



D U P O N T C O U N T R Y C L U B

# Wellness Department

*Pool / Fitness / Physical Therapy*



## Mission

**Our Wellness Mission at the DuPont Country Club is to share, spread, and deliver wellness philosophies that will expand our clients' health, performance within their sport, and lifestyle. Through fitness, nutrition, and physical rehab, we strive to accomplish everyone's goals and help them to see their unique and true potential. Our staff is ready to take on your wellness journey as your trainer, coach, and friend.**

## CONTACT US

### ADDRESS

1001 Rockland Rd  
Wilmington, DE 19803

### PHONE

302-421-1756

Kenny Beebe - Director of Wellness - [kbeebe@dupontcc.com](mailto:kbeebe@dupontcc.com)

Jordan Carey - Aquatics Operations Manager/CPO - [jcarey@dupontcc.com](mailto:jcarey@dupontcc.com)

Zach Nerwinski - DSA Program Director/Head Swim Coach  
[zach.nerwinski@diamondstateaquatics.com](mailto:zach.nerwinski@diamondstateaquatics.com)

Jessica Cappola - Head Fitness Trainer - [jcappola@dupontcc.com](mailto:jcappola@dupontcc.com)

Cody Hafner - Physical Therapist  
[cody.hafner@omegaprojectpt.com](mailto:cody.hafner@omegaprojectpt.com)

# Fitness

## Programming & Pricing

### Personal Training

Our highly qualified personal training staff have been carefully selected to provide the best experience for all levels of fitness enthusiasts. We believe there is no one way to coach and our trainers know how to help you meet and exceed your goals!

#### Private Sessions

1 participant --- 60 minutes in duration

	8 sessions	16 sessions	24 sessions
Member	\$580	\$1120	\$1620
Non-Member	\$745	\$1425	\$2065

#### Semi-Private Sessions

2 participants --- 60 minutes in duration

	8 sessions	16 sessions	24 sessions
Member	\$390/ athlete	\$700/ athlete	\$960/ athlete
Non-Member	\$500/ athlete	\$775/ athlete	\$1225/ athlete

#### Group Sessions

3-5 participants --- 60 minutes in duration

	8 sessions	16 sessions	24 sessions
Member	\$220/ session	\$380/ session	\$545/ session
Non-Member	\$305/ session	\$445/ session	\$790/ session

### Group Fitness

Our fitness program's vision is to help our members achieve their fitness goals while creating a sense of community. Each of our instructors come from a variety of fitness backgrounds, which makes our staff diverse and knowledgeable to help guide you to find your favorite class or classes!

Nonmember price per class - \$22

Group Fitness Class Schedule					
Mon	Tue	Wed	Thu	Fri	Sat
SWEAT 6-7AM Jessica	Aesthetics 6-7AM Jessica	SWEAT 6-7AM Jessica	Aesthetics 6-7AM Jessica	Spin 6-7AM Michelle	Yoga 8-9AM Nicole/Amy Y.
Bootcamp 9-9:30AM Grace	Spin 6-7AM Michelle	Bootcamp 9-9:30AM Beth	Cardio Blast 8-8:45AM Carolyn	Power Flow Yoga 7-8AM Steph	Barre 10-11AM Amy Y.
Pilates 9-10AM & 10-11AM Cindy	AquaFit 11-12PM Cindy	Yoga 9:30-10:30AM Hayann	Barre/Pilates Fusion 9:30-10:30AM Cindy	Resistance to Mat 8:15-9AM Vic	
SWEAT 11AM-12 PM Mark	Aesthetics 12-1PM Jessica	SWEAT 11AM-12 PM Mark	AquaFit 11-12PM Cindy	Bootcamp 9-9:30AM	
Zumba 5:30-6:30PM Ketika	Vinyasa Flow 12:30-1:30PM Brittany	Zumba 6-7PM Ketika	Gentle Yoga 11-12PM Chelsea		
Heiha Flow Yoga 6:45-7:45PM Nicole	DuPont Barre 6-7PM Amy Y.		Aesthetics 12-1PM Jessica	SWEAT 11AM-12PM Mark	
Members must reserve - No walk-ins \$10 No-show fee Guests \$22			Meditation Yoga 6-7PM Amy K.		

### Boxing

Retired heavyweight boxer, Henry Mulligan, is ready to help you take on your new ambitions! Join him to use your competitive nature and see how quick and strong you can be.

	30 Minute Private Lessons	1 Hour Private Lessons
Member	\$45/ session	\$80/ session
Non-Member	\$60/ session	\$100/ session

### Junior Strength & Conditioning

This program is for young athletes looking to improve their fitness and alongside sport performance.

**Mondays & Thursdays 6:00pm-7:00pm**

Take your fitness goals to a new level!

Single Session Pricing	Member	Non-Member
	\$40	\$50

	4 Session Pricing
- Strength	Member \$150 Non-Member \$175
- Power	
- Agility	8 Session Pricing
	Member \$250 Non-Member \$300
- Core Stability	

# Aquatics

## Program Information

### Swim Lessons

#### Group Lessons

##### Learn-to-Swim

These group swim lessons are for swimmers who are ready to be in the water and expand their beginner skills to prepare to swim on their own.

##### Lesson Levels

Level 1: Beginner swimmers in the water.

Level 2: Swimmers who are able to attempt and complete some skills without assistance.

Level 3: Swimmers who are considered "water safe" working on stroke refinement.

*\*Group Lessons are held 2 times per week on Tuesdays and Thursdays.*

*\*There is a minimum of 3 participants and a maximum of 6 participants for Learn-to-Swim Groups\**

#### Private Lessons

We offer private lessons every day of the week for swimmers 3 and older. Our instructors are trained to teach water safety and competitive techniques, working with both children and adults.

Semi-private and small group lessons are available in addition, but the partner(s) must be supplied by the lesson.

Lessons are all taught in 30 minute durations.

*Registration and pricing information can be found on our online portal at [dsaswimschool.com](http://dsaswimschool.com)*

### Pre-Competitive Swim Program

These large group swim lessons prepare swimmers who have graduated from our Learn-to-Swim Program for swim team. Swimmers in this group can swim a full length of the pool both backstroke and freestyle, and will learn butterfly and breaststroke, dives, and more in-depth stroke mechanics.

**Pre-Comp 1 (ages 8 and under) 5:45PM-6:30PM**

**Pre-Comp 2 (ages 9 and over) 6:30PM-7:15PM**

*\*Classes are held 2 times per week on Tuesdays and Thursdays. Tryout is required.\**

## Swim Team

### DCC Summer Swim Team

DCC Summer Swim is a friendly, introductory team for swimmers looking to expand their swimming knowledge while racing against local team in the area. If your swimmer is ready to have some fun this summer, this is the team for you!

*\*This team is for members and grandchildren of members only.*

### Diamond State Aquatics Swim Team

Diamond State Aquatics is a competitive USA swim team. Although swimming is an individualized sport, it is imperative that our swimmers feel a sense of community within our team. This teams take a holistic approach to cultivating each swimmer as a well-rounded athlete.

- all levels of competitive swimming for ages 5-19
- dryland training
- dedicated coaches

For more information about our team and pricing, please visit [diamondstateaquatics.com](http://diamondstateaquatics.com).

### Dawn Patrol

The Dawn Patrol Swim Program is our adult competitive/fitness training swim program at DuPont Country Club. It is a group of swimmers wanting to train in a group setting with others of similar skill levels and swim goals. We have swimmers of different levels separated into groups so that our coaches can build a workout based on each group's specific fitness level and swimming ability. Our coaches will assist you with pacing, technique, and introducing you to the other local swimmers in our program.

# Physical Therapy

## Who We Are

The Physical Therapy Clinic at the DuPont Country Club is operated by Omega Project. Omega Project specializes in sports and orthopedic injuries. As a company, we pride ourselves on working with those who can't stop and won't stop! No matter your sport of choice, we recognize the importance of keeping you playing. We are a team of experienced clinicians who use a one-on-one style of treatment to deliver fast and effective results.

## What We Do

In the clinic, you can expect treatment to incorporate expert hands-on interventions, movement retraining, and exercise recommendations to resolve injuries and maximize performance. Treatment may also include Dry Needling, Bloodflow Restriction Training, or Winback TECAR Therapy, depending on the injury.

## Titleist Specialization

For golfers, our therapists are certified by the Titleist Performance Institute to identify golf-specific movement and strength impairments that can lead to injury and hindered performance.

If you are dealing with an injury and can't stop/won't stop doing what you love, we are here to help!