



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM STRONGER SWIM SMARTER

Cumberland Cape Atlantic YMCA

Y SEALS COMPETITIVE SWIMMING 2023 – 2024



Y Seals Competitive Swim Team

The YMCA of Vineland has been the proud home of the Seals Swim Team for over 60 years.

Our program is dedicated to being an inclusive, positive environment for swimmers of all levels of competition and skill to achieve their goals. Our competitive swimming program teaches children commitment, teamwork/sportsmanship, health and wellness, listening skills, goals, and so much more!

Our team is open to children 6 – 18 years old and includes development and training for all levels from the novice competitive swimmer (able to swim 25 yards each on their front and back) to the national-level competitive swimmer.



What is included?

» Y Seals Swim Team members must maintain a Y Facility Membership

in order to swim (prior to October 2); with this membership, members have access to:

- Utilize our pool any time available,
- Access to our Fitness Centers (youth 8–12 may need a parent during certain hours),
- Access to our mobile app with workouts and so much more!
- Access to Y-only swim meets for eligible swimmers, including Y USA Championships and Nationals

» Meet options for those who are USA Swimming members and register for the Y Seals/USA Swimming team (see below)

» Dry land training – coach-led workouts in our Fitness Center with team members for older swimmers

» Special events throughout the season

Y Seals Swim Team – October 2, 2023 through March 2024

Y Seals Squads:

- | | |
|--|---|
| 1. Mini (6 – 8 years) | 5. White (13 – 18 years) |
| 2. Blue (9 – 12 years) | 6. High School (14 – 18 years old and actively swimming for a local competitive High School swim team in the area and desire to practice with the Y Seals pre-high school season and swim Y dual meets with the Y Seals). |
| 3. Purple (9–12 years) NEW THIS SEASON | |
| 4. Red (10 – 14 years) | |

Squad assignments will be determined by Coach Mike Blacksten based on age and swimming ability.

Fees and Practice Schedule on Other Side

Cumberland Cape Atlantic YMCA

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



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Y SEALS SWIM TEAM PRACTICE SCHEDULE – 2023-2024 SEASON



SQUAD	MON	TUES	WED	THUR	FRI
MINI		5:35–6:35pm		5:35–6:35pm	4:30–5:30pm
BLUE		4:30–5:30pm		4:30–5:30pm	5:35–6:35pm
PURPLE	4:50–5:50pm		4:50–5:50pm	6:40–7:40pm	5:35–6:35pm
RED	5:55–7:25pm	6:40–7:40pm	5:55–7:25pm		6:40–7:40pm
WHITE/HS	7:30–9:00pm	7:45–9:00pm	7:30–9:00pm	7:45–9:00pm	7:45–9:00pm



» Y Seals Swim Team Fee Info

Payments are made via monthly bank draft, pay half October 2 and the second half on January 2, 2024 or pay-in-full and get 5% off for October 2023 – March 2024. You may pay in full in person at the Y, over the phone, or through your Y membership Online Account. October payments should be made in person at the Y, over the phone, or through your Y Online Account; they will not be bank drafted.

» Y Seals Only:

Y Seals Swimmers will practice based on the Squad they are assigned by the Coach. This option includes dual and YMCA meets.

» Seals + USA Swimming:

Y Seals swim team plus USA registered Swimmers can opt to register and participate as a USA Swimmer; these swimmers pay a different Squad fee to accommodate the cost to participate in Y Seals USA meets. There will be additional meet entry fees charged for each meet you choose to enter and each event a swimmer elects to register for.

FEE STRUCTURE: OCTOBER 2023 – MARCH 2024

SWIMMER'S SQUAD	Y Seals Only Monthly fee– drafted monthly or paid in full	Y Seals & USA swimming season Monthly fee – drafted monthly or paid in full
MINI (6–8)	\$86 per month	\$106 per month
BLUE (9–12)	\$90 per month	\$115 per month
PURPLE (9–12)	\$120 per month	\$134 per month
RED (10–14)	\$130 per month	\$140 per month
WHITE (13–18)	\$138 per month	\$151 per month
HIGH SCHOOL (14–18) Swim before HS ST starts–11/20, then Y/USA meets only; swim w/ Y again mid Feb–March 2024	\$74 per month Multiple children per family: Receive \$10 off the October payment for each additional child	\$90 per month Additional annual fee: Mid Atlantic USA Swimming registration fee; approx. \$85; valid through December 2024

QUESTIONS? – For questions or more information, please contact Head Coach Mike Blacksten at 856–691–0030, ext. 156 or [ymcaswimteam@ccaymca.org](mailto:yimcaswimteam@ccaymca.org)



LEARN MORE ABOUT THE Y SEALS SWIM TEAM
by scanning the QR code or visiting www.ccaymca.org
(Programs – Aquatics – Swim Team)

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