

**Southern YMCA Location
YMCA Competitive Team's Practice Schedule (2019-2020)**

Varsity* - Southern YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday[^] | Saturday | Sunday |
|--------------|----------------|----------------|------------------|-----------------|---------------------------|-----------------|---------------|
| Dryland | 3:30-3:45 p.m. | 3:30-3:45 p.m. | 3:30-3:45 p.m. | 3:30-3:45 p.m. | 3:30-3:45 p.m. | | |
| In the Water | 3:45-5:30 p.m. | 3:45-5:30 p.m. | 3:45-5:30 p.m. | 3:45-5:30 p.m. | 3:45-5:30 p.m. | | |

Advanced - Southern YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday[^] | Saturday | Sunday |
|--------------|----------------|----------------|------------------|-----------------|---------------------------|-----------------|---------------|
| Dryland | 6:15-6:30 p.m. | 6:15-6:30 p.m. | 6:15-6:30 p.m. | 6:15-6:30 p.m. | 6:15-6:30 p.m. | | |
| In the Water | 6:30-8 p.m. | 6:30-8 p.m. | 6:30-8 p.m. | 6:30-8 p.m. | 6:30-8 p.m. | | |

Novice - Southern YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday[^] | Saturday | Sunday |
|--------------|----------------|----------------|------------------|-----------------|---------------------------|-----------------|---------------|
| Dryland | 5:15-5:30 p.m. | 5:15-5:30 p.m. | 5:15-5:30 p.m. | 5:15-5:30 p.m. | 5:15-5:30 p.m. | | |
| In the Water | 5:30-6:30 p.m. | 5:30-6:30 p.m. | 5:30-6:30 p.m. | 5:30-6:30 p.m. | 5:30-6:30 p.m. | | |

Non Competitive - Southern YMCA

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | | 6-6:45 p.m. | 6-6:45 p.m. | | | | |

Join Practice Schedule: Novice and Advanced only

| | | |
|-----------|-------------------|-------------------|
| Date: | 2nd Monday | 3rd Monday |
| Time: | 6-7:30 p.m. | 6-7:30 p.m. |
| Location: | GAC | Southern |

*Participation in Varsity practice is for high school-aged athletes only. Practice times run until the beginning of the PIAA high school season (mid-November). Spring/Summer times TBD.

[^]Friday practices September-March only. No Friday practice at Southern April-July.

*This practice schedule will be adjusted around holidays, meets, and other team events. The adjusted schedule will be emailed and posted.