



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OPTIONAL DRYLAND FOR TEAL, BLUE AND SENIORS

Dryland will be:

- Sundays at KENNETT: 12:45-1:35pm (Pilates)
- Thursdays at JENNERSVILLE: 6:15-7:00pm (Cycling)

Swimmers must be 12 years or older as of 12/1/25. It is encouraged that everyone sign up for dryland for at least one day a week.

It is an additional fee, and Kate Holden (Y Fitness Instructors) will be teaching the classes. The Pilates will be set up to focus on strengthening the swimmer's core, shoulders, and legs & then cycling to improve core & legs.

The swimmers are expected to listen to the instructor as they would listen to their swim coaches on deck or teachers at school. If we have a behavioral problem with a swimmer, we will treat it like swim practice and handle as outlined in our swimmer/parent handbook. No refund will be granted if we have to remove a swimmer from dryland due to behavioral reasons.

Swimmers will be expected to wear workout clothes and sneakers for dryland. Please also bring water bottles.

Due to tapering, there will be dryland in two sessions, and you can either pay for one day a week or both days. It will run:

- Sundays at KAY in the HHS (room across from mezzanine)
 - Session 1: Sunday, September 21st to Sunday, November 23rd (9 weeks – registration thru ActiveNet)
 - Session 2: Sunday, January 4th to Sunday, February 15th (7 weeks – registration thru Traction Rec)
- Thursdays at JY in the cycling studio
 - Session 1: Thursday, September 18th to Thursday, November 20th (10 weeks – registration thru ActiveNet)
 - Session 2: Thursday, January 8th to Thursday, February 19th (7 weeks – registration thru Traction Rec)

Please sign up at the Front Desk or through the ActiveNet links for this option when you register for swim team.
Once we have links for Session 2 in Traction Rec, we will email them out.

SUNDAYS PILATES:

- SESSION 1: \$85 http://apm.activecommunities.com/ymcagreaterbrandywine/Activity_Search/156559
- SESSION 2: \$65 **LINK COMING SOON!**

THURSDAYS CYCLING:

- SESSION 1: \$85 http://apm.activecommunities.com/ymcagreaterbrandywine/Activity_Search/156560
- SESSION 2: \$65 **LINK COMING SOON!**

