



# FAQs

## Kerr YMCA Stingrays 2025 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.

### Important Program Dates and Times

**March 15**– Past Participant registration opens.

**April 1**– Member registration opens.

**May 23** – Parents Meeting: Upstairs Multipurpose Room at Kerr Y – 5pm-6pm

**May 27** – First Practice!

**June 14**– Time Trials (Practice Meet) @ Knightdale

**June 21**– (Saturday) Home Swim Meet @ Knightdale

**June 28**–(Saturday) Home Swim Meet @ Knightdale

**July 1 –July 4** – No practice!

**July 12** – (Saturday) Swim Meet @ NW Cary

**July 19** – (Saturday) Swim Meet @ Finley

**July 31** – (Thursday) Last Practice!

**August 2**– (Saturday) Championship Swim Meet

**August 3**– (Sunday) End of Season Celebration

Practice will be held at **CAMP KANATA**

13524 Camp Kanata Road, Wake Forest, NC 2758

Parking will be in the pasture on the right of the entrance, there is handicap parking accessible if necessary.

### When are practices held?

Monday – Thursday evenings

We recommend a minimum of 2 practices a week.

**5-10 y/o:**

**Mon-Thurs 6:10p – 7:00p**

**11-18 y/o:**

**Mon-Thurs 7:00p – 7:50p**

### 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 via Remind (Class Code: @KerrSSL). Practices will not be rescheduled due to weather or pool closure.

**For any additional questions, please contact**

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