



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST KEEP SWIMMING

Cumberland Cape Atlantic YMCA | Swim Lessons



WINTER SESSION 2025 | JANUARY 6 – MARCH 1

**REGISTRATION BEGINS:**

**December 9, 2024**

**SWIM LESSON FEES:**

**Members: \$115.00 Non-Members: \$175**

**RETURNING SWIM LESSONS PARTICIPANTS:** If you have not been in Y Swim Lessons in the past 6 months or more, please register for the stage you last participated in.

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>SWIM STARTERS – PARENT/CHILD CLASSES; 6–36 MONTHS; 40 MINUTE CLASSES</b>					
Stage A/B Water Discovery					Stage A/B 8:30–9:15am
<b>SWIM BASICS – PRESCHOOL CLASSES (PARENT IN WATER W/CHILD); 3–5 YEARS OLD; 40 MINUTE CLASSES</b>					
Stage 1 Water Acclimation Stage 2 Water Movement Stage 3 Water Stamina	Stage 1–3 (w/parent) 6:00–6:40pm	Stage 1–3 (w/parent) 4:30–5:10pm	Stage 3 5:15–5:55pm	Stage 1–3 (w/parent) 6:00–6:40pm	Stage 1–3 (w/parent) 9:15–9:55am
<b>SWIM BASICS/SWIM STROKES – SCHOOL AGE CLASSES; 6–12 YEARS OLD; 40 MINUTE CLASSES TEEN/ADULT CLASSES; 13+ YEARS OLD; 40 MINUTE CLASSES</b>					
Stage 1 Water Acclimation	Stage 1 6:45–7:25pm	Stage 1 6:00–6:40pm		Stage 1 5:15–5:55pm	Stage 1 10:00–10:40am
Stage 2 Water Movement	Stage 2 6:45–7:25pm	Stage 2 6:00–6:40pm		Stage 2 5:15–5:55pm	Stage 2 10:00–10:40am
Stage 3 Water Stamina		Stage 3 5:15–5:55pm		Stage 3 6:45–7:25pm	Stage 3 11:30am–12:10pm
Stage 4 Stroke Introduction	Stage 4 5:15–5:55pm	Stage 4 6:45–7:25pm			
Stage 5 Stroke Development			Stage 5 6:00–6:40pm		
Stage 6 Stroke Mechanics			Stage 6 6:00–6:40pm		
Stages 1–6 Teen/Adult Lessons			Stage 1–3 6:45–7:25pm Water Stamina through Stroke Introduction		Stage 1–6 10:45–11:25am Water Stamina through Stroke Introduction

- Class may be cancelled due to low enrollment; there are no make-ups for missed lessons.
- Safety skills may be covered on land during storms/contaminations when participants cannot get in the water.

Turn over for more swim lesson information and options

**Cumberland Cape Atlantic YMCA**

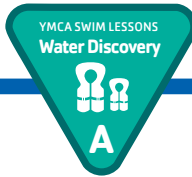
1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • [www.ccaymca.org](http://www.ccaymca.org)



# STAGE DESCRIPTIONS

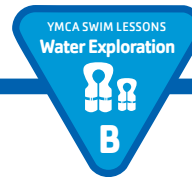
## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.



### A/WATER DISCOVERY

- Parent/Child (6-17 Months)
- Parents accompany their child. Infants and toddlers are introduced to the pool and encouraged to enjoy the water



### B/WATER EXPLORATION

- Parent/Child (18-36 Months)
- Parents work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

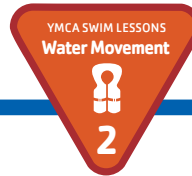
- Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn grab



**PRESCHOOL** (3-5 YRS) \*Parents in the water Stage 1-3

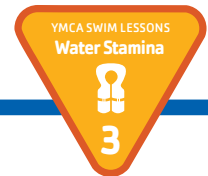
### 1/WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.



### 2/WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



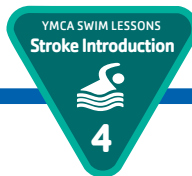
**SCHOOL AGE** (6-12 YRS), Teens & Adults

### 3/WATER STAMINA

Students learn how to swim safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



**PRESCHOOL** (3-5 YRS)  
**SCHOOL AGE** (6-12 YRS), Teens & Adults

### 4/STROKE INTRODUCTION

Students develop stroke technique in front and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



**SCHOOL AGE** (6-12 YRS), Teens & Adults

### 5/STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continued through treading water and sidestroke.



### 6/STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

## PRIVATE LESSONS

Solo, Semi-private, and Family offered >>> Our Y offers a variety of private lesson options for those 5 years and older. Availability is limited.

For more information, please contact Assistant Aquatic Director, Mary Desjardins at [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) or 856-691-0030 ext. 112.

**Cumberland Cape Atlantic YMCA**

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