



YMCA of Upper Palmetto Rays Swim Team

Ft. Mill Aquatics Center September 6-October 8, 2022

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday* @ CSD |
|--------------|-------------------------------|-------------|-------------------------------|-------------|-------------------------------|--|
| Senior 1 | 6:15-8:00pm | No Practice | 6:15-8:00pm | No Practice | 6:15-8:00pm | 7:15-9:30am – Swim 9:45-10:30am - Dryland |
| Senior 2 | 6:15-8:00pm | No Practice | 6:15-8:00pm | No Practice | 6:15-8:00pm | 7:15-9:30am – Swim 9:45-10:30am - Dryland |
| Pre-Senior 1 | 6:15-8:00pm | No Practice | 6:15-8:00pm | No Practice | 6:15-8:00pm | 7:15-9:30am – Swim 9:45-10:30am - Dryland |
| Pre-Senior 2 | 6:15-8:00pm | No Practice | 6:15-8:00pm | No Practice | 6:15-8:00pm | 9:30-11:30am |
| Manta | 3:15-4:30pm OR 6:15-7:30pm | No Practice | 3:15-4:30pm OR 6:15-7:30pm | No Practice | 3:15-4:30pm OR 6:15-7:30pm | 9:30-11:30am |
| Electric | 3:15-4:30pm OR 6:15-7:30pm | No Practice | 3:15-4:30pm OR 6:15-7:30pm | No Practice | 3:15-4:30pm OR 6:15-7:30pm | 9:30-11:30am |
| Blue | 3:15-4:30pm OR 6:15-7:30pm | No Practice | 3:15-4:30pm OR 6:15-7:30pm | No Practice | 3:15-4:30pm OR 6:15-7:30pm | 9:30-11:30am |
| 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. 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 Tuesday 9/13/2022.**

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.