

# YMCA Summer Swim Team

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 while developing upon the skills and techniques of competitive swimming.

**SWIMMERS WHO HAVE NOT PREVIOUSLY PARTICIPATED ON SWIM TEAM MUST COMPLETE AN EVALUATION PRIOR TO REGISTRATION.**

Summer Swim Team Evaluations will be held on **Saturday, March 8** and **Saturday, March 15** at the **TAYLOR FAMILY YMCA** Aquatic Facility. (NOT Kraft Family YMCA)

Sign up for evaluations by calling the Taylor Family YMCA Pool Desk at: **(919)-469-9592**.

Evaluation Criteria:

- 6 years and younger- swimmers must be able to safely and confidently complete a 25-yard swim of Freestyle and/or Backstroke. Will take observed skill level in consideration if unable to complete full lap at time of evaluation.
- 7 - 10 years old- must have knowledge of 3 of the 4 competitive strokes and be able to swim 25 yards of each. Must be able to tread water for 30 seconds.
- 11 - 18 years old- must have knowledge of 3 of the 4 competitive strokes and be able to swim 50 yards of 2 out of 4 of these.

## Kraft Summer Swim Team FAQ's:

**Swim Team General Season Dates:** May 27 - August 3.

### Swim Meet Dates and Locations:

All swim meets are held on Saturday mornings. We compete with other YMCA locations in the triangle. Three swim meets will be home, two will be away. Championship Meet at Triangle Aquatic Center.

## Practice Times

6 & Under:	5:40 - 6:20 p.m.
7 - 8:	6:20 - 7:00 p.m.
9 - 10:	7:00 - 7:45 p.m.
11 - 12:	7:45 - 8:30 p.m.
13 & Older:	7:45 - 8:30 p.m.

For more information or to set up an alternative evaluation time, please contact:

[Madison.Temple@YMCATriangle.org](mailto:Madison.Temple@YMCATriangle.org)