WSY Swimming Practice Schedule Summer 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Time Group	Time Group	Time Group	Time Group	Time Group	Time Group	Time Group
Week of July 13th	**At Messiah** SR **6-8am** **At WSY** 3:30-6pm **SR** 5:30-7pm **AGC** 6:45-8:45pm **Pre-Senior** 13	**At Northern** SR **7-9:30am** **At WSY** 3:30-6pm **SR** 4:30-6:30pm **Pre-Senior** 6:30-7:30pm **AGA** 7:15-8:30pm **AGC** 14	**At Messiah** SR **6-8am** **At WSY** 3:30-6pm **SR** 5-6pm **AGA** 6-7:30pm **AGC** 6:45-8:45pm **Pre-Senior** 15	**At Messiah** SR **6-8am** *CHANGE - NOTE* **At WSY** 3:30-6pm **SR** 4:30-6:30pm **Pre-Senior** 6:30-7:30pm **AGA** 7:15-8:30pm **AGC** 16	**NO AM Workout** **At WSY** 4-6pm **SR** 4-5:30pm **Pre-Senior/AG-C** **Middle Atlantic JO's at PSU** 17	**NO AM Workout** **Divisionals at CV for Age Group Swimmers** 18	**At Hampden Pool** 9-10:30am **SR-Pre-S** **All-Stars at Camp Hill for Age Group Swimmers** 19
Week of July 20th	**NO AM PRACTICE This Week** **At WSY** 3:30-6pm **SR** 5:30-7pm **AGC** 6:30-8pm **Pre-Senior** 20	 **At WSY** 3:30-6pm **SR** 5:30-7pm **AGC/AGA** 6:30-8pm **Pre-Senior** 21	 **At WSY** 4-6pm **SR** 5-6:30pm **Pre-Senior** 6:30-7:45pm **AGC/AGA** 22	 **At WSY** 3:30-5:30pm **SR** 4-5:30pm **Pre-Senior** 5:30-6:30pm **AGC/AGA** 23	 **At WSY** 4-6pm **SR** 4-5:30pm **Pre-Senior/AG-C** 24	**at Hampden Pool (LC)** 8:30-10:30am **SR** **Mid Caps at Hershey for Age Group Swimmers** 25	 **Depart for Y Nationals** 26
Week of July 27th	**All Practices OFF** 27	28	29	30	31	**No Practices** 1	**at Hampden Pool (LC)** 8:30-10:30am **SR and Pre-S** 2
Week of August 3rd	**8:30-10:30am Monday-Friday at Hampden Township Pool - Long Course Senior and Pre-S Levels** 3	4	5	6	7	**No Practices** 8	**At WSY** 12-2pm **SR/Pre-S** 9
Week of August 10th	**4-6pm Monday-Friday at YMCA Pool - Senior and Pre-S Levels** 10	11	12	13	14	**No Practices** 15	**At WSY** 12-2pm **SR/Pre-S** 16
Week of August 17th	**4-6pm Monday-Friday at YMCA Pool - Senior and Pre-S Levels** 17	18	19	20	21	**No Practices** 22	**At WSY** 12-2pm **SR/Pre-S** 23