



When do practices start?

The week of September 14, 2026

How do we get started?

The best place to get started is with a new swimmer evaluation. Click the link below to sign-up.

<https://www.signupgenius.com/go/10C084EA5AF2AA0FFCF8-64854985-fall>

After the evaluation the coaches will be able to let you know the next steps in joining the team including practice and meet schedules.

How can I find more information?

Visit the website at www.FMSTswim.com and look under Season Information.

Do we need to attend all of the practices?

No. We do encourage regular attendance. We refine skills every day at practices and it is important to keep repeating the correct skills in order to make permanent improvements.

Do we need to attend all of the meets?

No. Just sign-up for the meets you are able to attend. The meets are for everyone, and they are a fun way to see improvements in their swimming.

Are there fees at YMCA dual meets?

No. The fees are included in your program fees.

What is an invitational meet?

It is like a regular meet but is hosted as a fund raiser for the host team, and they offer additional opportunities for competition.

There is usually a \$15-\$20 cost to enter these meets.

What is USA Swimming?

USA Swimming offers additional competition to swimmers that have a few years of experience, and can complete a legal 100 IM & 200 Free. If you are interested in USA Meets, contact your coach.

There are membership fees and meet entry fees for all USA Meets.