



YMCA of Northern York Swimming General Practice Schedule Summer 2009

Updated 6/10 with changes

Beginning June 11, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR-AM	7-9:15am	7-9:15am		7-9:15am	7-9:15am	
SR	4:30-6:30pm Dland 6:30-7:30p	7-9pm	4:30-6:30pm	7-9p Dland 6:30-7p	4:30-6:30p	OFF
Pre-S	4:30-6pm Dland 6-7pm	7:15-9pm	6:30-8:30pm	7:30-9p Dland 7-7:30pm	4:30-6:30pm	OFF
AG-A	OFF	5-6pm	5-6pm	5-6pm	OFF	OFF
AG-B	6:30-8pm Dland 6-6:30p	Off	7-8:30pm	6-7:30pm Dland 7:30-8pm	6:30-8pm	OFF
AG-C	7-8:30p Dland 6-7pm	5:30-7:15pm	OFF	5:30-7pm Dland 7-7:30p	6:30-8pm	OFF

YMCA of Northern York HOME Swim Meets Dates:

- Saturday, June 13, 2009 Carlisle Swim Club at NYAC (This may change)
- Thursday, June 18, 2009 Dallastown Wildcats at NYAC
- Saturday, July 11, 2009 Spring Grove at NYAC

Practice Changes: We will attempt to give everyone notice of any practice changes at least 2-3 days prior to the practice change. These changes will be done using our email system.

