



CUMBERLAND CAPE ATLANTIC YMCA SUMMER SWIM TEAM

6-18 YEAR OLDS | JUNE 2-JULY 27 2025



YMCA Sea Otters Swim Team:

- » Great for those who want to try competitive swimming
- » Experience the summer team atmosphere without pressure
- » Work on stroke mechanics and endurance
- » Swim dual meets with South Jersey Summer Swim League

Program Fee and Forms Information:

- » A completed registration form is required prior to the start of swim team.
- » First payment is due at time of registration, along with registration.
- » You have the option to either pay in full for June and July or split the payment and be drafted for the July fee.
- » A sea Otters draft form must be filled out if payment is not made in full.

STROKE KNOWLEDGE REQUIRED TO PARTICIPATE IN SPRING/SUMMER Y COMPETITIVE SWIMMING

6-10 YEAR OLDS:

Swam on a competitive team (preferably but not required) and be able to swim legal – 50yds. freestyle, and 25yds. each – backstroke, breaststroke, and butterfly.

3 one hour (1 Hr) practices weekly.

11-18 YEAR OLDS:

Must have competitive experience and be able to swim legal – 100yds. freestyle and 50yds. each – breaststroke, butterfly and back stroke.

3 one and one-half hour (1.5 Hr) practices weekly.



	Ages 6-10	Ages 11-18
MEMBER FEE	\$259	\$322
NON-MEMBER FEE	\$315	\$409

REGISTRATION FEE:
\$60
Receive 2 Caps and 1 Shirt

**For more information or questions, please contact Ashley Grow,
Sports Supervisor at ysports@ccaymca.org or (856) 691-0030 extension 142.**

Cumberland Cape Atlantic YMCA

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

CUMBERLAND CAPE ATLANTIC YMCA SUMMER SWIM TEAM PRACTICE/MEET SCHEDULE

6 – 18 year olds | June 2 – July 27 2025

JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SUMMER SWIM STARTS 6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM		6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM		
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	10	20	21
22	23	24	25	26	27	28
HOME MEET VS. NORTHWEST Warmup starts at 12 PM Meet starts at 1 PM	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM					
29	30					

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		AWAY MEET AT BRIGANTINE	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	AWAY MEET AT HOLLY CITY	YMCA CLOSED	
		1	2	3	4	5
HOME MEET VS. BRIGANTINE Warmup starts at 12 PM Meet starts at 1 PM	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	8	9	10	HOME MEET VS. HOLLY CITY Warmup starts at 5 PM Meet starts at 6 PM	12
6	7				11	
13	14	AWAY MEET AT NORTHWEST	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	AWAY MEET AT HOLLY CITY	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	19
		15	16	17	18	
20	21	INCLEMENT WEATHER MAKE-UP DATE	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	6–10 year-olds: 5:30 PM – 6:30 PM 11–18 year-olds: 6:45 PM – 8:15 PM	PASTA PARTY NO PRACTICE	BIG MEET AT HOLLY CITY 2025 SJSSL Champion Meet
		22	23	24	25	26
RAIN DATE FOR BIG MEET						
27	28	29	30	31		

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