

EAST HARTFORD YMCA LEHY SWIM TEAM

2025-2026 SHORT COURSE SEASON

Program Overview

For over fifty-eight years, the Laurel East Hartford YMCA Swim Team (LEHY) has been developing youth to reach his/her highest potential through the sport of swimming. Using the Y core values of Caring, Honesty, Respect and Responsibility, LEHY coaches work to instill commitment, dedication, teamwork, along with a love of swimming in each and every member of the team. LEHY has consistently been seen as one of the top age group development programs in Connecticut Swimming. LEHY Short Course program is for the experienced competitive swimmers who are interested in continuing and furthering his/her strength and stamina for competition.

All new swimmers must have a completed the New Swimmer Information form and YMCA Waiver for tryouts. New swimmers **SHOULD NOT** register online until **AFTER** tryouts to ensure you register for the correct program. Swimmers with USA Swimming experience should contact Kaeley to see if they need to attend tryouts (Ksteinnagel@ghymca.org) .

New swimmers must also attend an evaluation at East Hartford High School on September 3, 2025 or September 4, 2025. Evaluations begin promptly at 5:30 PM and will be over no later than 7:00 PM. Swimmers will need to demonstrate their skills and then be assigned to a specific program if offered a spot on the team. You only need to attend one of the two dates.

Registration will close by the first week in October. We will not accept any new registrations after this date. The registration deadline will be posted on the website when it is established.

A parent Zoom meeting will be held in early October for new and returning swimmers, to learn more about the team and the expectations for participating in meets and volunteer assignments.

LEHY PRACTICE/REGISTRATION GROUPS

8 and under:

Ages 8 and under (2 days weekly)

These swimmers are introduced to the sport of swimming in an enjoyable and comfortable environment. The swimmers learn the four competitive strokes, starts and turns through a multitude of drills and individual instruction. Eight and under swimmers practice two day a week therefore every attempt should be made to make ALL practices.

Developmental:

Ages 9-12 (Two days weekly, plus one additional practice for advancing swimmers)

Our developmental program works on refining stroke mechanics of all the competitive strokes. Starts, turns and some endurance training (through interval sets) are also a component of this squad. The swimmers are expected to supplement their two practices with one additional practice during regular practice times. This allows the swimmers to be exposed to longer distances in practice and is an important step towards continued improvement. Swimmers should make every attempt to attend all practices. If coaches feel the swimmer should only be doing the 2 day developmental program fees will be adjusted accordingly.

LEHY Competitive Program

Juniors:

All swimmers ages 9–12, and developing 13–14 year old swimmers

Swimmers in this program are expected to have made a commitment to the sport of swimming.

There is an emphasis on longer distance training, and challenging sets where swimmers learn to independently motivate themselves. Swimmers continue to focus on the basic mechanics of swimming while learning to be more independent in the sport. Coaches would like to see the swimmers attend a minimum of 3 practices a week.

Seniors:

All swimmers in this program are 13 and over (5 days offered weekly, plus weekend practices for upper level seniors. 13/14 year old swimmers may practice with the Junior group if coaches feel it is a better fit for their progression in the sport)

Swimmers in this program are expected to have made a commitment to the sport of swimming.

There is an emphasis on longer distance training, and challenging sets where swimmers learn to independently motivate themselves. Swimmers continue to focus on the basic mechanics of swimming while learning to be more independent in the sport. Coaches would like to see the swimmers attend a minimum of 4–5 practices a week.

High School Girl Swimmers (most swim with Seniors):

Girls who are swimming with their high school program (September–November) are allotted a price brake due to the overlap of the high school program and the LEHY program. HIGH SCHOOL GIRLS MUST BE SIGNED UP BY THE SPECIFIC REGISTRATION DEADLINE AND NOT AFTER THE HIGH SCHOOL SEASON.

High School Boy and Private School Swimmers (Most swim with Seniors):

Boys and private school swimmers who are swimming with their high school program (day after Thanksgiving–March) are allotted a price brake due to the overlap of the high school program and the LEHY program.

Meet Policy

Meets will be posted on the website. Swimmers/Parents must sign up online. Any swimmer not signed up will not be entered.

Entry Fee Policy

Families are responsible for all meet entry fees. Signing up for a meet signifies that you acknowledge you are responsible for all entry fees. Invoices with a payment due date will be sent after the entries are completed. Payments not made by the due date will result in a \$25 late fee and may result in swimmers not participating in additional practices/meets until payment is made in full.

Family Responsibility for Meets

- Families are expected to volunteer at all LEHY hosted swim meets. Families not working will be required to pay a “non-work fee” of up to \$100 to help cover meet expenses.
- Families are expected to be available to time at any swim meet in which their swimmer is entered. Families not meeting their timing obligation, or finding coverage may be fined a “no show” fee.

Short Course Season Practice Schedule

ALL practices are held at East Hartford High. Swimmers will be notified of practice group assignment and final practice times prior to the first day of practice. All practice times below are subject to be adjusted depending on the EHHS swim team practice schedules and registration numbers. Monthly practice calendars will be supplied. There are times during the season when high school is not practicing.

PRACTICE SCHEDULE Monday, September 8, 2025– Mar. 2026

All practice times below for are subject to adjustment depending on the EHHS practice/swim meet schedule and final registration numbers. The below schedule is a guide. Families should use the practice calendars on the website for daily scheduled practice times.

LOCATION: East Hartford High School

Practices on Wednesdays and Fridays may be combined for Juniors and Seniors depending on registration numbers.

Practice Group	Practice Days and Times
8 and unders:	Wednesday and Friday 5:00–6:00 pm
Developmental:	Wednesday and Friday 5:00–6:00 pm Plus a third day with Juniors with coach approval (Monday)– see below 6:30–8:00 pm
Juniors:	Monday, Thursday 6:30–8:00 pm Tuesday 5:00–6:30 pm Wednesday, Friday 6:00–7:30 pm
Seniors:	Monday, Thursday 5:00–6:30 pm Tuesday 6:30–8:15 pm Wednesday and Friday 7:30–9:00 pm *6:00–8:00 pm if practice is combined with Juniors Dryland practices will be 2–3 times per week

PROGRAM REGISTRATION INFORMATION

All open balances due to the GH YMCA must be paid before participants can enroll.

USA SWIMMING REGISTRATION MUST BE COMPLETED AND PAID FOR SEPARATELY BY PARENTS DIRECTLY THROUGH THE USA SWIMMING WEBSITE. MORE INFORMATION ABOUT THE PROCESS WILL FOLLOW. THE COST OF USA REGISTRATION WILL BE APPROX. \$85.00.

Payment Due Dates	High School Swimmers		SC Competitive Program Juniors and Senior	
	HS Boys Team	HS Girls Team	Juniors	Seniors
Monthly Price	\$186.00	\$151.00	\$127.00	\$130.00
# of Months	3	4	7	7
Total Program Fee	\$558.00	\$604.00	\$889.00	\$910.00

***Sibling Discount- only applicable to 2nd child at a 5% discount off the lowest participant rate**

Payment Due Dates	Developmental PLUS one additional day with Practice Group 1	8 & Under 2 day only- Dev. Program
	All	All
Monthly Price	\$88.00	\$77.00
# of Months	7	7
Total Program Fee	\$616.00	\$539.00

- **ALL Swimmers must pay USA Swimming Registration fees through USA Swimming:**
 - **USA Full year membership - (good through December 2026) - \$85**
 - This fee covers your child for the duration of 2025.
 - More information will come regarding the registration.
- **If payment for the program is not made in full, families must set up an automatic payment program with the YMCA.**
- **In order to help the coach's plan for the season, please register by Friday, September 5, 2025. Swimmers must be registered before they will be allowed to practice.**

Registration Notes:

- **Current or returning families may register ONLINE beginning on Monday, August 18, 2025.**
 - **Directions can be found under the REGISTRATION page on the LEHY website.**
 - <https://www.qomotionapp.com/team/ymca-0983/page/team-information/registration-information>
- **Need based scholarships and alternative payment schedules are available upon request.**