



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING = STRENGTH

YMCA PRE-COMPETITIVE SWIM LESSONS

WINTER 2025

Is your child interested in exploring the competitive swim program option or possibly joining our swim team, but needs additional training?

Join us for our Pre-Competitive Swim program at the Y!

Swimmers will work on stroke refinement of the four competitive strokes, starts and turns, and to build endurance. This program is geared towards swimmers 6 - 14 year olds who have passed the Y Swim Lessons School Age Stage 4 program or similar swim program and approved by Coach Mike.

PRE-COMPETITIVE (AGES 6-14 YRS)

DATES: January 6 - March 1

MEETS: Ages 10-14 years: Tuesdays 4:30-5:10pm (8 Weeks)
Ages 6-9 years: Thursdays 4:30-5:10 pm (8 Weeks)

For swimmers not quite ready for the Swim Team and can swim 25 yards each of freestyle and backstroke and have some knowledge of breaststroke & butterfly.

This program is overseen by Coach Michael Blacksten. Coach Blacksten has over 30 years of coaching and instructional experience and is the Head Coach for the YMCA Seals Swim Team.

He can be reached at ymcaswimteam@ccaymca.org or ext. 156.

REGISTRATION INFORMATION & FEES:

Registration begins December 9th:

Member Fees: \$70

Non-Member Fees: \$100



Cumberland Cape Atlantic YMCA

1159 E. Landis Avenue Vineland, NJ 08360 | (856) 691-0030 | www.ccaymca.org