



FAQs

A.E. Finley YMCA – Finley Fliers 2026 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 26 (Tuesday) – First Practice & Parent Meeting

June 13 Saturday 7:00 AM

Time Trials @ Finley Outdoor pool

June 27 Saturday AM (7am-11am)

Home Swim Meet Vs Knightdale,
East Triangle & Kerr

July 1 – July 4 – No practice!

July 11 Saturday AM (Time TBD)

Away Swim Meet @ North West Cary YMCA

July 18 – Saturday AM (7am-12pm)

Home Swim Meet Vs Kraft

July 25 Saturday AM (Time TBD)

Away Swim Meet @ Poole Family YMCA

July 30 (Thursday) – Last Practice!

August 1 (Saturday AM) – Championship Swim Meet at Triangle Aquatic Center in Cary

August 2 (Sunday Afternoon)– End of Season Celebration

Saturday Morning Meets typically run 7am-11am with warm ups starting at 7am.

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.

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 we also use Group Me this year to send out communication about weather or updates about the season.

For any additional questions, please contact Linda.Singh@ymcatriangle.org

YMCATriangle.org