

2025-26 RAYS Practice Groups at 9/15/2025

Group	Practices	Location	Eligibility	Meets	Practice Dates	Registration Options		
						Full Season	Fall Registration 11/3/25-3/6/26	Last Chance 12/1/25-3/6/26
Bronze	TBD	YMCA	<i>Swim 25 yards unassisted No previous experience Intro. to basic strokes</i>	No	TBD	\$70 Members/ \$90 Non-Members		
Silver	2x Week Choice of: YMCA: T/Th 5-6 PM WVWC: T/Th 6:30-7:30 PM	YMCA/ WVWC	9 years of age, or with coach approval Swim 25 yards Prev. swim team exp. Freestyle & backstroke	Yes	9/22/25-3/6/26	\$210 + Y Membership	\$160 + Y Membership	\$135 + Y Membership
Gold	3x Week Choice of: Elkins: M/T/Th 8-9 PM YMCA: W 7-8:30 PM WVWC: T/Th 6:30-8 PM	D&E/ WVWC/ YMCA	9 years of age, or with coach approval Swim 25 yards Prev. swim team exp. 3 of 4 strokes	Yes	9/22/25-3/6/26	\$300 + Y Membership	\$220 + Y Membership	\$180+ Y Membership
	4x Week Choice of: Elkins: M/T/Th 8-9 PM YMCA: W 7-8:30 PM WVWC: T/Th 6:30-8 PM	D&E/ WVWC/ YMCA	9 years of age, or with coach approval Swim 25 yards Prev. swim team exp. 3 of 4 strokes	Yes	9/22/25-3/6/26	\$360 + Y Membership	\$260 + Y Membership	\$210 + Y Membership

Please note:

- Practice days at D&E College and West Virginia Wesleyan College follow the schools' academic calendars. Participation in the RAYS does not extend privileges during public swim times at these sites where the colleges may require membership or day fees for pool access.
- Please contact the coaches at your practice site with questions about practice groups.
- The pool deck is closed to parents and spectators. Please contact your coach to schedule a meeting at a mutually agreeable time to discuss any concerns.
- Please respect all facility safety rules including speeding limits and parking regulations.
- Please supervise your children at all times.