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BRANDYWINE COATESVILLE YMCA LOCATION – PRACTICE INFORMATION

The Brandywine Coatesville & Lionville YMCAs (BCLY) Swim Team provide an opportunity for children to enjoy competitive swimming in a safe, fun, and friendly atmosphere. The Orcas have two locations: one is at 295 Hurley Road, Coatesville and the other is 100 Devon Drive, Exton.

The Orcas Swim Team competes in dual meets against other YMCAs. We are also registered as a USA Swimming swim team. The season begins on September 5, 2023 and runs through February 17, 2023. The Winter Season is 24 weeks for all groups except the Senior Group. The Senior Group pricing is based on 26 weeks. Purple, Arctic & Blue swimmers who qualify for YMCA Districts, States or Nationals will continue through to those meets.

Registration will take place beginning on August 28th.

Swim Evaluations for NEW Swimmers

All NEW swimmers are required to attend a placement with our Regional Director of Competitive Aquatics, Kelly Burk, Head Coach, Bryn Ammon and her staff. Placements will be held at the Brandywine Indoor Pool on August 2nd from 5:30–7:00pm and the Brandywine Outdoor Pool on August 16th from 5:30–7:00pm and the Lionville Indoor Pool on August 10th from 4:30–8:00pm. If you cannot attend one of these nights, please contact Coach Kelly at kburk@ymcagbw.org or Coach Bryn at aammon@ymcagbw.org to schedule an evaluation. We will not do any evaluation before August 1st or after August 22nd. 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/qo/20f0c4faaaf2eab9-bcly#/>



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 27th.

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 with practice jointly with their branch group counterpart. This practice will be noted on the schedule.

The BCLY Orcas 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 prior to assessments, we may have to move swimmers around based on the current demographic of the team.

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

BRANDYWINE BRANCH 295 Hurley Road, Coatesville, PA 19320 • 610-380-9622 www.ymcagbw.org

LIONVILLE BRANCH 100 Devon Drive, Exton, PA 19341 • 610-363-9622



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SILVER ORCAS



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: \$835 ~ FAMILY: \$805

Year Round Fees: YOUTH: \$1365 ~ FAMILY: \$1280



BRANDYWINE COATESVILLE BRANCH - SILVER PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-1:15pm JOINT @ LCY	OFF	OFF	6:15-7:00pm	OFF	5:45-6:30pm	OFF

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AGE GROUP ORCAS

PURPLE GROUP



The **PURPLE** 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 **PURPLE** group practice 3.25 hours a week. It is recommended that the Purple Orcas 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

PURPLE is designated for those swimmers who have some competitive swimming experience and are proficient in all 4 competitive strokes. These swimmers are within 2% of the Charlie Hartley qualifying times.

Fall/Winter Fees: YOUTH: \$955 ~ FAMILY: \$920

Year Round Fees: YOUTH: \$1560 ~ FAMILY: \$1455



BRANDYWINE COATESVILLE BRANCH - PURPLE PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	6:15-7:00pm	5:00-6:15pm	OFF	OFF	OFF	8:30-9:45am JOINT @ LCY

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ARCTIC GROUP



The ARCTIC group is designed for the young swimming enthusiast ages 10-14 that 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 4.5 hours a week.* It is recommended that the ARCTIC 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

ARCTIC is designated for those swimmers who have several years of competitive experience and are proficient in all 4 competitive strokes. These swimmers are within 2% of the Charlie Hartley qualifying times or have qualified for Districts. These swimmers will be required to get equipment: short fins, Finis agility paddles and an equipment bag.

Fall/Winter Fees: YOUTH: \$985 ~ FAMILY: \$950

Year Round Fees: YOUTH: \$1625 ~ FAMILY: \$1525



BRANDYWINE COATESVILLE BRANCH - ARCTIC PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:15-3:00pm JOINT @ LCY	7:00-8:30pm	OFF	OFF	OFF	6:30-7:45pm	OFF

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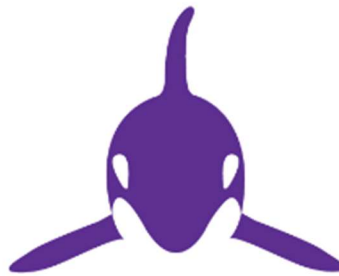
BLUE GROUP



The BLUE group is for swimmers who are ages 12-16 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 that 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 with an additional cost) will also be utilized to help build strength.

Fall/Winter Fees: YOUTH: \$1090 ~~ FAMILY: \$1050

Year Round Fees: YOUTH: \$1755 ~~ FAMILY: \$1540



BRANDYWINE COATESVILLE BRANCH - BLUE PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00-5:00pm JOINT @ LCY	OFF	6:15-8:00pm	7:00-8:30pm	4:15-5:45pm	OFF	OFF

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SENIOR ORCAS

PLEASE NOTE THAT THE SENIOR GROUP WILL BE PRACTICING AT BCY DURING THE WEEK AND AT LCY ON SUNDAYS.

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.

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.* 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.

- *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.*

Fall/Winter Fees: YOUTH: \$1645 ~ FAMILY: \$1585

Year Round Fees: YOUTH: \$2435 ~ FAMILY: \$2274



BRANDYWINE COATESVILLE & LIONVILLE BRANCHES – SENIOR PRACTICE SCHEDULE

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

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PAYMENT OPTIONS & FEES

PROGRAM 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. You may either pay the year round price (fall/winter, spring, & summer) or just the winter season.

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 that will swim with the program 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 pro-rated for any reason. The Year-Round fee will only be pro-rated 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 BCLY on our Summer Team. Swimmers may not sign up for Year-Round after September 30th.

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.

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.



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SIBLING DISCOUNT:

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

NON REFUNDABLE REGISTRATION FEE:

This non-refundable registration fee is to help offset 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 \$85, two swimmers is \$135 and for three or more swimmers it is \$160.

USA SWIMMING FEE:

Registering for USA Swimming is OPTIONAL. This year the fee is \$80 (this fee may change as we have not received it yet). 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 \$80 fee directly to USA swimming.

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 \$30.00
YMCA/USA Travel Invitational (coach overnight stay)	\$ 25.00
YMCA/USA Local Invitational (no overnight stay)	\$ 15.00
Penn-Del Dual Meet	\$ -
Summer League Dual Meet or Invitational	\$ -