



# FAQs

## YMCA at Kerr 2023 Summer Swim Team

### Summer Swim Team Overview

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

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 evenings Monday through Thursday.

### What are the important program dates and times? (tentative, subject to change)

**April 1** – (Saturday) – Members only registration opens

**May 30** – First Practice!

**June 7** – (Wednesday) Time Trials

**June 14** – (Wednesday) Home Swim Meet (Knightdale Stations YMCA)

**June 24** – (Saturday) Home Swim Meet (Knightdale Stations YMCA)

**July 3 – July 6** – No practice!

**July 15** – (Saturday) Swim Meet @ NW Cary

**July 26** – (Wednesday) Swim Meet @ Finley

**August 3** – (Thursday) Last Practice!

**August 5** – (Saturday) Championship Swim Meet

**August 6** – (Sunday) End of Season Celebration

### When are practices held?

Monday – Thursday evenings

We recommend a minimum of 2 practices a week.

**6:30 – 7:20pm:** 5-10 year old

**7:30-8:30pm:** 10-18 year old

\*final practice assignments at the coach's discretion

### [YMCATriangle.org](https://ymcatriangle.org)

### What skills do the swimmers need to show to qualify for the team?

Swimmers 10 years and younger– **Swim 25 yards each of Freestyle and one other competitive stroke.** Must demonstrate basic competency in each stroke, as well as endurance to complete the total 50 yard swim (2 pool lengths).

Swimmers 11 years and older– **Swim 50 yards each of Freestyle and one other competitive stroke.** Must demonstrate basic competency in each stroke, as well as endurance to complete the total 100 yard swim (4 pool lengths).

### What do you do if swim practice is cancelled?

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.

**For any additional questions, please contact**  
[Max.Turner@ymcatriangle.org](mailto:Max.Turner@ymcatriangle.org)