



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTH IN SWIMMING

## YMCA Swim Team Camps – Spring 2023

### Get ready for summer swimming!

Our spring swim team camps are open to all swimmers, ages 6 to 18 years old, with previous competitive swim team participation.

**Camps run April 10 – May 26**  
(7 weeks, no class Friday, April 28th)



### **STROKE CAMP** **(6 – 10 YEARS OLD)**

Must have swum on a competitive team and be able to swim legal 50 yards freestyle, and 25 yards each of backstroke, breaststroke, and butterfly. Open to any team swimmer.

**MEETS: Mondays, Wednesdays,  
Fridays 5:00–6:00pm (1 hour)**

### **CONDITIONING CAMP** **(11 – 18 YEARS OLD)**

Must have competitive experience and be able to swim legal 100 yards style and 50 yards each of breaststroke, butterfly and backstroke. Open to any team swimmer.

**MEETS: Mondays, Wednesdays,  
Fridays 6:05–7:05pm (1 hour)**

### HOW TO REGISTER FOR CAMPS:

- Register and pay the program fee for your swimmer through the Member Service Desk – in-person or over the phone with a credit card\* (\*must already be a Y member to pay over the phone)
- Y Members may register online by accessing their online portal via the Y's website ([www.ccaymca.org](http://www.ccaymca.org), select the "Online Account" button on the main page, select the appropriate program to register for)

### COMING TO THE Y:

- Come to the Y with bathing suit, goggles, cap, towel and non-glass water bottle
- Please label your items with your name
- Arrive approximately 5–10 minutes prior to the start of swim camp to check-in at the Member Service Desk and shower at the Y before entering the pool (this is a State guideline)
- Parent or legal guardian must sign Waiver for youth to swim
- Children ages 12 and under must have a parent present at check-in and in the locker rooms to shower (prior to swimming), and must remain on YMCA premises during practice

**Questions? Contact Head Coach Mike Blacksten ([ymcaswimteam@ccaymca.org](mailto:ymcaswimteam@ccaymca.org))  
or 856-691-0030 ext. 156; or Sr. AQ Director Jen Helm ([helm@ccaymca.org](mailto:helm@ccaymca.org)) or 856-691-0030 ext. 109**

### **Cumberland Cape Atlantic YMCA**

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