



# 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 20** 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](mailto: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](mailto:Linda.Singh@ymcatriangle.org)**

**[YMCATriangle.org](http://YMCATriangle.org)**