



Upper Palmetto YMCA Rays Swim Team

CSD Community YMCA September 6-October 8, 2022

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday* @ RHAC
Senior	6:00-8:00pm	No Practice	6:00-8:00pm	No Practice	6:00-8:00pm	7:15-9:30am Swim 9:45-10:30am Dryland
Pre-Senior 1	6:00-8:00pm	No Practice	6:00-8:00pm	No Practice	6:00-8:00pm	7:15-9:30am Swim 9:45-10:30am Dryland
Pre-Senior 2	6:00-8:00pm	No Practice	6:00-8:00pm	No Practice	6:00-8:00pm	9:30-11:30am
Manta	4:30-6:00pm	No Practice	4:30-6:00pm	No Practice	4:30-6:00pm	9:30-11:30am
Blue	4:30-6:00pm	No Practice	4:30-6:00pm	No Practice	4:30-6:00pm	9:30-11:30am
Electric	4:30-6:00pm	No Practice	4:30-6:00pm	No Practice	4:30-6:00pm	9:30-11:30am
Atlantic	4:15-5:15pm	No Practice	4:15-5:15pm	No Practice	4:15-5:15pm	9:30-10:45am
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. Swimming Outdoors! Weather Permitting, if bad weather we will relocate. Check your emails!**

Shoes and athletic attire are required for all dryland sessions.

****Mini Rays begin on Monday 9/12/2022.**

There is NO Practice for any RAYS Swimmers on Saturday 9/10 or Saturday 10/1 due to facility rentals for High School Meets.

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.