



YMCA at Knightdale Station **SUMMER SWIM TEAM**



Join the Knightdale Station YMCA Sharks Swim Team!

YMCA summer swim teams are for Y members ages 5 to 18. Swimmers learn the importance of teamwork, sportsmanship and goal setting. Practices will be held during the week. With both morning and evening options for practice. Swimmers will compete in a series of weekend meets against other YMCA of the Triangle branches. A Championship meet will be held at the Triangle Aquatics Center to close out the swim season.

Practice Options:

- Monday and Wednesday, 6:30 - 7:30 p.m.
- Tuesday and Thursday, 9 - 10 a.m.

2026 Season Dates

- May 26 - August 1

Location & Contacts

- YMCA at Knightdale Station
494 Knightdale Station Run, Knightdale
- Chuck Gordon | Charles.Gordon@ymcatriangle.org

