



Rock Hill Aquatic Center



325 Rawlinson Road, Rock Hill, SC 29732

High School Pre-Season Training Group

June 6th to July 29th

Get a jump on your season! The YMCA will be running a pre-season training group for all levels of swimmers to get a jump start on their High School Season. This is for swimmers who are already on a High school roster and those who are wanting to make the team.

Coach Tim Conley, head coach of the Upper Palmetto YMCA Rays Swim Team, and the Rays Coaching Staff will be running these workouts with the focus on technique and getting them prepared for the season ahead! Coach Lynn Williams will also be working with the group in the PM practice time. That's 50 years of professional coaching experience to lead your swimmer to a great 2016 High School Swim Season!

The cost will be \$90 for YMCA Members and \$140 for non-Members.

The practice offerings will be as follows:

Monday-Tuesday-Wednesday-Friday: 5:15pm to 7:00pm—With Coach Doug Fleck, Coach Lynn, and Another Coach TBD.

There is no restriction on the amount of workouts the swimmers can attend. If your swimmer only wants to do one of the months, please contact coach Tim Conley @ coachtim@swimrays.com for prorated information.

***The South Carolina High School season is only 2 months long,
Get a leg up on the competition and start preparing yourself in June!***

With this kick start to your kids aerobic capabilities in the water the skies the limit on what you can do this 2016 High School Season.

If you are interested please contact Coach Tim via Email at Coachtim@swimrays.com, or call 803-817-7665, or register online at swimrays.com and click Start Registration!



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