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## KENNETT AREA YMCA LOCATION – PRACTICE INFORMATION

The Kennett & Jennersville Area YMCAs (KJAY) Swim Team provide an opportunity for children to enjoy competitive swimming in a safe, fun, and friendly *atmosphere*. The Sea Turtles have two locations: one is at 880 W. Baltimore Pike, West Grove and the other is 101 Race Street, Kennett Square.

The Sea Turtle Swim Team competes in dual meets against other YMCAs. We are also registered as a USA Swimming swim team. The season begins on September 2, 2025 and runs through February 14, 2026. The Winter Season is 24 weeks for all groups except the Senior Group. The Senior Group pricing is based on 26 weeks. Green, Teal & Blue swimmers who qualify for YMCA Districts, States or Nationals will continue through to those meets.

Registration will take place beginning on August 25<sup>th</sup> and end on September 12<sup>th</sup>.

### Swim Evaluations for NEW Swimmers

All NEW swimmers are required to attend a placement with our Director of Competitive Aquatics, Kelly Burk, Associate Head Coach, Jake McDermott and their staff. Placements will be held from 4:30–7:00pm at the Jennersville Indoor Pool on August 11<sup>th</sup> & August 19<sup>th</sup> and the Kennett Indoor Pool on July 24<sup>th</sup> & August 14<sup>th</sup>. 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 evaluation before July 23<sup>rd</sup> or after August 20<sup>th</sup>. Swimmers can come to either location for an evaluation. You will be asked at the evaluation where your swimmer would like to practice at. All evaluations need an

appointment through this sign-up genius:

<https://www.signupgenius.com/go/20F0C4FAAAF2EAB9-57355429-kjay#/>



***All swimmers will be evaluated on their abilities in order to determine whether they meet the requirements to be on our Winter Team. Swimmers will be assessed on their abilities in order to be placed in the proper practice group, whether it be a swim team or stroke/conditioning group. Practice groups will be emailed out by August 25<sup>th</sup>.***

### DESCRIPTION OF PRACTICE GROUPS:

Our program offers weekly practices. The main focus of regular practice is stroke development, speed, and endurance training. Each practice group balances these factors to maximize the development of each swimmer as appropriate for his or her level of experience and commitment. This season, each group will practice jointly with their branch group counterpart. This practice will be noted on the schedule.

The KJAY Sea Turtles offer several practice groups for swimmers to gain the maximum benefit from each practice session. Practice groups are based on both age and ability; *however, in response to the varying ability and experience of our swimmers, some swimmers may practice outside of the typical age groupings listed below.*

***★ Please note: the groups are just a guide before assessments; we may have to move swimmers around based on the current demographic of the team to even out the groups. ★***

Please note the Stroke & Conditioning and Winter Team swim test is more difficult than our Summer Swim Team test and the YMCA of the Greater Brandywine green band test. The Winter Swim Team is also more strenuous and time consuming than our Stroke & Conditioning program and Summer Swim Team.

YMCA OF THE GREATER BRANDYWINE

Financial Assistance Available

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## SILVER SEA TURTLES

The SILVER group is for swimmers age 7-10 who have limited experience in competitive swimming and are interested in having fun learning competitive swimming skills. This group's focus is on learning all four competitive strokes. Swimmers will have opportunities to swim in dual meets and invitationals. The Silver Group's will practice 2.75 hours a week with in the water instruction. It is recommended that the Silver swimmers attend 2 of the 3 practices a week.

Swimmers should be able to:

- Swim 50 yards (2 lengths) of freestyle (with rotary breathing) without stopping with their face in the water safely
- Swim 50 yard (2 lengths) of backstroke
- Must attempt a length of breaststroke and butterfly. The swimmer must know what breaststroke and butterfly are when asked. It does not need to be legal but the swimmer must have knowledge of both strokes when asked to swim a length of each and it must look almost like both strokes.
- All swimmers will be expected to attempt to dive from the starting blocks during practices and meets.

Fall/Winter Fees: YOUTH: \$1058 ~ FAMILY: \$948 ~ Year Round Fees: YOUTH: \$1638 ~ FAMILY: \$1478



### KENNETT BRANCH - SILVER PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:45-1:45pm	OFF	OFF	6:45-7:30pm	OFF	OFF	8:00-9:00am JOINT @ JY

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## AGE GROUP SEA TURTLES

### GREEN GROUP



The GREEN group is for swimmers ages 9-12 who typically have some competitive swimming experience and are interested in continuing to develop proper stroke technique for all four competitive strokes. Instruction and training focus on continuing to refine strokes, and build endurance in freestyle, backstroke, breaststroke and butterfly. The *GREEN groups practice 3.25 hours a week. It is recommended that the Green Sea Turtles attend 2 of the 3 days a week.*

#### Swimmers should be able to:

- swim 100-200 yards of freestyle with rotary breathing in good form (face in water)
- swim 50-100 yards of backstroke in good form
- swim 25 yards of butterfly and breaststroke.
- must be able to dive off of the starting block
- must be able to do flip turns

Fall/Winter Fees: YOUTH: \$1298 ~ FAMILY: \$1168 ~ Year Round Fees: YOUTH: \$1858 FAMILY: \$1688



### KENNETT BRANCH - GREEN PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:45-3:00pm JOINT @ KAY	OFF	OFF	5:45-6:45pm	OFF	OFF	9:45-10:45am

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## TEAL GROUP



The TEAL group is designed for the young swimming enthusiasts ages 9-14 who have competitive swimming experience. These swimmers are interested in refining stroke technique, building endurance in freestyle, backstroke, breaststroke, and butterfly, and learning basic racing skills. Practice consists primarily of stroke drills and increasing endurance as swimmers work toward swimming 4+ continuous lengths (100 yards). *These swimmers practice 4.25 hours a week.* It is recommended that the TEAL swimmers attend 2 of the 3 practices a week.

Swimmers should be able to:

- swim 200 yards of freestyle with rotary breathing in good form;
- swim 100 yards of backstroke in good form
- swim 50 yards of rudimentary breaststroke and butterfly
- demonstrate proper racing starts & flip turns
- swimmers are within 2% of the Charlie Hartley qualifying times.
- swimmers will be required to get equipment: short fins, Finis agility paddles, and an equipment bag.

Fall/Winter Fees: YOUTH: \$1368 ~ FAMILY: \$1278 ~ Year Round Fees: YOUTH: \$1958 ~ FAMILY: \$1798



### KENNETT BRANCH – TEAL PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00-4:30pm JOINT @ KAY	6:00-7:15pm	OFF	OFF	4:45-6:15pm	OFF	OFF

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## BLUE GROUP



The BLUE group is for swimmers who are ages 11-16 and have previous competitive experience. The BLUE group will focus on refining stroke technique while increasing endurance and speed. Practices will be less focused on direct stroke instruction and more intense to prepare swimmers for higher levels of competition. This group will also focus on racing technique and strategy. Dryland training will be introduced in this level. It is highly encouraged for those who have the goal of qualifying for YMCA District and States sign up for dryland. The Blue group will have 6.75 hours of swim practice time a week, with the option of Dryland. *These swimmers will be required to get equipment: snorkel, short fins, Finis agility paddles and an equipment bag.* Dryland (optional) will also be utilized to help build strength.

*Designated for those swimmers who have several years of competitive experience and are proficient in all 4 competitive strokes.*

These swimmers have qualified for Charlie Hartley and are within 1% of District Qualifying times OR have qualified for Districts in multiple events and have the possibility to also qualify for States.

**Fall/Winter Fees: YOUTH: \$1428 - FAMILY: \$1328 ~ Year Round Fees: YOUTH: \$2468 - FAMILY: \$2028**



### KENNETT BRANCH - BLUE PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:15-4:30pm JOINT @ JY	OFF	4:30-6:00	OFF	OFF	4:30-6:00pm	8:00-9:45am

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## SENIOR SEA TURTLES

This group is for swimmers who inspire to swim at a higher level and represent our YMCA in district, state and national competitions, ages 13-19.

Stroke mechanics, conditioning, and goal setting are emphasized. Attendance will be taken for the Senior group.

Swimmers should be attending 4 of the 5 practices each week. If your swimmer cannot commit to this, please let the coaching staff know and they will be moved to either a Blue group or the Stroke & Conditioning group.

Swimmers in the Senior groups are ages 13 and older and are capable of competing at the YMCA District, State, and National level. Serious commitment is expected in terms of attendance and practice intensity. Dryland is encouraged. *Swimmers are also required to purchase additional training equipment: short fins, FINIS agility paddles, snorkel and equipment bag. Senior 2 Group members must register for USA Swimming.* The Senior Groups emphasis is on refining stroke technique, perfecting race strategy, and improving speed and endurance with the ultimate goal of qualifying for YMCA States and Nationals, as well as, higher level USA meets.

*This group is split into two sub groups – SENIOR 1 & SENIOR 2.*

- **SENIOR 1**
  - *Designated for those swimmers who have several years of competitive experience and are proficient in all 4 competitive strokes.*
  - *This group practices 9.5 hours a week.*
  - *These swimmers have qualified for Charlie Hartley and Districts.*
- **SENIOR 2**
  - *These swimmers have qualified for Districts in multiple events and have the possibility to also qualify for States and have either qualified for Nationals or is close to qualifying for Nationals.*
  - *This group practices 11.5 hours a week.*
  - It is required that the SENIOR 2 swimmers to attend 4 of 5 practices a week beginning October 16<sup>th</sup>. If your swimmer cannot commit to this please let the coaching staff know and they will be moved to Senior 1.
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**Fall/Winter Fees: YOUTH: \$1998 ~ FAMILY: \$1858 ~ Year Round Fees: YOUTH: \$3048 ~ FAMILY: \$2828**

### KENNETT BRANCH – SENIOR 1 PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-12:30pm JOINT @ KAY	6:15-8:15pm	OFF	6:45-8:30am	4:00-5:45pm	4:30-6:00pm	OFF

### KENNETT BRANCH – SENIOR 2 PRACTICE SCHEDULE

**Fall/Winter Fees: YOUTH: \$2418 ~ FAMILY: \$2248 ~ Year Round Fees: YOUTH: \$3438 FAMILY: \$3158**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-12:30pm JOINT @ KAY	3:30-5:30pm	6:00-8:00pm	3:30-5:45pm	5:45-8:00pm	OFF	OFF

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## **PAYMENT OPTIONS & FEES**

### **PROGRAM FEES:**

This upcoming fall/winter season, we need to have two (2) registration periods due to a change in the YMCA of the GBW membership & program fee database. As in the past, 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. You may either pay the year-round price (fall/winter, spring, & summer) or just the winter season.

- **ACTIVENET REGISTRATION**
  - The Activenet ("initial") registration will be from August 25<sup>th</sup> through September 9<sup>th</sup>, through Activenet & GoMotion, as it has been in the past.
  - This initial registration will cover the program fee from September 2<sup>nd</sup> to December 31<sup>st</sup>.
  - Your program fee in one payment or 4 payments.
- **TRACTION REC REGISTRATION**
  - In mid-November, when the YMCA of the GBW switches from Activenet to Traction Rec, there will be a 2<sup>nd</sup> registration. This will just be done through Traction Rec.
  - This 2<sup>nd</sup> registration will cover the program fee from January to February 14<sup>th</sup> for Winter only swimmers and January through July for Year Round Swimmers.
  - Winter Only swimmers: You will have your final payment pulled from Traction Rec in January.
  - Year Round swimmers: You will have the choice to either pay the January through July program fee in full or in 4 payments starting in January.
  - More information on the Traction Rec registration will be emailed out in late October.

### **YEAR-ROUND FEES:**

This price includes Winter Swim Team, Spring Clinic & our Summer Swim Team. If your swimmer does not qualify for Districts, States, or Nationals, they will have off the month of March. Swimmers will also have off the month of August. Year-Round Swimmers will also have priority in choosing their Spring Clinic schedule. Those 10 & under receive two days a week for the Spring Clinic in this fee. Those 11 & over receive three days a week for the Spring Clinic in this fee. Any additional days must be paid at the Front Desk in March. If your swimmer has a family membership, this payment option is a discounted rate for those swimmers who will swim with the program from September through July.

**CANCELLATION POLICY for YEAR-ROUND WITH FAMILY MEMBERSHIP:** If you wish to cancel within the first four weeks of the season, your fee will be prorated for any reason. The Year-Round fee will only be prorated for cancellation during weeks 5-24 of the winter season for medical reasons (with a doctor's note) or for family relocation. Your fees will NOT be prorated after week 24, since this is already a discounted fee. If your swimmer is placed into the Senior group for the Spring Clinic and our Summer Swim Team, they must compete for KJAY on our Summer Team. Swimmers may not sign up for Year-Round after September 9<sup>th</sup>. Year-round fees can be paid through 8-payments with the first payment due at the time of registration; the additional payments will be processed via an automatic credit card draft.

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### **WINTER SWIM TEAM:**

This payment option is for just our Winter Swim Team program that runs from September through the end of February (24 weeks). The Senior group runs 26 weeks. If you have a family membership, this rate is discounted.

**CANCELLATION POLICY:** If you wish to cancel within the first four weeks of the season, your fee will be pro-rated for any reason. The winter only fee will only be pro-rated for cancellation after week four for medical reasons (with a doctor's note) or for family relocation. Please note the winter season is more strenuous and time-consuming than Stroke/Conditioning and our Summer program, please know swimmers are committing to a 24-week program. Winter Only fees can be paid through 4-payments with the first payment due at the time of registration; the additional payments will be processed via an automatic credit card draft.

**Registration will run from August 25<sup>th</sup> to September 9<sup>th</sup> – Swimmers will be turned away from practice if they are not registered in GoMotion & Activenet after September 9<sup>th</sup>.**

### **SIBLING DISCOUNT:**

There is a 5% discount for siblings who are swimming Winter Only, Year Round, All 4 sessions of Stroke/Conditioning, or All 4 sessions of Stroke/Conditioning + Summer Team. There is NO sibling discount for swimmers who are swimming in Stroke/Conditioning sessions by session. The first swimmer will be at the full price, and then each additional swimmer will receive a 5% discount.

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### **NON REFUNDABLE REGISTRATION FEE:**

This non-refundable registration fee is to help offset the costs of team caps, t-shirts, team gift. 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.

### **USA SWIMMING FEE:**

Registering for USA Swimming is OPTIONAL. **This year the fee is \$90 (we are still waiting on the 2026 fee).** Families will have to create a USA Swimming account and register their swimmers directly through the USA Swimming website. Coach Kelly will send out detailed instructions in early September. Families will be paying the **\$90** fee directly to USA swimming.

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## **MEET INVITATIONALS:**

### **FEES:**

If your swimmer attends invitationals, there will be an additional fee from the host team. You will have to check Team Unify for these fees because each host sets their fees.

### **SURCHARGES:**

There will also be a surcharge for all invitationals to help offset the cost of travel for coaches. This fee will be paid through Team Unify with your meet invitational fees. Please see the chart below:

Meet Type	Surcharge
YMCA/USA National Level Travel Invitational	minimum of \$60.00
YMCA/USA Travel Invitational (coach overnight stay)	\$ 35.00
YMCA/USA Local Invitational (no overnight stay)	\$ 25.00
Penn-Del Dual Meet	\$ -
Summer League Dual Meet or Invitational	\$ -



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