



YMCA of Upper Palmetto Rays Swim Team

Gregory Family YMCA September 6th - October 8th, 2022

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

***Saturday Morning Workouts are at CSD.**

Shoes and athletic attire are required for all dryland sessions.

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.