

ALEXANDER FAMILY YMCA SUMMER SWIM TEAM

PROGRAM INFORMATION FOR POTENTIAL FAMILIES

Below is an overview of our program designed to help families determine whether the Summer Swim Team is an appropriate fit for their swimmer.

Summer Swim Team Program Overview

The Summer Swim Team is a fun, structured, instructional program created for swimmers ages 5–18 to build confidence, develop skills, and foster teamwork in a supportive, low-pressure environment. Compared to year-round competitive teams, our league emphasizes skill development, personal growth, and positive experiences rather than competition alone. We prioritize progress over perfection and strive to maintain a welcoming atmosphere where swimmers can learn, improve, and enjoy their summer.

Summer Swim Team Evaluations

All first-time participants are required to complete a brief skills evaluation. This process ensures swimmer safety and helps place each participant in the program that best supports their current ability level. Following the evaluation, families will receive guidance on whether the Summer Swim Team or an alternative swim lesson program is the most appropriate placement.

Skill expectations by age:

6 & Under

Swimmers should demonstrate foundational aquatic skills and comfort in the water. Participants must be able to:

- Swim freestyle at least 15 yards without flotation or physical assistance
- Maintain a horizontal body position while kicking and using basic arm movements to propel forward independently, including comfort with face submerged
- Tread water with head above water for brief intervals

Swimmers may also be asked to show introductory familiarity with elements of other strokes (backstroke, breaststroke arms, or butterfly/dolphin kick), though full execution is not required. Evaluations for this age group focus primarily on comfort, confidence, and safe independent movement rather than technical proficiency; however, a solid foundational skill base is necessary.

Ages 7–10

Swimmers must demonstrate increasing independence and readiness to learn competitive strokes.

Swimmers must be able to:

- Swim one full lap (25 yards) of 2 out of 4 competitive strokes
- Tread water for a minimum of 30 seconds
- Demonstrate basic understanding of the components (kick, pull, and general concept) of all four strokes, even if not fully developed

Ages 11–12

- Swim 2 laps (50 yards) of at least **1 competitive stroke**
- Swim 1 lap (25 yards) of **all 4** competitive strokes
- Tread water for at least 30 seconds

Ages 13-18

- Swim two laps (50 yards) of at least two competitive strokes
- Swim one lap (25 yards) of all four competitive strokes
- Tread water for at least 30 seconds

Program Note

Families should not be concerned about perfect technique or speed. This is a developmental, learning-focused program. Evaluations are not intended to assess perfection; rather, they ensure swimmers are prepared to participate safely with their age group in a group practice environment and allow coaches to effectively build upon each swimmer's current abilities.

Practice Schedule

Season Dates May 26 - August 1

Practices run **Monday–Thursday** (subject to change, but typically follow this schedule):

- **Alexander Family YMCA:**
 - **Ages 6 & under:**
 - Monday/Wednesday 6 - 6:40p.m.
 - Tuesday/Thursday 7:30 - 8:10a.m.
 - **Ages 7-8:**
 - Monday/Wednesday 6 - 6:40p.m.
 - Tuesday/Thursday 7:30 - 8:10a.m.
 - **Age 9-10:**
 - Monday/Wednesday 6 - 6:40p.m.
 - Tuesday/Thursday 7:30 - 8:10a.m.
 - **Ages 11 & under:**
 - Monday/Wednesday 6:45 - 7:30p.m.
 - Tuesday/Thursday 8:15 - 9a.m.
- **Poole Family YMCA:**
 - **Ages 6 & under:**
 - Monday - Thursday 6:15 - 7p.m.
 - **Ages 7-8:**
 - Monday - Thursday 7 - 7:45p.m.
 - **Ages 9-10:**
 - Monday - Thursday 7 - 7:45p.m.
 - **Ages 11 & over:**
 - Monday - Thursday 7 - 7:45p.m.

*No practices on **June 29th-July 5th to observe summertime holidays!**

Meet Schedule

Saturday, June 13th	<i>Practice Meets (Intrasquad)</i>
Saturday, June 20th	<i>Poole/Alexander vs. Knightdale/East Triangle/Kerr @ YMCA at Knightdale Station</i>
Saturday, June 27th	<i>Poole/Alexander vs. Northwest Cary/Chatham @ Northwest Cary YMCA</i>
Saturday, July 4th	<i>NO MEETS - HAPPY 4TH OF JULY!</i>
Saturday, July 11th	<i>Poole/Alexander vs. Kraft - Location TBD</i>
Saturday, July 18th	<i>NO MEET</i>
Saturday, July 25th	<i>Poole/Alexander vs. A.E. Finley - Location TBD</i>
Saturday, August 1st	<i>Championship Meet at Triangle Aquatic Center (TAC) Cary, NC</i>

Frequently Asked Questions:

Practice Attendance:

Although four practices are offered each week, attendance is flexible and not mandatory. Families may attend as many sessions as fit their schedules. Practices are intended to provide opportunities for participation rather than strict requirements, reflecting the program's developmental focus and our commitment to supporting busy family routines. We will be partnering with the Poole YMCA to bring together our summer swim teams to offer an outdoor and indoor experience for our swimmers! Families are encouraged to attend practices at the branch that they register with but are open to attend practices at the Poole YMCA, if needed.

Cost & Membership

- Summer Swim Team is a **YMCA member-only program**
 - **\$277 one-time fee** for the full season (*Includes team shirt and swim cap!*)
 - Team suits will be available for purchase for an added cost. More details will be provided closer to the start of the season.
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Registration Information

- Registration for new swimmers opens **March 15**.
 - Due to high demand, team capacity may be reached quickly.
 - Completion of an evaluation does **not** guarantee placement if the program reaches capacity.
 - Registrations submitted without a completed evaluation or coach approval will remain inactive until requirements are met, ensuring fair access for families on the waitlist.
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Swim Meets

- Meets are held on select Saturdays, approximately **7:00 AM–12:00 PM**.
 - **Home meets** will take place at the Southeast Raleigh YMCA.
 - Away meets will be hosted at nearby YMCA branches, generally within a 30-minute travel radius.
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Contact Information

For evaluation scheduling or additional questions, please contact:

Finley Baldwin

Finley.Baldwin@YMCATriangle.org