



# YMCA of Upper Palmetto Rays Swim Team

Ft. Mill Aquatics Center October 10, 2022-April 29, 2023

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Senior 1	4:30-5:15pm Drylands 5:15-7:00pm Swim	6:00-7:15am Lift @ RW 4:30-6:45pm Swim	4:30-5:15pm Drylands 5:15-7:00pm Swim 5:45-7:15am Swim	6:00-7:15am Lift @ RW 4:30-6:45pm Swim	4:30-6:30pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Senior 2	5:00-5:45pm Drylands 5:45-7:45pm Swim	4:30-6:45pm	5:00-5:45pm Drylands 5:45-7:45pm Swim	4:30-6:45pm	4:30-6:30pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Pre-Senior 1	5:30-6:15pm Drylands 6:15-8:00pm Swim	4:30-6:30pm	5:30-6:15pm Drylands 6:15-8:00pm Swim	4:30-6:30pm	4:30-6:30pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Pre-Senior 2	6:00-6:45pm Drylands 6:45-8:15pm Swim	OFF	6:00-6:45pm Drylands 6:45-8:15pm Swim	6:30-8:00pm	5:00-6:30pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Manta	4:00-4:45pm Drylands 4:45-6:15pm Swim	5:30-7:30pm	4:00-4:45pm Dryland 4:45-6:15pm Swim	5:30-7:30pm	5:00-6:30pm	9:30-11:00am Swim 9:00-9:30am Drylands
Electric	OFF	4:30-5:45pm Swim 5:50-6:10pm Drylands	5:00-6:30pm	OFF	4:45-6:00pm Swim 6:05-6:25pm Drylands	9:30-11:00am Swim 9:00-9:30am Drylands
Blue	4:15-5:45pm	6:00-7:20pm Swim 7:20-7:40pm Drylands	4:15-5:45pm	6:00-7:20pm Swim 7:20-7:40pm Drylands	OFF	9:30-11:00am Swim 9:00-9:30am Drylands
Atlantic	4:15-5:30pm	No Practice	4:15-5:30pm	No Practice	3:30-4:30pm	9:30-10:45am
Mini Rays 1	No Practice	4:00-4:40pm	No Practice	4:00-4:40pm	4:00-4:40pm	No Practice
Mini Rays 2	No Practice	4:45-5:25pm	No Practice	4:45-5:25pm	4:45-5:25pm	No Practice
Mini Rays 3	No Practice	5:30-6:10pm	No Practice	5:30-6:10pm	5:30-6:10pm	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

RW = Riverwalk YMCA, 998 Riverwalk Parkway, Rock Hill, SC 29730

**\*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](http://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.