



# Upper Palmetto YMCA Rays Swim Team

## Rock Hill Aquatics Center September 8<sup>th</sup> – October 9<sup>th</sup> 2021

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday @ RHAC
Senior 2	No Practice	4:30-6:30pm @ CSD	No Practice	4:30-6:30pm @ CSD	6:00-8:00pm @ CSD	7:30-9:30am
Pre-Senior 2	No Practice	4:30-6:30pm @ CSD	No Practice	4:30-6:30pm @ CSD	6:00-8:00pm @ CSD	7:30-9:30am
Electric	4:30-6:00pm @ CSD	No Practice	4:30-6:00pm @ CSD	No Practice	4:30-6:00pm @ CSD	9:30-11:15am
Atlantic	No Practice	4:30-5:30pm	No Practice	4:30-5:30pm	4:30-5:30pm	9:30-10:30am
Mini Rays 1	No Practice	5:30-6:10pm	No Practice	5:30-6:10pm	5:30-6:10pm	No Practice
Mini Rays 2	No Practice	6:10-6:50pm	No Practice	6:10-6:50pm	6:10-6:50pm	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**

\*Tennis Shoes and athletic clothing are Mandatory for all dryland sessions!

\*No practice for any group on Saturday September 11<sup>th</sup> or Saturday October 2<sup>nd</sup> due to HS rental meets

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 is also posted on the website.