



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILT FOR THE WATER



YMCA SEALS YEAR-ROUND RECREATIONAL SWIM TEAM

Join us for a new era of our YMCA swim team program! Dive into a program that builds skills, confidence, and friendship!

What to Expect:

- Recreational style league with a focus on developing stroke skills and conditioning.
- Local meets; we will participate in the Greater South Jersey Swim League with swim meets held at our YMCA or at nearby facilities within an hour of the Y.
- Volunteer opportunities within our Y.

What Is Required?

- Open to ages 6-18 (high school).
- YMCA Membership (monthly draft, no contract, no cancellation fee); join as a whole family.
- 50 yards of front crawl with side rotary breathing.
- 50 yards of backstroke.
- Understanding and knowledge of breaststroke and butterfly.
- Schedule an evaluation date and group placement by emailing aquatics@ccaymca.org to set up a day/time.
- Registration fee and first month's payment due at the time of registration.

Our competitive swim program teaches children commitment, teamwork, sportsmanship, and lifelong healthy habits – **ALL WHILE HAVING FUN!**

Practices and Meets:

- All swimmers will practice three times per week (Monday, Wednesday, Friday).
- Group practice day/time will be between 4:30-9:00pm, for 1-1.5 hours, depending on the number of swimmers and season.
- Meet dates and locations will be provided to parents as the schedule is completed.
- Additional practice options are on Tuesdays and Thursdays when you register for the Aquatic Conditioning & Endurance Clinics (ACE).

Team Fees:

- A monthly fee of \$160.00 will be automatically deducted from your choice of credit/debit card or bank account on the 1st of each month.

Additional Team Fees for Swim Meets:

- There is a \$70.00 fee that is required for all meet-season swimmers (during meet seasons); this fee covers the cost of team shirts and personalized caps.

Withdrawal from Team:

- You may withdraw at any time by completing the Program Withdrawal Form; this can be found at the Member Services Desk.

Cumberland Cape Atlantic YMCA

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



YMCA SEALS YEAR-ROUND RECREATIONAL SWIM TEAM

FEE STRUCTURE:

SWIM TEAM PROGRAM MONTHLY DRAFT	\$160.00
SUMMER SEALS & REGULAR SEALS SWIM TEAM MEET FEE	\$70.00
ADDITIONAL PRACTICE (ACE PROGRAM)	\$60.00 per month
SWIM TEAM HIGH SCHOOL EXTENSION	\$125.00 (December/January) Must complete a switch form; only for swimmers who swim with their high school team.
*Scholarships are available with a completed application.	

YMCA SWIM SEASONS:



SPRING (March–May): Practice Season

- Stroke & Conditioning Swim Camp
- 1.5-hour practice times.
- Prep for summer swim season!



SUMMER (June/July): Meet Season

- Summer Seals Swim Team
- 1-hour practice time.



SUMMER (August): Stroke Clinic

- 1.5-hour practice times.
- Prep for fall swim season!



FALL (September): Practice Season

- Stroke & Conditioning Swim Camp
- 1.5-hour practice times.
- Prep for fall/winter swim season!



FALL/WINTER (October–February 2027)

- Meet Season Seals Swim Team
- 1-hour practice times.
- High School Extension Program available during high school season



LEARN MORE ABOUT THE Y SEALS SWIM TEAM

Scan the QR code or for questions and more information, please contact Mary Desjardins at 856-691-0030, ext 112 aquatics@ccaymca.org

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