

**DIRECTIONS TO MIDDLE ATLANTIC SWIMMING OFFICE**  
**2150 New Castle Avenue**  
**New Castle, DE 19720**  
**302/429-6288**

**From the NORTH:**

Take **I-95 South** toward Delaware. **If coming from Pennsylvania, take the I-495 bypass** around Wilmington just as you cross the state line into Delaware. From either I-95 or I-495, take the exit for **I-295 North** – as if you were going to the Delaware Memorial Bridge. This is a left exit from both I-95 and I-495. Just as you approach the Bridge on I-295, take the exit for **Del-9 South**; this is the last exit before the bridge, and is just past Mike’s Famous Harley dealership on the right. The office is located in the Delaware Swim & Fitness Center which is adjacent to Mike’s Harley – take the right into the parking lot from the exit ramp.

**From the SOUTH:**

Take **I-95 North or US-13 North** and exit onto **I-295 North** toward the Delaware Memorial Bridge. Follow the directions above.

**From the WEST:**

From the Lancaster area, follow **US-30 East** and then turn onto **PA Route 41 East** at Gap. Follow route 41 into Delaware. Turn left onto **Delaware Route 2** near Wilmington; go about ½-mile and turn right onto the ramp for **Del-141 South**. Follow route 141 for about three miles and take ramp for **I-295 North** (to Delaware Memorial Bridge and NJ). Follow directions above.

**From New Jersey:**

Take the **Delaware Memorial Bridge** into Delaware and stay to the right at the toll plaza. Proceed under the bridge and take the exit ramp for **Del-9 South**. Cross over I-295 and **turn right at the first traffic light** (not the entrance ramp for I-295). The office is located in the Delaware Swim & Fitness Center directly in front of you (see directions above).