



YMCA of Upper Palmetto Rays Swim Team

Gregory Family YMCA October 10 - May 31st, 2022

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Senior 1	5:00-7:15pm Swim/DL	5:00-7:15pm	5:00-7:15pm	5:00-7:15pm Swim/DL	5:00-7:15pm	7:15-9:30am Swim 9:45-10:30am DL
Senior 2	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:45pm	4:30-6:45pm	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:45pm	7:15-9:30am Swim 9:45-10:30am DL
Pre-Senior 1	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:30pm	4:30-6:30pm	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:30pm	7:15-9:30am Swim 9:45-10:30am DL
Pre-Senior 2	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:15pm	4:30-6:15pm	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:15pm	No Practice
Manta	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:30pm	4:30-6:30pm	4:30-6:00pm Swim 6:00-6:45pm DL	4:30-6:30pm	9:00-9:30am DL 9:30-11:00am Swim
Blue	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	No Practice	No Practice
Atlantic	3:00-4:15pm	3:00-4:15pm	3:00-4:15pm	3:00-4:15pm	No Practice	No Practice

FMAC = Fort Mill YMCA at The Complex, 971 Tom Hall Street, Fort Mill SC 29715

GFY = Gregory Family YMCA, 512 Hubbard Dr, Lancaster, SC 29720

RHAC = Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, SC 29732

CSD = CSD Community YMCA, 5485 Charlotte Highway, Clover, SC 29710

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

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.