



Upper Palmetto YMCA Rays Swim Team

Ft. Mill Aquatics Center November 23rd 2020 – January 2nd 2021

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 1	4:30-7pm	Dryland 6-7:15am @ RW 4:30-6:45pm	4:30-7pm	Dryland 6-7:15am @ RW 4:30-6:45pm	6-7:15am 4:30-7pm	Dryland 6:30-7:30am @ Gold Hill 8-10:30am @ FMAC
Senior 2	4:30-6:45pm	Dryland 5:30-6:15pm 6:15-8pm	4:30-6:45pm	6-7:15am Dryland 5:45-6:30pm 6:30-8:15pm	4:30-6:45pm	Dryland 7-8am 8-10am
Pre-Senior 1	4:30-6:45pm	Dryland 4:30-5:15pm 5:15-7pm	4:30-6:45pm	Dryland 4:30-5:15pm 5:15-7pm	6-7:15am 4:30-6:45pm	8-10am swim 10-11am Dryland
Pre-Senior 2	6:30-8:15pm	No Practice	Dryland 5:15-6pm 6-7:30pm	5:30-7:15pm	5:30-7:15pm	Dryland 9:15-10am 10-11:30am
Manta	5:15-7pm	4:30-6:30pm	Dryland: 3:45-4:30pm 4:30-6pm	4:30-6:30pm	3:45-5:30pm Dryland 5:30-6:15pm	7-9am
Electric	3:45-5:30pm	Dryland 4-4:45pm 4:45-6:15pm	No Practice	4-5:30pm	6:15-7:45pm	9:30-11am Dryland 11-11:45am
Blue	Dryland 3-3:45pm 3:45-5:15pm	3-4:30pm	Dryland 3-3:45pm 3:45-5:15pm	3-4:30pm	No Practice	9:15-10:45am
Atlantic	3-4pm	No Practice	3-4pm	No Practice	3-4pm	9:30-10:45am
Mini Rays 1	No Practice	A – 3-3:45pm B – 3:50-4:35pm	No Practice	A – 3-3:45pm B – 3:50-4:35pm	A – 4-4:45pm B – 4:45-5:30pm	No Practice
Mini Rays 2	No Practice	4:40-5:25pm	No Practice	4:40-5:25pm	No Practice	10:50-11:35am
Mini Rays 3	No Practice	5:30-6:15pm	No Practice	5:30-6:15pm	No Practice	11:40am-12:25pm

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

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

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.