



# FAQs

## A.E. Finley YMCA – Finley Fliers 2024 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 weeknight/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)*

**May 28** (Tuesday) – First Practice & Parent Meeting

**TBD** – Time Trials

**June 15** (Saturday)– Swim Meet @ East Triangle YMCA

**June 19** (Wednesday) – Swim Meet @Knightdale Station YMCA

**July 1 –July 4** – No practice!

**July 16** (Tuesday) – Home Swim Meet vs.

**July 23** (Tuesday) – Home Swim Meet Vs.

**August 1** (Thursday) – Last Practice!

**August 3** (Saturday) – Championship Swim Meet

**August 4** (Sunday)– End of Season Celebration

**Wednesday Night Meets will run 5-8pm with warmups starting at 5pm**

**Saturday Morning Meets will run 7am-11am with warm ups start at 7am.**

Click here to [Register your swimmer in Swimmingly!](#)

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

### When are practices held?

Monday – Thursday evenings

We recommend a minimum of 2 practices a week.

**6-7pm:** 5-10 year old

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

\*final practice assignments at the coach's discretion

### 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).

### Who needs to get evaluated?

Anyone who has **NOT** participated in **YMCA Summer Swim Team, Stroke School, YOTA PREP, or YOTA.**

### My child participated in our neighborhood swim team last year, do they need to be evaluated?

Yes. Swimmers coming from outside of the Y League need to be evaluated. [Click here to sign up for an evaluation.](#)

### 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.

### How does the coaching staff communicate to the parents?

They will email out using the Finley Fliers email [finleyfliers@ymcatriangle.org](mailto:finleyfliers@ymcatriangle.org) we also use Remind to send out short notice reminders to parents register by texting 81010 the message @fliers24

**For any additional questions, please contact**  
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