



Upper Palmetto YMCA Rays Swim Team

Rock Hill Aquatics Center – November 23rd 2020 – January 2nd 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	4:30-7pm @ CSDO	Dryland 6:00-7:15am @ CSD 4:30-6:45pm @ CSDO	4:30-7pm @ CSDO	Dryland 6:00-7:15am @ CSD 4:30-6:45pm @ CSDO	6:00-7:15 AM @ CSDO 4:30-6:45pm @ CSDO	Dryland 6:00-7:00AM 7:00-9:15 AM @ CSDO
Pre-Senior 1	4:30-6:45pm @ CSDO	Dryland 6:00-7:15am 4:30-6:15pm @ CSDO	4:30-6:45pm @ CSDO	Dryland 6:00-7:15am 4:30-6:15pm @ CSDO	5:30-7:30 AM @ CSDO 4:30-6:30pm @ CSDO	Dryland 6:00-7:00AM 7:00-9:15 AM @ CSDO
Pre-Senior 2	5:00-6:45 PM @ RHAC	4:30-5:45 PM @ RHAC	5:00-6:45 PM @ RHAC Dryland 6:45-7:30	4:30-5:45 PM @ RHAC	5:00-6:45 PM @ RHAC	9:15-10:15 Dryland; 10:15-11:45 Swim @ RHAC
Manta	4:30-6:30 PM @ CSDI	4:30-6:30 PM @ CSDI	Dryland 4:30-5:15 5:15-6:45 PM @ CSDI	4:30-6:30 PM @ CSDI	4:30-6:30 PM @ CSDO	8:15-9:00 Dryland, 9:00-10:30 Swim @ CSD
Electric	5:00-6:15pm @ RHAC 6:15-7:00 Dryland	4:30-6:00pm @ RHAC	NO PRACTICE	4:30-6:00pm @ RHAC	4:30-6:00pm @ RHAC	8:15-9:00 Dryland, 9:00-10:30 Swim @ CSD
Blue	5:00-6:15pm @ RHAC 6:15-7:00 Dryland	4:30-6:00pm @ RHAC	NO PRACTICE	4:30-6:00pm @ RHAC	4:30-6:00pm @ RHAC	8:15-9:00 Dryland, 9:00-10:30 Swim @ CSD
Atlantic	NO PRACTICE	4:30-5:30pm @ RHAC	NO PRACTICE	4:30-5:30pm @ RHAC	4:30-5:30pm @ RHAC	10:00-11:15 AM @ CSDI
Mini Rays 1	NO PRACTICE	6:00-7:00 @ RHAC	NO PRACTICE	6:00-7:00 @ RHAC	6:00-7:00 @ RHAC	NO PRACTICE
Mini Rays 2	NO PRACTICE	6:00-7:00 @ RHAC	NO PRACTICE	6:00-7:00 @ RHAC	6:00-7:00 @ RHAC	NO PRACTICE
Mini Rays 3	NO PRACTICE	6:00-7:00 @ RHAC	NO PRACTICE	6:00-7:00 @ RHAC	6:00-7:00 @ RHAC	NO PRACTICE

RHAC = Rock Hill Aquatics Center YMCA, 325 Rawlinson Road, Rock Hill, SC 29732
 CSD = CSD Community YMCA, 5485 Charlotte Highway, Clover, SC 29710
 FMC = Fort Mill YMCA at The Complex, 971 Tom Hall Street, Fort Mill SC 29715

The YMCA reserves the right to change the schedule. Please visit your groups practice schedule online (www.swimrays.com) for any changes/cancellations to practices specific to your group. The YMCA swim teams adjusted holiday schedules is also posted on the website.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*Tennis Shoes and athletic clothing are **Mandatory** for all dryland sessions!

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