

YMCA Summer Swim Team EVALUATIONS

Interested in Summer Swim Team?
All new swimmers must be evaluated PRIOR to registering!

YMCA Summer Swim Teams are for kids ages 5 to 18. Swimmers learn the importance of teamwork, sportsmanship, and goal setting.

Swimmers who have not previously participated in swim team must be assessed PRIOR to registration. The evaluation schedule is Tues., and Thurs, evenings and Sat. mornings. Use the QR code to sign up.

Swimmers compete in a series of weekend meets during the summer against other YMCA of the Triangle branches. Practices are age-specific and held in the late afternoons, Monday through Thursday.

For more information or to set up an alternative evaluation time, please contact:
Allie.LoPiccolo@YMCATriangle.org | 919-657-9622



Summer Swim Team registration begins on April 1.

Summer Swim Team Start Date: May 22, 2023

Swim Meet Dates and Locations

All swim meets are on Saturdays during the morning hours. Two swim meets will be home, two will be away. Saturday, 8/5 Champs Meet at TAC

Practice Times

6 & Under:	5:40 – 6:20 p.m.
7-8:	4:50 – 5:40 p.m.
9-10:	6:20 – 7:10 p.m.
11- 12:	7:10 – 8 p.m.
13 & Older:	4 – 4:50 p.m.