



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STROKE INTO SUMMER

YMCA of Vineland

Spring Swimmer's Camps

Our swimmer's camps help your child stay toned, in shape and focused for the Penguins 2018 summer swim team season. There are options for all ages!

Swimmer camps run April 23 through May 31

6 weeks; no class Mon, May 28

Stroke and Conditioning Camps have limited space; Register early

Stroke Camp (6-13 years old)

Improve stroke mechanics, starts and turns. Should have a basic knowledge of the competitive strokes. Must be able to swim 1 length each freestyle and backstroke. Good for those who are interested in joining the summer Penguins Swim Team.

Meets: Monday and Wednesday—6:15-7:15pm

Fees: Facility member— \$57.00
Program member— \$88.00

Conditioning Camp (11-18 years old)

Focus on competitive strokes, starts and turns. Will focus on stroke drills, analyze each participant's individual stroke mechanics, and incorporate unique training and conditioning sets. New and returning swimmers should attend this camp.

Meets: Monday and Wednesday—7:15-8:45pm

Fees: Facility member — \$88.00
Program member — \$132.00

Please note:

- Register for either Stroke or Conditioning camp based on age and ability.
- Led by Coach Devonee.
- Program runs for 6 weeks.
- No camps on Mon, May 28;

Questions contact Aquatics Department—helm@ccaymca.org

Cumberland Cape Atlantic YMCA
1159 E. Landis Avenue
Vineland, NJ 08360



856) 691-0030
www.ccaymca.org

