



Lancaster YMCA Swim Team 2025-2026 Info

PRACTICE TIMES:

Level	Days	Times	Pool	Coach
1	Mon - Thurs	5:00 - 5:45 pm	Fox	Emily & Laura
2	Mon - Thurs	5:00 - 6:00 pm	Fox	Emily & Laura
3	Mon - Thurs	6:30 - 7:30 pm	Wendel	Laura
4	Mon - Thurs	6:30 - 7:45 pm	Wendel	Zach
5	Mon - Friday	5:00 - 6:30 pm	Wendel	Olivia
6	Mon - Thurs Mon - Thurs Friday	4:00 - 5:00 pm 5:00 - 7:00 pm 5:00 - 6:30 pm	Dryland Wendel	Mark

***Level 5 Dryland TBD. Please keep an eye out for emails from Coach Olivia

PRICING:

LYST Team: Pay at Y Front Desk

Level	Rate/ Month	Season Total x6 mo.
1	\$85	\$510
2	\$90	\$570
3	\$100	\$600
4	\$110	\$660
5	\$135	\$810
6	\$150	\$900

***High School ONLY: Pay at Y Front Desk**

Code		When	Cost
HSC	Conditioning September & October	Mon-Fri 5-6:30pm	Member Rate \$300 Non-Member Rate \$350
HS5	Season Training September - February	Mon-Fri 5-6:30pm	\$135/mo. Must be Member
HS6	Season Training September - February	Mon-Th 5-7pm, Fri 5-6:30	\$150/mo. Must be Member

***No Registration Fees for High School Only

***See Aquatic Director Yael to register

Membership: Pay at Y Front Desk

Membership Type	Join Fee	Monthly Rate
Youth (0-12)	\$0	\$17.00
Teen (13-17)	\$0	\$33.00
Family	\$50	\$79.00
Household	\$50	\$91.00
Single Parent	\$50	\$59.00

****Registration Fees:**

Type-Where Paid	Amount	Frequency	What the fee helps to cover!
Y-Front Desk	\$125	1 x due at registration	1-Team Cap, Team Shirt, Champs Entry Fees + Other Expenses

USA: Optional Program for levels 5&6. Additional fees apply

Type	Amount	What it covers
Premium Membership- *Paid During USA Registration	\$84 (\$70 USA + \$14 LSC)	1 year membership, expires 12/31/2025

First day of practice is Tuesday September 2nd. All new athletes please trial 1 week before registering. **Registration fees are non-refundable. All new LYST athletes must be evaluated before registering. HSC, HS5 & HS6 are based on level evaluation for which lanes they will practice.



LYST WINTER MEET SCHEDULE

Date	Meet/Teams	Location
9/20	Red/Black (Not counted toward 3 meets)	Lancaster Y
9/27	13 & Older vs LTPY & HURY	Powell Y
10/4	Tom Warrick Virtual Meet	Lancaster Y
10/5	Fall Fest	Parkersburg Y
10/11	LCFY	Newark Y
10/18	HURY INV	Hilliard Y
11/1-2	26 th Annual LYST TYR INV	Lancaster Y
11/9	Veterans Day Challenge INV	Linsly School Wheeling WV
11/15	RCY & PIKE	Lancaster Y
12/6	MCFY & FAYCO	Lancaster Y
12/13	LCFY & PIKE	Lancaster Y
12/14	LTPY Penguin Plunge INV	Liberty Powell Y
1/4	WHY INV	Linsly School Wheeling WV
1/10	FAYCO & RCY	Lancaster Y
1/31 & 2/1	Orange Crush INV	Delaware Y
2/28	9 & Older needs 3rd meet	Lancaster Y
3/1	8 & Under Futures Champs	Parkersburg Y
3/7-8	SEOWV Champs	Canton
3/14	Last Ditch	Lancaster Y
3/20-22	ZONES	TBD
3/30 - 4/3	NATIONALS	Greensboro

LYST-USA Winter Meet 2025-2026

Date	Meet	Location
10/5	CAC Pentathlon	Cincinnati Country Day School
10/17-19	Bobcat Spooktacular	OU Athens
11/21-23	Ohio Senior Invitational 15+ <u>P/F</u>	BGSU
12/12-14	MAKOS Holiday Classic <u>P/F</u>	Miami U
1/23-25	UASC Classic Invite	Upper Arlington

LYST-TEAM PRACTICES

9/18, 10/28, 11/20, 12/17, 1/28, 2/23

Level 5 & 6 8-Hour Practice 1/2

Futures Champs Pizza Party 2/26

Champs Carb Party 3/5

End of Season Banquet 3/14

***Meets are subject to change



LANCASTER YMCA SWIM TEAM LEVELS DESCRIPTIONS

For the level descriptions, I copied what is published on our team website. Mark, please let us know if there should be any revisions made. Matt should be able to use these descriptions easily during Sunday's meeting.

LEVEL 1

This level is for novice swimmers with little to no competitive background. The athlete must be able to swim the length of the pool unassisted and be willing/able to listen to instructions in a group setting. The athlete should be legal in at least 1-2 strokes. The emphasis of level 1 is to develop the fundamentals of all four strokes by means of drills and games that create an enjoyable environment to develop skills. Two to three practices per week are recommended.

LEVEL 2

This level will provide swimmers with the continuation of learning the fundamentals of competitive swimming. Swimmers should be able to legally swim the freestyle and backstroke, while butterfly and breaststroke should be at or near legal. Emphasis is placed on stroke, start, and turn refinement and preparation for the next level. Two to three practices per week are recommended.

LEVEL 3

This level is a transition level from the Fox pool (20 yards, warm water) to the Wendel pool (25 yards, cold water). Athletes should be legal in all 4 strokes or may need minor stroke correction to become legal. This level focuses on stroke work, introduction of the pace clock for sets, starts, and turns, and beginning endurance. Two to three practices a week are recommended. Note: This level may blend in with level 4 as the season progresses, and if the athletes have a good understanding of what is expected.

LEVEL 4

This level will introduce young, experienced swimmers and newer, older swimmers to mild distance and endurance work. Stroke, start, and turn technique will be the primary focus for the group. Lanes will be assigned based on timed performance. Three to four practices per week are recommended.

LEVEL 5

This level is for the experienced competitive swimmer. Emphasis is placed on technique with a stronger conditioning experience. Racing strategies and mental



preparation are introduced. Dryland exercises are also introduced at this level. Lanes will be assigned based on timed performance. At least four practices per week are recommended.

LEVEL 6

Training is geared toward high-level competition and beyond. The training emphasis for this group is high levels of endurance, strength, and speed conditioning with technique refinement. The swimmers will work on training longer distances, IM work, interval training, and aerobic base development. A dryland program is utilized to enhance core muscles for maximum performance and injury prevention. This group is only for athletes committed to reaching their full swimming potential. Dryland training and 4-5 practices per week are expected.