



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST KEEP SWIMMING

Cumberland Cape Atlantic YMCA | Swim Lessons

WINTER SESSION 2026 | JANUARY 5-FEBRUARY 28



REGISTRATION BEGINS:

Monday, December 15, 2025

SWIM LESSON FEES: (per 8 lessons)

Members: \$125 Non-Members: \$200

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.

ONE DAY PER WEEK CLASSES: January 5–February 28 (8 weeks)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Swim Starters – Stage A/B (6–36 months w/parent)	5:00–5:40pm				8:30–9:10am
Preschool – (Ages 3–5)	6:30–7:10pm		5:00–5:40pm	5:45–6:25pm	9:15–9:55am
Beginner – (Ages 6–12)					10:00–10:40am
Intermediate – (Ages 6–12)					11:30am–12:10pm
Teen/Adult – (Ages 13+)	7:15–7:55pm	5:45–6:25pm			10:45–11:25am

TWO DAY PER WEEK CLASSES: (8 lessons in 4 weeks!)

January 5–January 31 or February 2–February 28

(sign up for one or both sessions!)

	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
Beginner – (Ages 6–12)	5:45–6:25pm	5:00–5:40pm
Intermediate – (Ages 6–12)	7:45–8:25pm	
Advanced – (Ages 6–12)		6:30–7:10pm
ACE (Aquatic Conditioning & Endurance) – (Ages 6–16)	Price: Members – \$100 Nonmember – \$150 Swim Team Member – \$60	7:15–7:55p

- 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

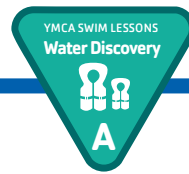
1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org



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

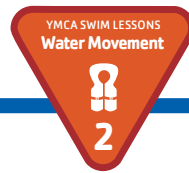
- Parent/Child (18-36 Months)
- Parents work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.



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

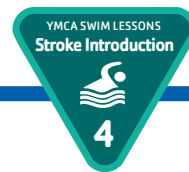
3/WATER STAMINA

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 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)

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.



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

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.

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.



PATHWAYS AGES 6-16

For those that mastered Stage 5 or equivalent program. Students build confidence, cultivate their passion and stay active.

Aquatic Conditioning & Endurance is designed to help swimmers refine their strokes, build endurance, and improve starts and turns – all in a safe and structured environment.

**For more information, please contact Aquatic Supervisor,
Mary Desjardins at aquatics@ccaymca.org or 856-691-0030 ext. 112.**