



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTH IN SWIMMING

YMCA Swim Team Camps – Spring 2025

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.

Fees: Member \$163 Non-Member \$258 (23 classes)

CAMPS RUN
**APRIL 7
- MAY 29**

8 weeks, no class
Monday, May 26

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.

MEETS: Mondays, Wednesdays,
Thursdays 5:30–6:30pm (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.

MEETS: Mondays, Wednesdays,
Thursdays 6:45–7:45pm (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, 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 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

Spring/Summer Y Seals/Sea Otters Swim Team info available by contacting the Y.

Questions? Contact Youth Sports Supervisor, Ashley Grow ysports@ccaymca.org
or 856-691-0030 ext 142.

Cumberland Cape Atlantic YMCA

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