STROKE STRONGER AND SMARTER
Cumberland Cape Atlantic YMCA
Seals Swim Team – Fall 2 2020

Seals Swim Team modified competitive program for Seals 6 -18 year old (who swam 2019-2020 season). Practice will work on stroke mechanics and conditioning. Following the current capacity limits
Runs October 12-November 14; 5 weeks (allowing for session changes as COVID eases)
Led by Coach Mike Blacksten

**Limited space; Register early**

Seals Swim Team programs

Age Groups: have staggered start/end times to reduce contact and be in capacity-shower & deck.
Swimmers will be registered in our system based on coach Mike’s assignments; payment due by Fri, October 10

6—8 year olds:
Must have swam on a competitive team and be able to swim legal—25yds. freestyle, backstroke, breaststroke, and butterfly.
**Meets:** Mon. & Wed. 6:05—6:50pm (45 minutes); Oct. 12-Nov. 11
**Fees:** Facility member $55.00

9—12 year olds:
Must have swam on a competitive team and be able to swim legal—50yds. freestyle, and 25yds. Each backstroke, breaststroke, and butterfly.
**Meets:** Practice groups will be assigned by the coach; Tues, Thur, & Fri. 3:15-4:15 or 4:25-5:25, or 5:40/5:45—6:40/6:45pm; Oct. 12—Nov. 13
**Fees:** Facility member $91.00

13—18 year olds:
Must have competitive experience and be able to swim legal—100yds. freestyle and 50yds. Each breaststroke, butterfly and back stroke.
**Meets:** Practice groups will be assigned by the coach; Tues, Thur, & Fri. 3:15-4:15pm or 4:25-5:25,6:55/7:00—7:55/8:00pm; Oct. 12—Nov. 13
**Fees:** Facility member $91.00

Pre-Competitive (6 — 10 year olds)
For swimmers who aren’t quite ready for the Seals Swim Team and who already can swim 25yds. of legal freestyle and 25yds. legal backstroke, breaststroke, or butterfly. For those who may be interested in joining the swim team. Swimmers work on stroke refinement of the 4 competitive strokes, starts and turns and build endurance.
**Meets:** Mon. & Wed. 5:10—5:55pm (45 minutes); Oct. 12—Nov. 11 (10 classes)
**Fees:** Facility member $55.00 Program member $70.00

Questions contact Head Coach Mike Blacksten—ymcaswimteam@ccaymca.org or call 856-691-0030, ext. 156 or Jennifer Helm—helm@ccaymca.org or call ext. 109

Cumberland Cape Atlantic YMCA
1159 E. Landis Avenue

856) 691-0030; www.ccaymca.org
Preparing to come to the Y
- have already Activated your Y Membership and paid the Seals program fee for Fall 2
- Register for the Fall 1 Swim Camp and make payment in advance; limited spaces so register early; walk-in spots not available
- Bring a kickboard and fins (there is no use of Y equipment at this time)
- Come to the Y dressed to swim, bring a face mask or 2 to wear, goggles and cap (no sharing of this equipment), towel, and non glass water bottle; label your gear

When you come to the Y participants should:
- Arrive approximately 10–15 minutes before swim time to go through the new check in and showering at the Y; parent or legal guardian must sign Waiver for youth to swim;
- Children age 12 and under must have a parent present at check in; and in the locker rooms to shower before swimming
- Upon arrival at the Y, stop at the lobby desk for temperature check and wellness questions and get checked in;
- Face masks (no gaiters, masks with vents, bandanas, or face shields) must be worn properly at the Y; they are only removed to shower, then put back on to access the pool deck, then remove prior to getting into the water and must be put on as soon as you get out of the water;
- Go to the Boys/Girls Locker room to shower before swimming; required by DOH
**Bring personal belongings to the pool deck and put them where the Pool staff direct you to keep them;
- Wait at your deck “spot” for the coach to review the revised pool protocols and explain the new swim pattern
- Parents must wait outside after the swimmer gets checked in Day 1 at the pool or if a Y member workout in the Fitness Center; **no spectators on deck (after meeting Day 1)
- After swimming wear your face mask, dry off and head home; Main floor restrooms and family changing rooms are open. No other locker room use after swim time;