

Week 1 - August 19 - 24

	Monday (19)	Tuesday (20)	Wednesday (21)	Thursday (22)	Friday (23)	Saturday (24)	Sunday (25)
All Seniors	4-6pm	4-6pm	no practice	4-6pm	4-6pm	*5-7pm @ GAC	
All Juniors	6-7pm	6-7pm	no practice	6-7pm	6-7pm	*5-7pm @ GAC	

*Justin Ress club visit

The entire York YMCA team will want to be there for this. Some senior swimmer volunteers are needed.

Week 2 - August 26 - 31

	Monday (26)	Tuesday (27)	Wednesday (28)	Thursday (29)	Friday (30)	Saturday (31)	Sunday (1)
All Seniors	4-6pm	4-6pm	4-6pm	4-6pm	4-6pm	*Swim4Life	
All Juniors	6-7pm	6-7pm	6-7pm	6-7pm	6-7pm	*Swim4Life	

*Swim4life - This is our team's annual fundraiser in partnership with the American Heart Association.

We are looking for the entire team's involvement with this event. Please see swim4life emails for details.