



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**RIDLEY AREA YMCA RAYS
PRACTICE SCHEDULE
September 3 - November 13, 2025**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLATINUM	6:30 - 9:00 P.M. Ridley High School	7:30 - 9:00 P.M.	6:30 - 9:00 P.M. Ridley High School	7:30 - 9:00 P.M.	4:00 - 6:00 P.M.	11:00 A.M. - 1:00 P.M. Ridley High School	11:00 A.M. - 1:00 P.M.
GOLD	6:30 - 8:30 P.M. Ridley High School	7:30 - 9:00 P.M.	6:30 - 8:30 P.M. Ridley High School	7:30 - 9:00 P.M.	4:00 - 6:00 P.M.	11:00 A.M. - 1:00 P.M. Ridley High School	11:00 A.M. - 1:00 P.M.
SILVER	5:00 - 6:30 P.M. Ridley High School	7:30 - 9:00 P.M. Ridley High School	5:00 - 6:30 P.M. Ridley High School	7:30 - 9:00 P.M. Ridley High School	6:00 - 7:45 P.M.	9:30 - 11:00 A.M. Ridley High School	9:15 - 11:00 A.M.
BRONZE	5:00 - 6:30 P.M. Ridley High School	7:30 - 9:00 P.M. Ridley High School	5:00 - 6:30 P.M. Ridley High School	7:30 - 9:00 P.M. Ridley High School	6:00 - 7:45 P.M.	9:30 - 11:00 A.M. Ridley High School	9:15 - 11:00 A.M.
LEVEL 7	8:00 - 9:00 P.M.	5:00 - 6:30 P.M. Ridley High School	OFF	5:00 - 6:30 P.M. Ridley High School	6:00 - 7:45 P.M.	9:30 - 11:00 A.M. Ridley High School	9:15 - 11:00 A.M.
LEVEL 6	OFF	5:00 - 6:30 P.M. Ridley High School	8:00 - 9:00 P.M.	5:00 - 6:30 P.M. Ridley High School	OFF	8:30 - 9:30 A.M. Ridley High School	2:30 - 3:30 P.M. Ridley High School
LEVEL 5	7:00 - 8:00 P.M.	OFF	7:00 - 8:00 P.M.	OFF	6:30 - 7:30 P.M. Ridley High School	8:30 - 9:30 A.M. Ridley High School	2:30 - 3:30 P.M. Ridley High School
LEVEL 4	OFF	5:15 - 6:15 P.M.	OFF	5:15 - 6:15 P.M.	6:30 - 7:30 P.M. Ridley High School	OFF	2:30 - 3:30 P.M. Ridley High School
LEVEL 3	OFF	4:15 - 5:15 P.M.	OFF	4:15 - 5:15 P.M.	5:45 - 6:30 P.M. Ridley High School	OFF	3:30 - 4:15 P.M. Ridley High School
LEVEL 2	OFF	6:30 - 7:30 P.M. Ridley High School	OFF	6:30 - 7:30 P.M. Ridley High School	5:45 - 6:30 P.M. Ridley High School	OFF	3:30 - 4:15 P.M. Ridley High School
LEVEL 1	5:15 - 6:00 P.M.	OFF	5:15 - 6:00 P.M.	OFF	5:00 - 5:45 P.M. Ridley High School	OFF	4:15 - 5:00 P.M. Ridley High School
ORANGE GROUP	4:30 - 5:15 P.M.	OFF	4:30 - 5:15 P.M.	OFF	5:00 - 5:45 P.M. Ridley High School	OFF	4:15 - 5:00 P.M. Ridley High School
GREEN GROUP	4:00 - 4:30 P.M.	OFF	4:00 - 4:30 P.M.	OFF	OFF	OFF	4:15 - 5:00 P.M. Ridley High School
FALL WARM-UP**	5:00 - 6:30 P.M. Ridley High School	7:30 - 9:00 P.M. Ridley High School	5:00 - 6:30 P.M. Ridley High School	7:30 - 9:00 P.M. Ridley High School	OFF	9:30 - 11:00 A.M. Ridley High School	OFF

**** Program is ONLY 10 weeks and than similar program will return in the spring session.**

Green Highlighted those practices are held at Ridley High School Pool