



# YMCA of Upper Palmetto Rays Swim Team

Rock Hill Aquatics Center October 13, 2025-April 3, 2026

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Senior	5:45-7:45pm	4:45-5:30pm Drylands 5:45-7:15pm Swim	6:00-7:15am @ RW 6:00-8:00pm	4:45-5:30pm Drylands 5:45-7:15pm Swim	4:30-6:30pm	7:15-9:30am Swim 9:45-10:30am Dryland
Pre-Senior 1	5:45-7:45pm	4:45-5:30pm Drylands 5:45-7:15pm Swim	6:00-8:00pm	4:45-5:30pm Drylands 5:45-7:15pm Swim	4:30-6:30pm	7:15-9:30am Swim 9:45-10:30am Dryland
Pre-Senior 2	6:00-7:45pm	6:00-7:30pm	4:30-5:15pm Drylands 5:15-6:30pm Swim	6:00-7:30pm	OFF	7:15-9:30am Swim 9:45-10:30am Dryland
Manta	5:00-6:45pm	5:00-5:30pm Drylands 5:45-7:15pm Swim	5:00-6:45pm	5:00-5:30pm Drylands 5:45-7:15pm Swim	5:00-6:30pm	9:30-11:00am Swim 9:00-9:30am Drylands
Blue	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	OFF	9:30-11:00am Swim 9:00-9:30am Drylands
Electric	4:15-5:30pm	4:15-5:30pm	OFF	4:15-5:30pm	OFF	9:30-11:00am Swim 9:00-9:30am Drylands
Atlantic	No Practice	4:15-5:15pm	No Practice	4:15-5:15pm	4:15-5:15pm	9:30-10:45am
Mini Rays 1**	No Practice	5:20-6:00pm	No Practice	5:20-6:00pm	5:20-6:00pm	No Practice
Mini Rays 2/3**	No Practice	6:05-6:45pm	No Practice	6:05-6:45pm	6:05-6:45pm	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 CSD, RHAC or FMAC. Check your emails!**

Shoes and athletic attire are required for all dryland sessions. Please Check Your Emails for locations each week!

**No RAYS Practice for Any Swimmers:** 11/27 Thanksgiving, 12/23-27 Christmas, 1/1 New Year's Day

**RAYS Spring Break:** All Groups OFF 4/4-4/12. Practices resume on Monday April 13, 2026.

**Mini Rays will continue on this schedule until April 29, 2026.**

Other groups may change prior to end of April.

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.