



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST KEEP SWIMMING

Cumberland Cape Atlantic YMCA | Swim Lessons



**FALL I SESSION 2025 | SEPTEMBER 8 – NOVEMBER 1**

**REGISTRATION BEGINS: August 18, 2025**

**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.

**SWIM LESSON FEES:**

**Members: \$115**

**Non-Members: \$175 (8 weeks)**

CLASSES	MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>SWIM STARTERS – PARENT/CHILD CLASSES; 6–36 MONTHS; 40 MINUTE CLASSES</b>					
<b>Stage A/B</b> Water Discovery	Stage A/B 5:15–5:55pm		Stage A/B 4:30–5:10pm		Stage A/B 8:30–9:15am
<b>SWIM BASICS – PRESCHOOL CLASSES (PARENT IN WATER W/CHILD); 3–5 YEARS OLD; 40 MINUTE CLASSES</b>					
<b>Stage 1</b> Water Acclimation <b>Stage 2</b> Water Movement <b>Stage 3</b> Water Stamina	Stage 1–3 (w/parent) 6:00–6:40pm		Stage 1–3 5:15–5:55pm	Stage 1–3 (w/parent) 6:00–6:40pm	Stage 1–3 (w/parent) 9:15–9:55am
<b>SWIM BASICS/SWIM STROKES – SCHOOL AGE CLASSES; 6–12 YEARS OLD; 40 MINUTE CLASSES TEEN/ADULT CLASSES; 13+ YEARS OLD; 40 MINUTE CLASSES</b>					
<b>Stage 1</b> Water Acclimation	Stage 1 6:45–7:25pm	Stage 1 6:00–6:40pm	Stage 1 6:00–6:40pm	Stage 1 5:15–5:55pm	Stage 1 10:00–10:40am
<b>Stage 2</b> Water Movement	Stage 2 6:45–7:25pm	Stage 2 6:00–6:40pm	Stage 2 6:00–6:40pm	Stage 2 5:15–5:55pm	Stage 2 10:00–10:40am
<b>Stage 3</b> Water Stamina		Stage 3 5:15–5:55pm	Stage 3 6:45–7:25pm		Stage 3 11:30am–12:10pm
<b>Stage 4</b> Stroke Introduction				Stage 4 6:45–7:25pm	Stage 4 10:45–11:25am
<b>Stage 5</b> Stroke Development		Stage 5 6:45–7:25pm			
<b>Stage 6</b> Stroke Mechanics		Stage 6 6:45–7:25pm			
<b>Stages 1–6</b> Teen/Adult Lessons	Stage 1–6 7:30–8:10pm			Stage 1–6 7:30–8:10pm	Stage 1–3 8:30–9:15am Stage 1–6 10:45–11:25am
<b>SPECIALIZED PATHWAY – AGES 6–16; 40 MINUTE CLASS FEES: MEMBERS – \$70 NON-MEMBERS – \$100</b>					
<b>Aquatic Conditioning &amp; Endurance</b>		Ages 8–16 7:30–8:10pm			Ages 8–16 11:30am–12:10pm

- 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*

**Private lessons:** Our Y holds a variety of solo or semi-private lessons on a limited basis for those ages 5 years and older. Contact **Mary** at [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) for more info.

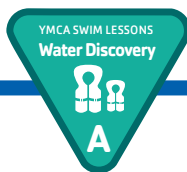
**Cumberland Cape Atlantic YMCA** 1159 E. Landis Ave., Vineland, NJ 08360 • (856) 691-0030 • [www.ccaymca.org](http://www.ccaymca.org)



# STAGE DESCRIPTIONS

## SWIM STARTERS

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.



## PRESCHOOL (3-5 YRS) \*Parents in the water Stage 1-3

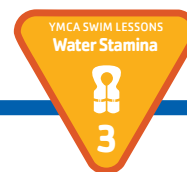
### 1/WATER ACCLIMATION

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

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.



## SCHOOL AGE (6-12 YRS), Teens & Adults

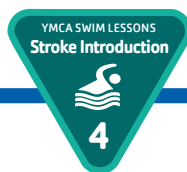
### 3/WATER STAMINA

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 BASICS

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



## PRESCHOOL (3-5 YRS)

### 4/STROKE INTRODUCTION

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.



## SCHOOL AGE (6-12 YRS), Teens & Adults

### 5/STROKE DEVELOPMENT

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.



## SCHOOL AGE (6-12 YRS), Teens & Adults

### 6/STROKE MECHANICS

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

## SWIM STROKES

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.



## PATHWAYS AGES 6-16

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

Aquatic Conditioning & Endurance is designed to help swimmers refine their strokes, build endurance, and improve starts and turns – all in a safe and structured environment.

**For more information, please contact Assistant Aquatic Director, Mary Desjardins at [aquatics@ccaymca.org](mailto:aquatics@ccaymca.org) or 856-691-0030 ext. 112.**