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FOR HEALTHY LIVING  
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## STROKE & CONDITIONING JENNERSVILLE LOCATION

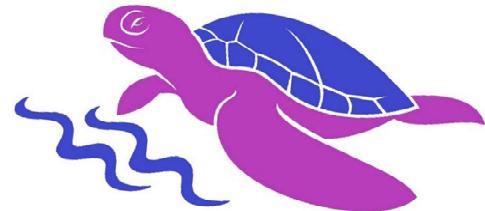
The Kennett & Jennersville Area YMCAs' Stroke & Conditioning is a program that has the goal of preparing swimmers and their families to bridge them from non-competitive swimming into competitive swimming. It is also an outlet for those older swimmers who would like to work on their stroke technique and keep in shape over the fall and winter months. Participation in meets is not required, but competitive opportunities will be offered and encouraged for those who would like to try swim meets.

The Stroke & Conditioning Swim Academy will be for swimmers ages 5-16. We will be offering two groups: 10 and under and 11 and over. There will be four sessions throughout the Fall, Winter, and Spring. Stroke & Conditioning swimmers are encouraged to swim on our summer team.

This program will be run by the KJAY Sea Turtle Coaching Staff.

### Session Dates:

- September 7, 2025 through November 1, 2025
- November 2, 2025 through December 23, 2025
- January 3, 2026 through March 1, 2026
- March 29, 2026 through May 23, 2026



### Swim Evaluation Nights for Swimmers:

- All NEW swimmers are required to attend an evaluation with our coaching staff. Evaluations will be held at our Indoor Pools on the following dates: July 24<sup>th</sup>, August 11<sup>th</sup>, August 14<sup>th</sup>, and August 19<sup>th</sup> from 4:30-7:00pm.
- Swimmers will be evaluated on their abilities in order to determine whether they meet the requirements to be in the Stroke and Conditioning Swim or the Winter Swim Team.
- Our requirements are more difficult than our Summer Team and the YMCA of the Greater Brandywine's green band test for all of their pools.
- If a date at your "home branch" does not fit your schedule, you can have your swimmer evaluated at the other branch. At each evaluation, we will ask where you would like your swimmer to practice.
- If you cannot attend one of these nights, please contact Coach Kelly at [kburk@ymcagbw.org](mailto:kburk@ymcagbw.org) or Coach Jake at [jmcdermott@ymcagbw.org](mailto:jmcdermott@ymcagbw.org) to schedule an evaluation.
- We will not do any evaluations before July 22<sup>nd</sup>. All evaluations must take place before August 20<sup>th</sup> to guarantee a spot on the Winter Team, Stroke & Conditioning or a waiting list.



*Scan Here*  
to schedule an evaluation

### JENNERSVILLE YMCA

a branch of the YMCA of Greater Brandywine

880 W. Baltimore Pike, West Grove, PA 19390 • 610-869-9622 • [www.ymcagbw.org](http://www.ymcagbw.org)



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## JY STROKE & CONDITIONING ~ 10 & Under

The 10 and under group is for swimmers age 5-10. These swimmers have completed the lesson program but are not ready for the Swim Team. This group's focus is on refining all four competitive strokes to prepare them for the Swim Team. Swimmers will have opportunities to swim in mini-meets and YMCA invitationals. These opportunities are optional and may have additional meet fees. *The 10 & Under group will practice twice a week for 30 minutes with "in the water" instruction.*

Due to the popularity of this program, we will be splitting the 10 & Under group into two groups A & B. If your swimmer's schedule absolutely cannot do one of the options, please let Coach Kelly know by August 20<sup>th</sup>.

Swimmers should be able to:

- Swim 25 yards (1 length) of freestyle without stopping with rotary breathing;
- Swim a length of 25 yards (1 length) of backstroke;
- Rudimentary knowledge of breaststroke and butterfly (must know and attempt a 25 of each stroke)



**ALL Four Sessions of Stroke & Conditioning Fees + SUMMER TEAM: YOUTH: \$1148-- FAMILY: \$888**  
**ALL Four Sessions of Stroke & Conditioning Fees: YOUTH: \$758 -- FAMILY: \$598 Session Fee: YOUTH: \$190 -- FAMILY: \$155**

Group	Sundays	Mondays	Wednesdays	Thursdays	Saturdays
Stroke/Conditioning A	Session 1, 2, & 3 ONLY 1:30-2:00pm	OFF	OFF	6:00-6:30pm	Session 4 ONLY 10:15-10:45am
Stroke/Conditioning B	OFF	Session 1, 2, & 3 ONLY 6:00-6:30pm Session 4 ONLY 5:45-6:15pm	6:00-6:30pm	OFF	OFF

## JY STROKE & CONDITIONING ~ 11 & Over

The 11 and over group is for swimmers age 11-16. These swimmers have completed the lesson program but are not ready for competition or those older swimmers who would like an outlet to work on their stroke technique, prepare for the High School swim season or keep in shape over the winter. This group's focus is on polishing their four competitive strokes and to build up their endurance. Swimmers will have opportunities to swim in YMCA invitationals. These opportunities are optional and may have additional meet fees. *The 11 & Over group will practice three times a week for 45 minutes each day.*

Swimmers should be able to:

- Swim 100 yards (4 lengths) of freestyle and backstroke;
- Swim 50 yards (2 lengths) of breaststroke and butterfly (must know and attempt a 25 of each stroke);
- Some knowledge of flip turns

**ALL Four Sessions of Stroke & Conditioning Fees + SUMMER TEAM: YOUTH: \$1838-- FAMILY: \$1408**  
**ALL Four Sessions of Stroke & Conditioning Fees: YOUTH: \$1438 -- FAMILY: \$1138 Session Fee: YOUTH: \$360 -- FAMILY: \$300**

Sundays	Wednesdays	Thursdays	Saturdays
(Sessions 1,2,3 only) 12:45-1:30pm	5:15-6:00pm	(Session 4 only) 6:30-7:15pm	Sessions 1, 2,3 only 9:15-10:00am Session 4 only 10:15-11:00am

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## PROGRAM FEES, PAYMENT OPTIONS & FEES

This upcoming year, there will be different pricing options for the program fees based on your membership. If you have a family membership, there will be a discounted price.

Due to an Association-wide program database transition, we will have two separate registrations just for this fall/winter season.

- **ACTIVENET & GOMOTION REGISTRATION:** Session 1, Session 2, ALL 4 Sessions, and All 4 Session + Summer registration must occur in Activenet & GoMotion by September 30<sup>th</sup>.
- **TRACTION REC REGISTRATION:**
  - Session 3, Session 4 registration will not begin until November 30<sup>th</sup> due to this transition. This will only be done through Traction Rec.
  - ALL 4 Sessions and All 4 Session + Summer swimmers will have to do a second registration through the new Traction Rec system after November 30<sup>th</sup>.

### **ALL FOUR SESSIONS OF STROKE & CONDITIONING ACADEMY + SUMMER SWIM TEAM:**

This payment option is for those swimmers that will swim with the programs four (4) sessions that run September through May plus our summer swim team that runs to mid-July. Your swimmer will be guaranteed a spot in all four (4) sessions if you choose this option + a spot on our summer swim team. You must choose and pay for this option before September 14, 2025. Swimmers with a family membership will receive a discounted rate. There is a 5% discount for siblings paying this option IF you have other swimmers registered in one of the following programs: ALL FOUR SESSIONS OR ALL FOUR SESSIONS + SUMMER SWIM TEAM, Year Round Competition Academy or Winter Swim Team. The highest-level swimmer will be paid at full price and then each additional swimmer will receive a 5% discount.

### **ALL FOUR SESSIONS OF STROKE & CONDITIONING ACADEMY:**

This payment option is for those swimmers that will swim with the programs four (4) sessions that run September through May. Your swimmer will be guaranteed a spot in all four (4) sessions if you choose this option. Please note that this does **NOT** include our Summer Swim Team. If your swimmer chooses to swim on our summer swim team it will be an additional fee. You must choose and pay for this option before September 15, 2025. Swimmers with a family membership will receive a discounted rate. There is a 5% discount for siblings paying this option IF you have other swimmers registered in one of the following programs: ALL FOUR SESSIONS OR ALL FOUR SESSIONS + SUMMER SWIM TEAM, Year Round Competition Academy or Winter Swim Team. The highest-level swimmer will be paid at full price and then each additional swimmer will receive a 5% discount.

### **SESSION BY SESSION:**

This payment option allows you to select the sessions your swimmers will practice in. There is no sibling discount for this option OR the payment plan option. This option must be paid in full at the time of registration. Swimmers with a family membership will receive a discounted rate.

### **PRIORITY REGISTRATION:**

Swimmers who were placed in August and before the start of Session 1 will be given priority registration for Sessions 2, 3, and 4. If these swimmers do not register by the dates listed below, those swimmers will forfeit their spot for that session to someone on the waiting list.

- Session 1: September 9<sup>th</sup> – ACTIVENET
- Session 2: October 1<sup>st</sup> – ACTIVENET
- Session 3: December 15<sup>th</sup> – TRACTION REC
- Session 4: March 15<sup>th</sup> – TRACTION REC



### **NON-REGISTRATION FEE (only swimmers competing):**

This non-refundable registration fee is to help offset the costs of team caps, t-shirts, team gift, and the end of the season banquet. If your swimmer will be competing with our KJAY Sea Turtle Winter Team, this fee will be collected through the Team Unify registration process. The fee for one swimmer is \$110, two swimmers is \$170, and for three or more swimmers it is \$260. you can combine the number of swimmers in both the Stoke & Conditioning Academy and Swim Team if siblings are on both teams. Swimmers must make this decision by September 30<sup>th</sup>.

### **PAYMENT PLANS:**

**PAYMENT PLANS ARE ONLY OFFERED FOR ALL FOUR SESSIONS OF STROKE & CONDITIONING ACADEMY or ALL FOUR SESSIONS OF STROKE & CONDITIONING ACADEMY + SUMMER SWIM TEAM:**

- These fees can be paid through 4-payments (all 4 sessions) or 8-payments (all 4 sessions+ summer swim team) with the first payment due at the time of registration; the additional payments will be processed via an automatic credit card draft.
- You must ask for the payment plan or choose it when you are registering through Activenet & Traction Rec.

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