

2019 York YMCA Summer Practice Schedule

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reg. PM	1 All Sr AM Reg. PM	1 Reg. PM	2 All Sr's AM Reg. PM	3 Reg. PM	4 Reg. Saturday	5
6 Reg. PM	7 All Sr AM Reg. PM	8 Reg. PM	9 All Sr AM Reg. PM	10 Reg. PM	11 Reg. Saturday Mini Camp – Starts & turns	12 Mini Camp – Freestyle
13 Reg. PM Senior Signing Day @ 6:15pm	14 All Sr AM Reg. PM	15 Reg. PM	16 All Sr AM Reg. PM	17 (no AM) NBAC Spring meet Seniors: 4-6pm Juniors: 6-7pm	18 (no practice) NBAC Spring meet	19 NBAC Spring meet
20 Reg. PM	21 All Sr AM Reg. PM	22 Reg. PM	23 All Sr AM Reg. PM	24 Reg. PM	25 All Seniors: 7-8:30am No Junior practice Klids Tri @ 9am	26 Mini Camp - Butterfly
27 Memorial Day All Sr: 8-11am All Jrs: 9:30 - 11:30am	28 All Sr AM Reg. pm	29 Reg pm	30 All Sr AM Reg. pm	31 Reg PM F&M Meet	1 Adjusted schedule F&M meet	2 F&M meet

2019 York YMCA Summer Practice Schedule

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Adjusted schedule F&M meet YSCAP meet @ Chambersburg	2 F&M Meet
3 Reg pm	4 All Sr AM Reg. PM	5 Reg PM	6 Seniors: 4-6pm Juniors: 6-7:30pm	7 Seniors: 4-5:30pm Juniors: 5:30 – 6:30pm NBAC June Meet	8 (No practice) NBAC June Meet	9 NBAC June Meet
10 (No practice) NBAC June Meet	11 Reg. PM	12 AM @ GV: All Sr Reg PM	13 AM @ GV: All Sr All groups: 345 – 5pm Revs night!!	14 Reg PM	15 Reg Saturday Mini Camp – Breast YSCAP meet @ Waynsboro	16 Mini Camp – Backstroke
17 AM @ GV: Seniors Reg PM	18 AM @ GV: Seniors Reg PM	19 Reg PM	20 AM @ GV: Juniors Reg PM	21 AM @ GAC: Seniors Reg PM for Juniors (no Senior PM)	22 Reg Saturday	23
24 AM @ GV: All groups Reg PM	25 AM @ GV: Seniors Reg PM for juniors (no Senior PM)	26 AM @ GV: Juniors Reg PM for seniors (no junior PM)	27 AM @ GV: Seniors Reg PM	28 AM @ GAC: Seniors Reg PM for Juniors (no senior PM)	29 Reg Saturday YSCAP meet @ GAC	30

2019 York YMCA Summer Practice Schedule

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 AM @ GV: Seniors Reg PM	2 AM @ GV: Seniors Reg PM	3 AM @ GV: Juniors Reg PM for Seniors No Juniors	4 Independence Day AM @ GAC: All groups 7:30 – 9:00am	5 Reg PM	6 Reg Saturday	7
8 Reg PM	9 AM @ GV: Seniors Seniors 4-6:00pm Juniors: 6-7:30pm	10 AM @ GV: Seniors Seniors 4-5:30pm Juniors: 6-7:30pm	11 AM @ GV: All groups (No PM practice) NBAC July Meet	12 Seniors: 4-6pm Juniors: 6-7:30pm NBAC July Meet	13 No Practice NBAC July Meet YSCAP meet @ Waynesboro	14 NBAC July Meet
15 AM @ GV: Juniors Reg PM	16 AM @ GV: Seniors Reg PM	17 AM @ GV: seniors Reg PM	18 AM @ GV: Seniors Adjusted PM MA Junior Olympics	19 Adjusted practice MA Junior Olympics	20 Adjusted practice MA Junior Olympics	21 MA Junior Olympics
22 Adjusted Practice	23 AM @ GV: Seniors Adjusted Practice	24 AM @ GV: Seniors Adjusted Practice	25 Adjusted Practice	26 Adjusted Practice Unity Meet	27 Adjusted Practice Unity Meet YSCAP Championship	28 Unity Meet
29 Adjusted Practice	30 Adjusted Practice YMCA Nationals	31 Adjusted Practice YMCA Nationals	1 (august) Adjusted Practice YMCA Nationals	2 (August) Adjusted Practice YMCA Nationals	3 (August) Adjusted Practice YMCA Nationals	4 (August)

2019 York YMCA Summer Practice Schedule

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Team Break	6 Team Break USA Jr Nationals – CA	7 Team Break USA Jr Nationals – CA	8 Team Break USA Jr Nationals – CA	9 Team Break USA Jr Nationals – CA	10 Team Break USA Jr Nationals – CA	11
12 Team Break	13 Team Break	14 Team Break	15 Team Break	16 Team Break	17 Team Break	18 Team Break
19 Return to practice! Reg PM	20 Reg PM	21 No practice	22 Reg PM	23 Reg PM	24 No practice	25
26 Reg PM	27 Reg PM	28 Reg PM	29 Reg PM	30 Reg PM	30 Reg AM	1 (September)
2	3	4	5			

Key:

“Sr A AM or Sr B AM” means practice will be at GAC from 5:45 – 6:45am

“reg. pm” means that practice will follow the normal PM practice schedule we have used all year

“AM @ GV” means that practice will be from 7:30 – 9:30am at the Green Valley pool for the groups noted that day. Located at 1725 Poplars Rd, West Manchester Township, PA 17408 (Signed waiver required for participation in these practices)

“AM @ GAC” means that practice will be from 7:30 – 9:30am at the Graham Aquatic center for the groups noted that day

“Adjusted practice” means that we will send out an updated practice schedule for those days as we get closer to that time

Special Events:

York Revs night - requires that you sign up. The information to sign up for this event is on our homepage. We will walk from the GAC to the ball park as a team. Everyone should plan on attending this event!

Mini Camps – These are on the schedule as a reminder to seniors who will be helping. York YMCA members are not usually encouraged to participate in these camps but if you have an interest please let me know and we can discuss if it is right for you.

Kids Tri – All swimmers under 14 & under should plan on participating in this event. Sign up information is on our team’s website. All swimmers over 14 should plan on volunteering for this event. It’s a tradition and it’s a lot of fun! Give it a tri.

Meets – I put all the meets on the schedule that the team will be attending. Not everyone will attend all the meets on this schedule. If you have questions regarding which meet is for you, please let me know.

Team Banquet – Everyone is invited, and I hope the entire team will be there to enjoy a pleasant evening with friends while we celebrate our team’s seniors and reflect on a wonderful year.

* I am sure I am missing some important events. We will be sure to email the team with reminders for all special events as we get closer to them.

** This schedule is supposed to help us organize our summer plans, but things do change. If there is a change to the schedule we will email the team and post it to our website