



KERR STINGRAYS SUMMER SWIM TEAM

June 1— August 10, 2022

Program description: Open to all children ages 5 and older who have completed the Advanced level of group swim lessons, have participated in Stroke School, YOTA Prep, Senior Prep, or have completed an assessment. Cost will be \$245.

New participants assessment: All new participants must schedule an assessment prior to registration to ensure the swimmer has all prerequisite skills. Past Stroke School, YOTA Prep, and Senior Prep participants, or swimmers who have completed the Advanced level of group swim lessons do not need to schedule an assessment.

Pre-registration Skill Assessment: The assessment will consist of:

- **Swimmers age 11 years and older-** Swim 50 yards each of three competitive strokes. Must demonstrate basic competency in each stroke, as well as endurance to complete the total 150 yard swim (6 pool lengths).
- **Swimmers age 10 years and younger-** Swim 25 yards each of three competitive strokes. Must demonstrate basic competency in each stroke, as well as endurance to complete the total 75 yard swim (3 pool lengths).

Practice Make-up Policy: Practices and meets will be cancelled for any extreme weather. For days when we experience on-and-off extreme weather conditions, the Head Coach will communicate to families. Practices will not be rescheduled due to weather or pool closure.

Program Dates and Times:

April 1 Members only registration opens
April through May Swim Assessments can be scheduled by emailing Carrie.Rogers@YMCATriangle.org.
May 23 Parent Orientation & Suit Sizing, 6:30-7:30pm
Saturday, June 18th Meet at Knightdale
Saturday, June 25th Meet at Knightdale
July 4 – July 9 No practice! (week of 4th of July)
July 16 Meet at Northwest Cary
July 23 Meet at East Triangle YMCA
August 3 Last Practice
August 6 Championship Swim Meet
August 10 End of Season Celebration

Practice Schedule at Kanata:

Monday, Tuesday, Wednesday, Friday
5-10 years: 6:15-7:15 p.m.
11-18 years: 7:15- 8:15 p.m.

All practices take place at the Camp Kanata Pool. 13524 Camp Kanata Road, Wake Forest, NC 27587

Questions? Contact Carrie Rogers at
Carrie.rogers@ymcatriangle.org