



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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LIONVILLE BRANCH – SPRING CLINIC 2024

The Brandywine Coatesville and Lionville YMCAs Swim Team provides an opportunity for children to enjoy competitive swimming in a safe, fun, and friendly atmosphere. Our Spring Clinic focuses on the development of strokes, endurance, starts, and turns in preparation for the Summer Swim Team. This program is recommended for those that have been on a Winter or Summer Swim Team previously.

For our younger swimmers we will work on a different stroke every weeks and a half. For the older swimmers, the first four weeks we will break down the four strokes each week and then remaining 3 weeks will be review as well as working on endurance with the swimmers. The swimmer’s age is based on their age as of 4/1/24.

The Spring Clinic begins on April 8, 2024 and runs through May 25, 2024.

Please keep in mind that Spring Clinic is an extension of our Swim Team. This program is not intended to be swim lessons and is a step above the Stroke & Conditioning Academy.

Current BCLY YEAR ROUND Orcas will have priority registration and must let Coach Kelly know by March 15th which days they would like to practice. Current BCLY WINTER Orcas will have priority registration between March 16th to March 25th. There will be a list at the Front Desk of our Winter swimmers. If there are still spots available after March 26th, it will be open to our Summer Team and new swimmers. All new swimmers to BCLY must attend an evaluation. Once we open up registration on March 26th, there will be a list of our past Stroke/Conditioning, Summer Team & newly assessed swimmers at the Front Desk. Please sign up for an assessment here:

<https://www.signupgenius.com/go/20F0C4FAAAF2EAB9-46966498-bcly#/>

For this Clinic, you will have the option to choose which days of the week, you would like your swimmers to attend. Your swimmer must only attend the days of the week sessions for the days you have chosen. You may choose all the days listed for your swimmer if it is feasible to your swimmer’s schedule. If you choose all of the days for your swimmer, you will receive a discount.

The swimmer’s age is based on their age as of 4/8/24.

Examples:

Type of Membership	1 Day/week		2 Days/week		3 Days/week		4 Days/week**	
Group	7-10s	11 ↑	7-10s	11 ↑	7-10s	11 ↑	7-10s	11 ↑
Youth	\$90	\$85	\$180	\$170	\$270	\$255	\$310	\$290
Family	\$85	\$80	\$170	\$160	\$255	\$240	\$205	\$270

In order to receive this discount, you must let the Front Desk to use the Discounted Option or if you are using the Activenet link – you must use the Discounted link and not each separate link. This is also a \$50 discount.

Swimmers may only attend the nights they have signed up for. “Make-Up” practices are not available due to limited lane space. Everyone must be a member of the Brandywine Coatesville or Lionville branches in order to register.



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SWIMMERS 7-10 YEARS OLD:

For swimmers 7-10 years older, the Spring Clinic is designed for swimmers, who wish to continue their stroke work and endurance. The swimmers must be able to swim 1 length of the pool freestyle (25 yards) with rotary breathing & 1 length of the pool (25 yards) backstroke in order to join. They must have knowledge of breaststroke and butterfly. They need to be almost legal in breaststroke and butterfly. Some lanes may have coaches in the water with the swimmers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Options	6:00-6:45pm	6:30-7:15pm	7:00-7:45pm	OFF	5:45-6:30pm



SWIMMERS 11 & OVER:

This group is designed for individuals ages 11 to 18 that have experience with competitive swimming. There is an emphasis on stroke mechanics to refine the four competitive strokes. Swimmers should be able to swim 2 lengths (50 yards) freestyle with rotary breathing, 50 yards backstroke, 50 yards breaststroke and 50 yards butterfly. There will be no in the water instruction.

	Monday	Tuesday	Wednesday	Thursday	Friday
Options	5:00-6:00pm	7:15-8:15pm	6:00-7:00pm	7:00-8:00pm	OFF

PAYMENT OPTIONS:

Type of Membership	1 Day/week		2 Days/week		3 Days/week		4 Days/week**	
Group	7-10s	11 ↑	7-10s	11 ↑	7-10s	11 ↑	7-10s	11 ↑
Youth	\$90	\$85	\$180	\$170	\$270	\$255	\$310	\$290
Family	\$85	\$80	\$170	\$160	\$255	\$240	\$205	\$270

****In order to receive this discount, you must let the Front Desk to use the Discounted Option or if you are using the Activenet link – you must use the Discounted link and not each separate link.****

**Winter Swim Team Member Priority Registration will take place between March 15-25th.
Registration will take place between March 26th - April 1st for all other swimmers.**



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PRE-DETERMINED SPRING & SUMMER GROUPS:

These groups will be a predetermined 15 swimmers for each group and will run from April 8th to July 18th. The practice schedule below is for April 8th to May 24th. There will be a different schedule for the summer. These swimmers do not have a choice on what days they would like to swim. They are expected to bring their equipment bags (kickboard, snorkels, paddles & fins) to practice each day. If you would like your swimmers in either of these groups, please email Coach Bryn by March 1st. Coach Bryn will send out the finalized lists on March 9th. If you did not pay for Year Round Swimming, you will be given the option to pay in full or over 4 months. These swimmers may practice at the LCY or BCY branches.

Senior Group:

This group the swimmers must commit to practicing 4 or 5 days a week. This practice group is for individuals who are ages 13 to 18 who will be practicing at a higher level. These swimmers are District and/or State qualifiers.

Senior Group Fee with Family Membership: \$795 -- Senior Group Fee with Youth Membership: \$825

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:30pm	4:00-6:30pm	OFF	4:00-6:30pm	OFF	8:30-10:15am

Blue Group:

This group the swimmers must commit to practicing 3 days a week. This practice group is for individuals who are ages 11 to 18 who have qualified for Charlie Hartley, Districts or States.

Blue Group Fee with Family Membership: \$535 -- Blue Group Fee with Youth Membership: \$555

Monday	Tuesday	Wednesday	Thursday	Friday
4:30-6:00pm	7:15-8:30pm	OFF	6:30-8:00pm	5:00-6:15pm



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2024 ~ LCY BRANCH SPRING CLINIC PRACTICE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	7:00-8:30pm	4:00-6:30pm	OFF	4:00-6:30pm	OFF	8:30-10:15am
Blue	4:30-6:00pm	7:15-8:30pm	OFF	6:30-8:00pm	5:00-6:15pm	OFF
Spring 11 & 0	5:00-6:00pm	7:15-8:15pm	6:00-7:00pm	7:00-8:00pm	OFF	OFF
Spring 7-10 yrs	6:00-6:45pm	6:30-7:15pm	7-7:45pm	OFF	5:45-6:30pm	OFF
St/Co10 A	6:00-6:30pm	OFF	6:00-6:30pm	OFF	OFF	OFF
St/Co10 B	6:30-7:00pm	OFF	6:30-7:00pm	OFF	OFF	OFF
St/Co11	7:00-7:45pm	5:45-6:30pm	OFF	OFF	5:00-5:45pm	OFF

LCY
BRANCH

