



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STROKE & CONDITIONING LIONVILLE LOCATION

The Brandywine Coatesville & Lionville 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 that 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 that would like to try swim meets.

The Stroke & Conditioning Swim 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 BCLY Orca Coaching Staff.

Session Dates:

- September 9, 2023 through November 3, 2023
- November 6, 2023 through December 30, 2023
- January 2, 2024 through February 26, 2024
- April 1, 2024 through May 25, 2024



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/go/20f0c4faaf2eab9-bcly#/>



Scan Here
to schedule an assessment

There is a chance we may have to start at waiting list for certain groups after the first week of assessments. 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.



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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.*

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: \$710 -- FAMILY: \$650

ALL Four Sessions of Stroke & Conditioning Academy Fees: YOUTH: \$400 -- FAMILY: \$370

Session Fee: YOUTH: \$100 -- FAMILY: \$95

Group	Mondays	Wednesdays
Stroke/Conditioning A	6:00-6:30pm	6:00-6:30pm
Stroke/Conditioning B	6:30-7:00pm	6:30-7:00pm



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 one hour.*

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: \$1225 -- FAMILY: \$1110

ALL Four Sessions of Stroke & Conditioning Academy Fees: YOUTH: \$880 -- FAMILY: \$815

Session Fee: YOUTH: \$220 -- FAMILY: \$210

Mondays	Tuesdays	Fridays
7:00-7:45pm	5:45-6:30pm	5:00-5:45pm



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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.

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 15, 2023. 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, 2023. 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 + 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 is for those that would like to choose which sessions their swimmers 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 5th
- Session 2: October 15th
- Session 3: December 15th
- Session 4: March 15th



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 \$85, two swimmers is \$135 and for three or more swimmers it is \$160, you can combine the number of swimmers in both the Stoke & Conditioning Academy and Swim Team if siblings are on both teams. Swimmers must make this decision by September 30th.

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.
- registering through Activenet.