



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



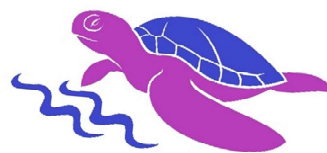
JY STROKE & CONDITIONING ~ 10 & Under

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 invitational. 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 20th.

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)



PRICING COMING SOON!

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 invitational. 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

PRICING COMING SOON!

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

JENNERSVILLE YMCA

a branch of the YMCA of Greater Brandywine

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