

YORK YMCA PRACTICE SCHEDULE FROM JULY 13 - JULY 26							
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	AM	730-930 @ GAC	730-900 @ GV	730-900 @ GAC	730-900 @ GV	730-930 @ GAC	8-930 @ GAC
	PM			5-6 @ GAC	200 - 300 @ GAC		
Senior B	AM	730-930 @ GV	800-930 @ GV	800-930 @ GAC	800-930 @ GV	730-930 @ GV	930 - 11 @ GAC
	PM		200 - 300 @ GAC	6-7 @ GAC			
Junior A	AM			730-830 @ GV			11 - 1230 @ GAC
	PM	3-430 @ GAC	3-430 @ GAC		3-430 @ GAC	3-430 @ GAC	
Junior B	AM			830-930 @ GV			11 - 1230 @ GAC
	PM	330-5 @ GAC	330-5 @ GAC		330-5 @ GAC	330-5 @ GAC	
Novice	AM						
	PM	5-6 @ GAC	5-6 @ GAC		5-6 @ GAC	5-6 @ GAC	
Advanced	AM						
	PM	530-7 @ GAC	530-7 @ GAC		530-7 @ GAC	530-7 @ GAC	
*Most of these practices overlap with another practice. During this time one group will be doing a workout out of the water.							
Swimmers need to come with the appropriate attire to do a dryland workout (shirt, shoes, etc.)							
*During this schedule we will not be using the locker rooms. Swimmers need to be prepared to come and leave in their suits.							
*July 18th there will be no practice. Look to the meet information email for details on the July 18-19 meet							
*July 22nd there will be no PM practice for seniors. Look to the Team Banquet email for details.							

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