

RAYS PRACTICE GROUPS

Group	# Practices	Location	Eligibility	Meets	Dates	Registration Options		
						Full Season	Late Fall 11/1/24-2/28/25	Last Chance Reg. 12/1/24-2/28/25
Bronze	2 Days	YMCA	Swim 25 yards unassisted No prev. experience required Intro. to basic strokes	No	10/14/24- 11/22/24	\$60 Members/ \$85 Non-Members Winter session dates TBA		
Silver	2 Days	YMCA/ WVWC	9 years of age, or with coach approval Swim 25 yards Prev. swim team experience Freestyle & backstroke	Yes	9/9/24- 2/28/25	\$210.00 + Y Membership	\$155 + Y Membership	\$115 + Y Membership
Gold	3 Days	D&E/ WVWC	9 years of age, or with coach approval Swim 25 yards Prev. swim team experience 3 of 4 strokes	Yes	9/9/24- 2/28/25	\$300.00 + Y Membership	\$210 + Y Membership	\$160+ Y Membership
	4-5 Days	D&E	9 years of age, or with coach approval Swim 25 yards Prev. swim team exp. 3 of 4 strokes	Yes	9/9/24- 2/28/25	\$360.00 + Y Membership	\$250 + Y Membership	\$190 + Y Membership
Championship Season (March 1 st through meet date)						\$55 + YMCA membership		

Please note: Practice times at D&E College and West Virginia Wesleyan College are limited to practice times listed or announced by the coaching team. Participation in the RAYS does not extend privileges during public swim times at these sites where the colleges may require membership or day fees.