



YMCA of Upper Palmetto Rays Swim Team

Ft. Mill Aquatics Center Schedule October 13, 2025-April 3, 2026

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Senior 1	4:30-5:15pm Drylands 5:15-7:15pm Swim	6:00-7:15am Lift @ RW 4:15-6:30pm Swim	4:30-5:15pm Drylands 5:15-7:15pm Swim	6:00-7:15am Lift @ RW 4:15-6:30pm Swim	4:30-6:45pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Senior 2	5:00-5:45pm Drylands 5:45-7:30pm Swim	5:45-8:00pm	6:00-7:15am Lift @ RW 5:00-5:45pm Drylands 5:45-7:30pm Swim	5:45-8:00pm	4:30-6:30pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Pre-Senior 1	5:30-6:15pm Drylands 6:15-8:00pm Swim	5:00-7:15pm	5:30-6:15pm Drylands 6:15-8:00pm Swim	5:00-7:15pm	4:30-6:30pm	7:15-9:30am – Swim 9:45-10:30am - Dryland
Pre-Senior 2	5:30-6:15pm Drylands 6:15-7:45pm Swim	6:15-8:00pm	6:15-8:00pm	5:45-6:30pm Drylands 6:30-8:00pm Swim	OFF	7:15-9:30am – Swim 9:45-10:30am - Dryland
Manta	4:15-4:45pm Drylands 4:45-6:15pm Swim	5:30-7:30pm	4:15-4:45pm Dryland 4:45-6:15pm Swim	5:30-7:30pm	4:45-6:30pm	9:30-11:00am Swim 9:00-9:30am Drylands
Electric	OFF	4:30-6:00pm	4:45-6:15pm	4:30-6:00pm	OFF	9:30-11:00am Swim 9:00-9:30am Drylands
Blue	3:45-5:15pm	3:45-5:15pm	3:45-5:15pm	3:45-5:15pm	OFF	9:30-11:00am Swim 9:00-9:30am Drylands
Atlantic	3:45-5:00pm	OFF	3:45-5:00pm	OFF	3:45-5:00pm	9:30-10:45am
Mini Rays 1	No Practice	5:00-5:40pm	No Practice	5:00-5:40pm	5:00-5:40pm	No Practice
Mini Rays 2	No Practice	5:45-6:25pm	No Practice	5:45-6:25pm	5:45-6:25pm	No Practice
Mini Rays 3	No Practice	6:30-7:30pm	No Practice	6:30-7:30pm	5:45-6:25pm	No Practice

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

RHAC = Rock Hill Aquatics Center, 325 Rawlinson Road, Rock Hill, SC 29732

RW = Riverwalk YMCA, 998 Riverwalk Parkway, Rock Hill, SC 29730

***Saturday Morning Workouts are at RHAC or FMAC. Check your emails!**

Shoes and athletic attire are required for all dryland sessions.

No RAYS Practice for Any Swimmers: 11/27 Thanksgiving, 12/24-27 Christmas, 1/1 New Year's Day.

RAYS Spring Break: All Groups OFF 4/4-4/12. We will resume practices on 4/13.

Mini Rays: Will continue on this schedule until the Spring Into Swimming Mini Rays Meet on 4/30/2025.

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.