



Upper Palmetto YMCA Rays Swim Team

CSD Community YMCA October 10, 2022-April 29, 2023

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday* |
|---------------|-------------|--|-------------|--|-------------|---|
| Senior | 4:30-6:30pm | 5:15-6:00pm Drylands 6:15-8:00pm Swim | 4:30-6:45pm | 5:15-6:00pm Drylands 6:15-8:00pm Swim | 4:30-6:30pm | 7:15-9:30am Swim 9:45-10:30am Dryland |
| Pre-Senior 1 | 4:30-6:30pm | 5:15-6:00pm Drylands 6:15-8:00pm Swim | 4:30-6:45pm | 5:15-6:00pm Drylands 6:15-8:00pm Swim | 4:30-6:30pm | 7:15-9:30am Swim 9:45-10:30am Dryland |
| Pre-Senior 2 | 6:30-8:00pm | 5:15-6:00pm Drylands 6:15-8:00pm Swim | OFF | 5:15-6:00pm Drylands 6:15-8:00pm Swim | 6:30-8:00pm | 7:15-9:30am Swim 9:45-10:30am Dryland |
| Manta | 4:30-6:15pm | 4:30-6:00pm Swim 6:15-7:00pm Drylands | 4:30-6:15pm | 4:30-6:00pm Swim 6:15-7:00pm Drylands | 4:30-6:30pm | 9:30-11:00am Swim 9:00-9:30am Drylands |
| Blue | 6:15-7:45pm | 4:30-6:00pm Swim 6:15-6:45pm Drylands | 6:15-7:45pm | 4:30-6:00pm Swim 6:15-6:45pm Drylands | OFF | 9:30-11:00am Swim 9:00-9:30am Drylands |
| Electric | 6:15-7:45pm | 4:30-6:00pm Swim 6:15-6:45pm Drylands | OFF | 4:30-6:00pm Swim 6:15-6:45pm Drylands | OFF | 9:30-11:00am Swim 9:00-9:30am Drylands |
| Atlantic | 4:15-5:15pm | No Practice | 4:15-5:15pm | No Practice | 4:15-5:15pm | 9:30-10:45am Swim |
| Mini Rays 1** | 5:20-6:00pm | No Practice | 5:20-6:00pm | No Practice | 5:20-6:00pm | No Practice |
| Mini Rays 2** | 6:05-6:45pm | No Practice | 6:05-6:45pm | No Practice | 6:05-6:45pm | No Practice |
| Mini Rays 3** | 6:50-7:30pm | No Practice | 6:50-7:30pm | No Practice | 6:50-7:30pm | No Practice |

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

***Saturday Morning Workouts are at CSD, RHAC or FMAC.**

Check your emails! Shoes and athletic attire are required for all dryland sessions.

After 10/29, Saturday mornings will be at Rock Hill Aquatic Center or Fort Mill Aquatic Center. Check your emails!

No RAYS Practice for Any Swimmers: 11/25, 12/24-25, 1/1

RAYs Spring Break: All Groups OFF 3/31-4/9 (Except Y-Naitonal Qualifiers). Practices will resume on Monday 4/10/23.

The YMCA reserves the right to change the schedule. Please visit online (www.swimrays.com) for any changes/cancellations to practices. The YMCA swim teams adjusted holiday schedules are also posted on the website and sent via TeamUnify email.