



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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SWIM STRONGER SWIM SMARTER

Cumberland Cape Atlantic YMCA



Y SEALS COMPETITIVE SWIMMING 2024 - 2025

Y Seals Competitive Swim Team

The YMCA of Vineland has been the proud home of the Seals Swim Team for over 60 years. Our team is open to children 6 - 18 years old and includes development and training for all levels from the novice competitive swimmer (able to swim 25 yards each on their front and back) to the national-level competitive swimmer.

What is included?

- » **Y Seals Swim Team members must maintain a Y Facility Membership** in order to swim (prior to September 30); with this membership, members have access to:
 - Utilize our pool any time available.
 - Access to our Fitness Centers (ages 8-15 may require an adult with them).
 - Access to our mobile app with workouts and so much more!
 - Access to Y-only swim meets for eligible swimmers, including Y USA Championships and Nationals.
- » Meet options for those who are USA Swimming members and register for the Y Seals/USA Swimming team (see below)
- » Dry land training – coach-led workouts in our Fitness Center with team members for older swimmers



Y Seals Swim Team – September 30, 2024 through March 2025

Y Seals Squads:

1. Mini (6 - 8 years)
2. Blue (9 - 12 years)
3. Red (10 - 14 years)
4. White (13 - 18 years)
5. High School (14 - 18 years old and actively swimming for a local competitive High School swim team in the area and desire to practice with the Y Seals pre-high school season and swim Y dual meets with the Y Seals).



LEARN MORE ABOUT THE Y SEALS SWIM TEAM
by scanning the QR code or visiting www.ccaymca.org

Fees and Practice Schedule on Other Side

Cumberland Cape Atlantic YMCA
1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org



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Y SEALS SWIM TEAM PRACTICE SCHEDULE – 2024–2025 SEASON



PRACTICE TIMES:

CATEGORY	MON	TUES	WED	THUR	FRI
MINI (6-8YRS)	X	5:15–6:15pm	X	5:15–6:15pm	5:00–6:00pm
BLUE (9-12YRS)	4:50–5:50pm	X	4:50–5:50pm	6:20–7:20pm	5:00–6:00pm
RED (10-14YRS)	5:55–7:25pm	6:20–7:20pm	5:55–7:25pm	X	6:00–7:00pm
WHITE (13-18YRS)	7:30–9:00pm	7:30–9:00pm	7:30–9:00pm	7:30–9:00pm	7:00–8:30pm
HIGH SCHOOL (14-18YRS)	7:30–9:00pm	7:30–9:00pm	7:30–9:00pm	7:30–9:00pm	7:00–8:30pm



» Y Seals Swim Team Fee Info

There are two payment options to choose from: monthly e-pay or pay in full. The monthly e-pay option will draft monthly from a checking account or credit card the 1st of each month. For pay in full options, first half is due by September 30th (along with the registration fee) and the second half is due by January 3, 2025. NEW for 2024, we will begin to charge a one-time registration fee. This fee will cover the cost of two swim caps and two shirts for swimmers. It will also help offset costs of the team, including Coaches travel and the end of season banquet. **The registration fee and first payment (whether draft or pay in full) must be completed by the first day of practice, before swimmers can participate in practices.**

» Y Seals Only:

Y Seals Swimmers will practice based on the Squad they are assigned by the Coach. This option includes dual and YMCA meets.

» Seals + USA Swimming:

Y Seals swim team plus USA registered Swimmers can opt to register and participate as a USA Swimmer; these swimmers pay a different Squad fee to accommodate the cost to participate in Y Seals USA meets. There will be additional meet entry fees charged for each meet you choose to enter and each event a swimmer elects to register for.

FEE STRUCTURE: OCTOBER 2024 – MARCH 2025

CATEGORY	NEW Registration Fee	Seals Monthly Drafted monthly	Seals + USA Monthly Drafted monthly
MINI (6-8)	\$60.00	\$89.00	\$111.00
BLUE (9-12)	\$60.00	\$93.00	\$121.00
RED (10-14)	\$60.00	\$140.00	\$151.00
WHITE (13-18)	\$60.00	\$155.00	\$163.00
HIGH SCHOOL (14-18YRS)	\$60.00	\$76.00	\$97.00
Swim before HS ST starts, then Y/USA meets only; swim w/Y again mid February–March 2025	*All swimmers pay the registration fee	*Multiple children per family; receive \$10.00 off the October payment (only) for each additional child	*Additional annual fee: Mid Atlantic USA Swimming registration fee; approx. \$85; valid through December 2025

QUESTIONS? – For questions or more information, please contact Head Coach Mike Blacksten at 856-691-0030, ext. 156 or ymcaswimteam@ccaymca.org

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