RAYS YMCA SWIM TEAM

# PRACTICE SCHEDULE

## SEPTEMBER 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21<br>7:00-8:00PM | 22<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 23<br>7:00-8:30PM | 24<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 25<br>7:00-8:00PM | 26 |
| 27 | 28<br>7:00-8:00PM | 29<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 30<br>7:00-8:30PM | 1<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 2 | 3 |

## REMINDERS FOR PARENTS & ATHLETES

- Do not arrive more than 10 minutes early for practice and parents should remain on-site until a coach resumes responsibility.
- Practice times and locations vary so please check the schedule regularly.
- Swimmers cannot exceed the scheduled amount of practices per week they are registered for.
- Please contact a coach with questions relating to practice groups.
- The pool deck is closed to parents and spectators.
- Please respect all facility safety rules including speeding limits and parking regulations.
- Please supervise your children at all times.

RAYS
YMCA SWIM TEAM

# PRACTICE SCHEDULE

## OCTOBER 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 27 | 28<br>7:00-8:00PM | 29<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 30<br>7:00-8:30PM | 1<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 2 | 3 |
| 4 | 5<br>7:00-8:00PM | 6<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 7<br>7:00-8:30PM | 8<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 9<br>7:00-8:00PM | 10 |
| 11 | 12<br>7:00-8:00PM | 13<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 14<br>7:00-8:30PM | 15<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 16<br>7:00-8:00PM | 17 |
| 18 | 19<br>7:00-8:00PM | 20<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 21<br>7:00-8:30PM | 22<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 23 | 24 |
| 25 | 26<br>7:00-8:00PM | 27<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 28<br>7:00-8:30PM | 29<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 30<br>7:00-8:00PM | 31 |

## REMINDERS FOR PARENTS & ATHLETES

- Do not arrive more than 10 minutes early for practice and parents should remain on-site until a coach resumes responsibility.
- Practice times and locations vary so please check the schedule regularly.
- Swimmers cannot exceed the scheduled amount of practices per week they are registered for.
- Please contact a coach with questions relating to practice groups.
- The pool deck is closed to parents and spectators.
- Please respect all facility safety rules including speeding limits and parking regulations.
- Please supervise your children at all times.

RAYS
YMCA SWIM TEAM

# PRACTICE SCHEDULE

## NOVEMBER 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 1 | 2<br>W 6:30-8:00PM<br>7:00-8:00PM | 3<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 4<br>7:00-8:30PM | 5<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 6<br>7:00-8:00PM | 7 |
| 8 | 9<br>W 6:30-8:00PM<br>7:00-8:00PM | 10<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 11 | 12<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 13<br>7:00-8:00PM | 14 |
| 15 | 16<br>W 6:30-8:00PM<br>7:00-8:00PM | 17<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 18<br>7:00-8:30PM | 19<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 20 | 21 |
| 22 | 23<br>W 6:30-8:00PM | 24<br>W 6:30-7:30PM<br>W 6:30-8:00PM | 25 | 26 | 27 | 28 |
| 29 | 30<br>W 6:30-8:00PM<br>7:00-8:00PM | | | | | |

## REMINDERS FOR PARENTS & ATHLETES

- Do not arrive more than 10 minutes early for practice and parents should remain on-site until a coach resumes responsibility.
- Practice times and locations vary so please check the schedule regularly.
- Swimmers cannot exceed the scheduled amount of practices per week they are registered for.
- Please contact a coach with questions relating to practice groups.
- The pool deck is closed to parents and spectators.
- Please respect all facility safety rules including speeding limits and parking regulations.
- Please supervise your children at all times.

RAYS YMCA SWIM TEAM

# PRACTICE SCHEDULE

## DECEMBER 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | 1<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 2<br>7:00-8:30PM | 3<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 4<br>7:00-8:00PM | 5 |
| 6 | 7<br>6:30-8:00PM<br>7:00-8:00PM | 8<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 9<br>7:00-8:30PM | 10<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM<br>7:00-8:00PM | 11<br>7:00-8:00PM | 12 |
| 13 | 14<br>6:30-8:00PM<br>7:00-8:30PM | 15<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 16<br>7:00-8:30PM | 17<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 18<br>5:30-7:00PM | 19 |
| 20 | 21<br>6:30-8:00PM<br>7:00-8:30PM | 22<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 23<br>7:00-8:30PM | 24 | 25<br>CHRISTMAS | 26 |
| 27 | 28<br>6:30-8:00PM<br>7:00-8:30PM | 29<br>5:00-6:00PM<br>6:30-7:30PM<br>6:30-8:00PM | 30<br>7:00-8:30PM | 31 | | |

## REMINDERS FOR PARENTS & ATHLETES

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- Practice times and locations vary so please check the schedule regularly.
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RAYS YMCA SWIM TEAM

# PRACTICE SCHEDULE

## JANUARY 2027

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| | | | | | 1<br>NEW YEAR'S DAY | 2 |
| 3 | 4<br>W 6:30-8:00PM<br>7:00-8:00PM | 5<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 6<br>7:00-8:30PM | 7<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 8 | 9 |
| 10 | 11<br>W 6:30-8:00PM<br>7:00-8:00PM | 12<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 13<br>7:00-8:30PM | 14<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 15 | 16 |
| 17 | 18<br>W 6:30-8:00PM<br>7:00-8:00PM | 19<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 20<br>7:00-8:30PM | 21<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 22<br>7:00-8:00PM | 23 |
| 24 | 25<br>W 6:30-8:00PM<br>7:00-8:00PM | 26<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 27<br>7:00-8:30PM | 28<br>5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>7:00-8:00PM | 29<br>7:00-8:00PM | 30 |

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RAYS
YMCA SWIM TEAM

# PRACTICE SCHEDULE

## FEBRUARY 2027

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 31 | 1<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 2<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 3<br>Y 7:00-8:30PM | 4<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 5<br>USA 7:00-8:00PM | 6 |
| 8 | 9<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 10<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 11<br>Y 7:00-8:30PM | 12<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 13<br>USA 7:00-8:00PM | 13 |
| 14 | 15<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 16<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 17<br>Y 7:00-8:30PM | 18<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 19<br>USA 7:00-8:00PM | 20 |
| 21 | 22<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 23<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 24<br>Y 7:00-8:30PM | 25<br>Y 5:00-6:00PM<br>W 6:30-7:30PM<br>W 6:30-8:00PM<br>USA 7:00-8:00PM | 26<br>USA 7:00-8:00PM | 27 |

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