



# Upper Palmetto YMCA Rays Swim Team

Rock Hill Aquatics Center October 10, 2022-April 29, 2023

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Senior	4:30-5:15pm Drylands 5:15-7:00pm Swim	5:15-7:30pm	5:15-7:30pm	5:15-7:30pm	4:30-5:15pm Drylands 5:15-7:00pm Swim	7:15-9:30am Swim 9:45-10:30am Drylands
Pre-Senior 1	4:30-5:15pm Drylands 5:15-7:00pm Swim	5:15-7:30pm	5:15-7:30pm	5:15-7:30pm	4:30-5:15pm Drylands 5:15-7:00pm Swim	7:15-9:30am Swim 9:45-10:30am Drylands
Pre-Senior 2	4:30-5:15pm Drylands 5:15-7:00pm Swim	OFF	5:45-7:45pm	5:45-7:45pm	4:30-5:15pm Drylands 5:15-7:00pm Swim	7:15-9:30am Swim 9:45-10:30am Dryland
Electric	5:30-6:45pm Swim 6:45-7:15pm Drylands	OFF	5:45-7:15pm Swim 7:15-7:45pm Drylands	5:45-7:15pm	OFF	9:30-11:00am Swim 9:00-9:30am Drylands
Atlantic**	No Practice	4:30-5:30pm	No Practice	4:30-5:30pm	4:30-5:30pm	9:30-10:45am
Mini Rays 1**	No Practice	5:35-6:15pm	No Practice	5:35-6:15pm	5:35-6:15pm	No Practice
Mini Rays 2/3**	No Practice	6:20-7:00pm	No Practice	6:20-7:00pm	6:20-7:00pm	No Practice

RHAC = Rock Hill Aquatics Center, 325 Rawlinson Rd., Rock Hill SC 29732  
 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

**\*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.