

# GROWING OUR SWIMMERS!



## YMCA SEALS RECREATIONAL SWIM TEAM 2025-2026 (Season runs October-February)

Join us for a new era of our YMCA swim team program! The YMCA Seals Swim Team will be realigning it's program to match our three areas of focus: youth development, healthy living, and social responsibility. The focus of our season will be on the development and growth of the swimmer, while also prioritizing key elements of our YMCA mission and focus areas such as healthy competition, teamwork, volunteerism and overall life-long healthy habits.

### What's New?

- Recreational style league with a focus on developing stroke skills and conditioning.
- Local meets; We will participate in the Greater South Jersey Swim League with swim meets held at our YMCA or at nearby facilities within an hour of the Y.
- Swim Evaluations; participate in one of our evaluation sessions to be placed in a group with swimmers of the same level to focus on similar skill improvement.
- Volunteer opportunities within our Y.

### Practices and Meets:

- All swimmers will practice three times per week; group practice day/time will be determined after evaluations are completed.
- Meet dates and locations will be provided to parents as the schedule is completed; generally, practices will be held between 5:30-9:00pm, depending on which group you are in. Practices will be 60 minutes three times per week.

### FEE STRUCTURE:

#### OCTOBER 2025 - FEBRUARY 2026

CATEGORY	Registration Fee	Seals Monthly Drafted monthly
<b>SEALS</b> (ages 6-18 years old)	\$60.00	\$160.00
<b>HIGH SCHOOL EXTENSION*</b> (Oct./Nov.)	\$60.00	\$160.00 (Oct./Nov. fee)
<b>HIGH SCHOOL EXTENSION*</b> (Dec./Jan.)		\$125.00 (Dec./Jan. fee)
*High School Extension program is only for swimmers who are swimming for their local high school team		

### What Is Required?

- Open to ages 6-18 (high school).
- YMCA Membership (monthly draft, no contract, no cancellation fee); join as a whole family!
- 50 yards of Front Crawl with side rotary breathing.
- 50 yards of Backstroke.
- Understanding and knowledge of breaststroke and butterfly.
- Attend an evaluation date for group placement.
- Registration fee and first month's payment at the time of registration.

### Evaluations:

- Join us at one of our evaluation dates for placement!
- Youth athletes are invited to put their skills to the test in our free, 15-30 minute Swim Team evaluations Tuesday, September 16, Thursday, September 18, Monday, September 22, Thursday, September 25 or Monday, September September 29, 5:30-6:30pm. Email [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) to set up a day and time if one of the above does not work for you.

### Team Fees:

- There is a \$60.00 registration fee that is required for all swimmers; this registration fee covers the cost of team shirts and personalized caps.
- A monthly fee of \$160.00 will be automatically deducted from your choice of credit card or bank account on the 1st of each month (November-February).



### LEARN MORE ABOUT THE Y SEALS SWIM TEAM

Scan the QR code or for questions and more information, please contact Mary Desjardins at 856-691-0030, ext 112 [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org)

**Cumberland Cape Atlantic YMCA**

1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • [www.ccaymca.org](http://www.ccaymca.org)