



FAQs

Northwest Cary YMCA Narwhals 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)*

June 1 - First Practice & Parent Meeting

June 13 – Saturday AM

Home Swim Meet (Times Trials)

June 20 – Saturday AM

Away Swim Meet @ Taylor Family YMCA

June 27 – Saturday AM

Home Swim Meet vs. Poole/Alexander/SER

July 11 – Saturday AM

Home Swim Meet vs. Finley

July 25 – Saturday AM

Away Swim Meet @Kraft YMCA

July 30 (Thursday) – Last Practice and End of Season celebration (team would be all together potluck)

August 1 (Saturday AM) – Championship Swim Meet

Saturday Morning Meets will run 7 - 11 a.m. with warmups starting at 7 a.m.

What will be required from the parents?

To run our meets smoothly we need your help! We need timers, runners and many more jobs that we will go over in the parent meeting on June 1 during your child's practice time.

Register your swimmer in [Swimmingly!](#) (Link soon)

YMCATriangle.org

When are practices held?

Monday – Thursday evenings

We recommend a minimum of 2 practices a week.

Age Groups

6 & Under: 6 – 6:50 p.m.

7-8: 6 – 6:50 p.m.

9-10: 6:50 – 7:40 p.m.

11-12: 7:40 – 8:30 p.m.

12 & Above (until 18): 5:10 – 6 p.m.

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 canceled?

Practices and meets will be canceled 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?

We will be on Remind app that is an instant texting application to communicate deadlines, cancellations and any questions you might have. This will be shared on June 1 during your child's practice.

For any additional questions, please contact:
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