony Resort TV 78 or call the Fitness Center at 302.539.4511. Weekly schedules available at Rec facilities or the Play Book.