



YBN SHARKS SWIM TEAM

YMCA BUFFALO NIAGARA

2025-2026 SEASON

YBN Sharks Swim Team is a competitive YMCA swim program. We are a part of the National YMCA Competitive Swimming program, offering instruction, training, and competition. Competitive swimming has been a part of the YMCA for over 50 years. The team operates in accordance with National YMCA Competitive Swimming and Diving policies and USA- Swimming Technical Rules. Accordingly, all team members must be full-privileged members of the YMCA.

Swim Team provides opportunities for personal development in individual stroke technique and skills, improved times, building self-esteem, and good sportsmanship. As part of this philosophy, each swimmer is expected to participate with the team in all swim meets; there are no benchwarmers in YMCA Swimming.



2025-2026 Season Information

Season Dates

Practices begin the week of September 08, 2025
Season concludes with League Championships (TBD) in February 2026
(Season may extend into March for State Qualifying Swimmers)

Swim Assessments (Required)

Drop-in assessments available 8/19 and 8/21 between 7:00-8:00pm. Assessment takes about ten minutes.

Practices

Times are based on swimmer level group, to be determined after assessments.

Independent Health YMCA Practices

Sand Sharks: Monday/Wednesday:
5:15-6:00pm
Thursday: 7:00-7:45pm
Friday: 6:00-6:45pm

Bull Sharks: Monday/Wednesday:
6:00-7:00pm
Tuesday: 6:30-7:30pm
(Dryland 6:30-7:00pm)
Friday: 6:45-7:45pm

Mako Sharks: Monday/Wednesday:
7:00-8:30pm
Tuesday/Thursday:
6:30-8:00pm
(Dryland 6:30-7:00pm)

Additional Questions? Ehrin Hughes, Aquatics Director, ehughes@ymcabn.org



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FREQUENTLY ASKED QUESTIONS

Who can be a member of the Swim Team?

Per National YMCA swimming rules, swim team members must be a full member of the YMCA with either a teen or family membership. Each participant must meet specific swim requirements.

How much does it cost?

The 2025–2026 Sharks Swim Team fee ranges from \$575–\$725, based on level: beginner–advanced and is non-refundable. Payment for the season can be paid upfront or drafted monthly from your bank account used for your Y membership. State Qualifiers additional monthly fee based on level Sand Shark (beginner): \$115, Bull Shark (Intermediate): \$125, Mako Shark (Advanced): \$145.

How do I register?

Registration for the full season will begin Sunday, August 24. Will be completed by the Aquatics Department following the assessment.

How do I arrange an assessment?

Contact Aquatics Director, E Hughes at ehughes@ymcabn.org or Head Swim Coach, Justin Popp at jpopp@ymcabn.org to arrange a swim assessment.

Are there additional costs?

The program fee includes the cost of all league dual meets, ribbons, awards, and the holiday party. There are additional costs for team suits, caps, goggles, Invitational meets, the District Championship meet, the State Championship meet, Y Nationals, etc.

How long is the season?

The season begins September 8, 2025 with regular practices and finishes with a three-day State Championship Meet in March 2026 (for qualifying swimmers). For all other swimmers, the season concludes with the League Championships in February 2026. Time qualifications are required to participate in the State Championship Meet.

When and where is practice?

Practice begins Monday, September 8. Practices will be offered at the Independent Health Family YMCA. A swimmer's practice level and time are determined by the assessment. ALL participants must be evaluated prior to joining the team by a team coach.

How many practices do I need to attend?

Swimmers are encouraged to attend as many practices as they can for their group. There are no penalties for missed practices. We encourage swimmers to stay in the water during the entire practice. If they must leave for any reason, such as a bathroom break, we ask that they limit their time and return to the deck as soon as possible. Team fee is non-refundable regardless of attendance.

When are swim meets and how many are there?

League meets are generally on Saturdays, Season Meet Calendar TBA. There are additional invitational meets available to participate in throughout the season for an additional fee, including the League and State Championship Meets, and Y Nationals.

Where are swim meets held?

League meets are held at local pools in the Buffalo and Rochester area. Invitational meets are held at pools throughout the state.

Does everyone swim in meets?

All swimmers are required to participate in meets throughout the season and must swim in a minimum of three meets to participate in the championship league meet at the end of the season.

What can parents do to help?

There are many opportunities to support the team, from officiating meets, timing, distributing awards, and coordinating activities. More information is available at Parent Meetings on August 27 at 7:00pm and throughout the season.