



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST KEEP SWIMMING

Cumberland Cape Atlantic YMCA | Swim Lessons



FALL 1 SESSION 2026 | SEPTEMBER 14–NOVEMBER 7

REGISTRATION BEGINS:

Monday, August 10, 2026

SWIM LESSON FEES: (per 8 lessons)

Members: \$125 Non-Members: \$200 Swim Team Members: \$60

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: September 14–November 7					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Swim Starters – Stage A/B (6–36 months w/parent)	5:00–5:40pm			5:45–6:25pm	8:30–9:10am
Preschool – (Ages 3–5) All Levels	6:30–7:10pm	5:45–6:25pm	5:00–5:40pm		9:15–9:55am
Beginner – (Ages 6–12) Stage 1/2					10:00–10:40am
Intermediate – (Ages 6–12) Stage 3/4					11:30am–12:10pm
Teen/Adult – (Ages 13+) All Levels	7:15–7:55pm			7:15–7:55pm	10:45–11:25am
Advanced – (Ages 6–16) Stage 5/6 ACE (Aquatic Conditioning & Endurance) – (Ages 6–16)	Email aquatics@ccaymca.org if you are interested in Advanced Lessons. Multiple days per week.				12:15–12:55pm

TWO DAY PER WEEK CLASSES: (8 lessons in 4 weeks!)		
September 14–October 8 or October 12–November 5		
	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
Beginner – (Ages 6–12) Stage 1/2	5:45–6:25pm	5:00–5:40pm
Intermediate – (Ages 6–12) Stage 3/4	7:15–7:55pm	6:30–7:10pm

- 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

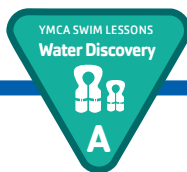


STAGE DESCRIPTIONS

SWIM STARTERS

(Ages 6–36 Months)

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

Preschool (3–5yrs), **School Age** (6–12yrs), **Teen/Adult** (13+ yrs).

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



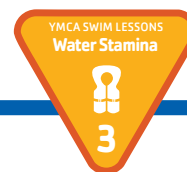
1/WATER ACCLIMATION BEGINNER

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 BEGINNER

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.



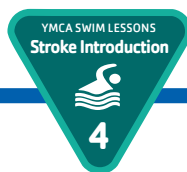
3/WATER STAMINA INTERMEDIATE

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

School Age (6–12yrs), **Teen/Adult** (13+ yrs).

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.



4/STROKE INTRODUCTION INTERMEDIATE

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.



5/STROKE DEVELOPMENT ADVANCED

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 ADVANCED

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



ACE (Aquatic Conditioning & Endurance)

PATHWAYS AGES 6–16

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

Designed to inspire swimmers to keep swimming. Whether building swim skills to compete, become a lifeguard, or personal growth, there's always a reason to keep swimming.

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