



**Sussex Family YMCA**

20080 Church Street  
Rehoboth Beach, DE 19971  
(302) 296 – 9622  
[www.sfyswim.com](http://www.sfyswim.com)

Aquatics Director, Tsunami Head Coach – Anna Seiffert, [anna.seiffert@ymcade.org](mailto:anna.seiffert@ymcade.org), (302) 510 – 1270 direct

Please submit all HYTEK entries to [anna.seiffert@gmail.com](mailto:anna.seiffert@gmail.com).

**FACILITY:**

- The pool is a 6 lane, 25 yard indoor pool with starting blocks, no-turbulent lane lines, locker rooms, and ample parking.
- There are 2 sets of low bleachers and chairs provided for spectators on the pool deck. The pool is warm (typically held at 84 degrees), so please dress appropriately. A snack bar will be available.
- Pool Depth: Shallow End – 3 feet, Deep End – 8 feet

**DIRECTIONS:**

- A) From North: Take Route 1 South going past the Rehoboth Beach exit for Rehoboth Avenue. Take the next left hand turn onto Church Street at the Fulton Bank (Big Fish Grill will be on the right, southbound side). The YMCA is on your left, just past the bank.
- B) From South: Take Route 1 North through Dewey Beach. After going over the Canal Bridge, take the second right onto Church Street. The YMCA will be on your left.
- C) From West: Take either Route 24 or Route 9 East until you get to Route 1. Go south on Route 1, then follow directions above from the North.