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Cumberland Cape Atlantic YMCA

## Pre-Competitive Swim Lessons | Fall II 2021

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 8 week program is geared towards **swimmers 6—14 year olds** who have already participated in School Age Stage 4 of the swim lessons program or similar swim program.

### PRE-COMPETITIVE (AGES 6-10 YRS)

**MEETS:** Tuesdays from 4:30-5:15 pm

**WHEN:** November 2 - December 21 (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 and butterfly.

**FEE-TUESDAYS:** Facility Members: \$67 Program Members: \$100

### PRE-COMPETITIVE (AGES 11-14 YRS)

**MEETS:** Thursdays from 4:30-5:15 pm

**WHEN:** November 4 - December 23 (7 weeks)

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

**FEE-THURSDAYS:** Facility Members: \$58 Program Members: \$87

This program is run by Coach Michael Blacksten. Coach Blacksten has over 20 years of coaching and instructional experience and Head Coach for the YMCA Seals Swim Team. He can be reached at [ymcaswimteam@ccaymca.org](mailto:ymcaswimteam@ccaymca.org) or ext. 156

