



# Upper Palmetto YMCA Rays Swim Team

## Rock Hill Aquatics Center September 6-October 8, 2022

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday* @CSD
Senior	6:00-8:00pm @ CSD	No Practice	6:00-8:00pm @ CSD	No Practice	6:00-8:00pm @ CSD	7:15-9:30am Swim 9:45-10:30am Drylands
Pre-Senior 1	6:00-8:00pm @ CSD	No Practice	6:00-8:00pm @ CSD	No Practice	6:00-8:00pm @ CSD	7:15-9:30am Swim 9:45-10:30am Drylands
Pre-Senior 2	6:00-8:00pm @ CSD	No Practice	6:00-8:00pm @ CSD	No Practice	6:00-8:00pm @ CSD	9:30-11:30am
Electric	5:30-7:00pm	No Practice	5:30-7:00pm	No Practice	4:30-6:00pm	9:30-11:30am
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. Swimming Outdoors! Weather Permitting, if bad weather we will relocate. Check your emails!**

Shoes and athletic attire are required for all dryland sessions.

\*\*Atlantic/Mini Rays will not have practice on the days of High School Meets: 9/13, 9/15, 9/22. **These days will change to 9/12, 9/14, 9/21.**

**\*\*\*Mini Rays begin on Monday 9/12.**

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](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.