



SWIMMING = STRENGTH

YMCA AQUATIC CONDITIONING AND ENDURANCE

SPRING I | 2025

Join us for our newest aquatic program! This program is designed to help swimmers refine their strokes, build endurance, and improve starts and turns – all in a safe and structured environment.

DATES: March 3 – April 24
(8 weeks)

PRACTICE

TIMES: Ages 6–9 years:
Thursday 4:30–5:10pm
Ages 10–16 years:
Mondays 4:30–5:10pm

Led by an experienced swim team coach or certified Y swim instructor with competitive swimming or coaching experience.

FEES: Members: \$70
Non-Members: \$100

**REGISTRATION OPENS:
FEBRUARY 17**

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for our newest
Aquatic
program!



WHO IS THIS FOR?

- » Swimmers ages 6–16
- » Those who have passed Y swim lessons Stage 5 or an equivalent program
- » Swimmers looking to build endurance beyond 100+ yards for lifeguarding, competitive swimming, or personal goals

Cumberland Cape Atlantic YMCA

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