



FAQs

YMCA at KDS – Knightdale Sharks 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 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)

March 15– Past Participant registration opens.

April 1– Member registration opens.

May 28 – First Practice!

June 8– Time Trials

June 19– (Wednesday) Home Swim Meet

July 1–**July 4** – No practice!

July 13 – (Saturday) Swim Meet @ East Triangle

July 20 – (Saturday) Swim Meet @ NW Cary

July 27 – (Saturday) Home Swim Meet

August 1– (Thursday) Last Practice!

August 3– (Saturday) Championship Swim Meet

August 4– (Sunday) End of Season Celebration

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).

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
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