



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

STROKE & CONDITIONING KENNETT LOCATION

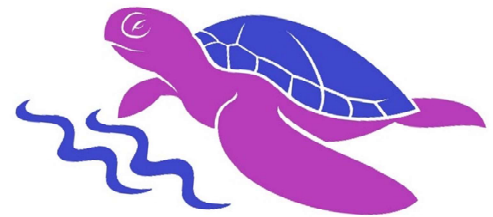
The Kennett & Jennersville Area YMCAs' Stroke & Conditioning is a program that has the goal of preparing swimmers and their families to bridge them from non-competitive swimming into competitive swimming. It is also an outlet for those older swimmers who would like to work on their stroke technique and 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 24th, August 11th, August 14th, and August 19th 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 or Coach Jake at jmcdermott@ymcagbw.org to schedule an evaluation.
- We will not do any evaluations before July 22nd. All evaluations must take place before August 20th to guarantee a spot on the Winter Team, Stroke & Conditioning, or a waiting list.



Scan Here
to schedule an evaluation

YMCA OF GREATER BRANDYWINE

www.ymcagbw.org

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KAY 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 20th.

Swimmers should be able to:

- Swim 25 yards (1 length) of freestyle without stopping with knowledge of 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	Mondays	Tuesdays	Wednesdays	Saturdays
Stroke/Conditioning - A	5:30-6:00pm	OFF	5:45-6:15pm	OFF
Stroke/Conditioning - B	OFF	5:30-6:00pm	OFF	Session 1, 2, & 3 ONLY 9:45-10:15am Session 4 ONLY 10:00-10:30am



KAY 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 (Sessions 1,2,3 only)	Tuesdays	Fridays	Saturday (Session 4 only)
12:45-1:30pm	6:30-7:15pm	6:00-6:45pm	10:00-10:45am

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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 30th.
- **TRACTION REC REGISTRATION:**
 - Session 3, Session 4 registration will not begin until November 30th 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 30th.

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.

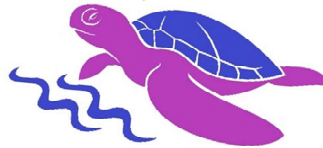
SESSION BY SESSION:

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

PRIORITY REGISTRATION:

Swimmers that 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 9th - ACTIVENET
- Session 2: October 1st - ACTIVENET
- Session 3: December 15th - TRACTION REC
- Session 4: March 15th - TRACTION REC



NON-REGISTRATION FEE (only swimmers competing):

This non-refundable registration fee is to help offset 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 Stroke & Conditioning Academy and Swim Team if siblings are on both teams. Swimmers must make this decision by September 30th.

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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