



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 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 21st, July 24th, August 11th, and August 14th from 4:00-7:00pm.
- Swimmers will be evaluated on their abilities 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 Bryn at aammon@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 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 23rd.

YMCA OF GREATER BRANDYWINE

www.ymcagbw.org

LIONVILLE COMMUNITY YMCA 100 Devon Drive, Exton, PA 19341 610-363-9622 Financial Assistance Available



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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: \$890 -- FAMILY: \$765

ALL Four Sessions of Stroke & Conditioning Fees: YOUTH: \$500 -- FAMILY: \$420

Session Fee: YOUTH: \$129 -- FAMILY: \$119

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 45 minutes.*

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: \$1490 -- FAMILY: \$1255

ALL Four Sessions of Stroke & Conditioning Fees: YOUTH: \$1100 -- FAMILY: \$910

Session Fee: YOUTH: \$279 -- FAMILY: \$249

Sundays	Mondays	Tuesdays	Thursdays	Saturday
11:15am–12:00pm Sessions 1, 2, & 3	7:00–7:45pm Session 4 ONLY	6:30–7:15pm Session 4 ONLY	7:00–7:45pm Sessions 1, 2, & 3 7:15–8:00pm Session 4 ONLY	9:45–10:30am Sessions 1, 2, & 3

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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 + 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 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:

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 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 the payment plan option. This option must be paid in full at the time of registration. Swimmers with a family membership will receive a discounted rate.

PRIORITY REGISTRATION:

Swimmers who 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 the costs of team caps, t-shirts, team gift, and the end-of-season banquet. If your swimmer will be competing with our BCLY Orca 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 Stoke & Conditioning 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 or ALL FOUR SESSIONS OF STROKE & CONDITIONING + 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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