	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Week of 2/22-28/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA				at YMCA	
	5:30-7am	SR	4-5:30pm	AGC	5:30-7am	SR	4-6pm	Pre-Senior			6:30-8:45a	SR	12-2pm	SR and Pre-S
			5:30-6:30pm	AGA			6-7pm	AGA	4-6:15p	SR			2-3:15pm	AGB and C
	4-6pm	Pre-Senior	6:30-8:30pm	Pre-Senior	4-5:15pm	AGB	7-8:30pm	AGC	6:15-7:15pm	TYM	Dual Meet League Divisionals at Hershey Plaza for those registered		Dual Meet League All-Stars at Cumberland Valley for those qualified (top 16 from Divisionals)	
	5:30-7pm	AGC			5:15-6:15pm	AGA			7:15-8:30	AGB				
	7-8:15pm	AGB			6:15-8:15pm	Pre-Senior								
	At Messiah		At Messiah		At Messiah		At Messiah		At Messiah					
	6-8:30pm	Senior	6-8:30pm	Senior	6-8:30pm	Senior	6-8:30pm	Senior	6-8pm	Pre-Senior				
									6-7:30pm	AG-C			3:30-5pm - WSY Mini Intra Squad Meet at WSY for Pre-Competitive Groups	
	22		23		24		25		26		27		28	
Week of 3/1-7/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	5:30-7am	SR	4-5:30pm	AGC			4-6pm	Pre-Senior			No Saturday Practice		12-2pm	SR and Pre-S
			5:30-6:30pm	AGA			6-7pm	AGA	4-6:15p	SR			2-3:30pm	AGB and C
	4-6pm	Pre-Senior	6:30-8:30pm	Pre-Senior	4-5:15pm	AGB	7-8:30pm	AGC	4-6pm	Pre-Senior			Mini Champs (9 & Under) at Northern High School	
	5:30-7pm	AGC			5:15-6:15pm	AGA			6:15-7:15pm	TYM				
	7-8:15pm	AGB			6:15-8:15pm	Pre-Senior			7:15-8:30	AGB				
	At Messiah		At Messiah		At Messiah		At Messiah		At Messiah					
	6-8:30pm	Senior	6-8:30pm	Senior	6-8:30pm	Senior	6-8:30pm	Senior	6-7:30pm	AG-C				
													4:30-5:30pm	Just 4 fun
	1		2		3		4		5		6		7	
Week of 3/8-14/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	5:30-7am	SR	4-5:30pm	AGC	5:30-7am	SR	4-6pm	Pre-Senior			6:30-8:45a	SR	All practices off	
			5:30-7:30pm	Pre-Senior			6-7:30pm	AGC	4-6:15p	Sr and Pre-S				
	4-6pm	Pre-Senior			4-5:15pm	AGB			6:15-7:15pm	TYM				
	5:30-7pm	AGC			5:15-7:15pm	Pre-Senior					Y Districts at La Salle University. 9-10's in AM and 11-12's in PM		Y Districts at La Salle University. 13-14's in AM and Seniors's in PM	
	7-8:15pm	AGB												
	At Messiah		At Messiah		At Messiah		At Messiah							
	6-8:30pm	Senior	6-8:30pm	Senior	6-8:30pm	Senior	6-8:30pm	Senior						
													4:30-5:30pm	Just 4 fun
	8		9		10		11		12		13		14	
Week of 3/15-21/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	5:30-7am	SR	4-5:30pm	AGB/AGC	5:30-7am	SR	4-6pm	Pre-Senior					All practices off	
							4-6pm	Senior	4-6p	Sr and Pre-S				
	4-6pm	Pre-Senior	5:30-7:30p	Pre-Senior	4-6pm	Pre-Senior	6-7:30pm	AGB/AGC	6:15-7:15pm	TYM				
	4-6pm	Senior	5:30-7:30p	Senior	4-6pm	Senior					Y States at Penn State University. 9-10's in AM and 11-12's in PM		Y States at Penn State University. 13-14's in AM and Seniors's in PM	
	6-7:30pm	AGB/AGC			6-7:30pm	AGB/AGC								
	Only Y State/High School State and Y National swimmers this week													
													4:30-5:30pm	Just 4 fun
	15		16		17		18		19		20		21	
Week of 3/22-28/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	4-6:30pm	SR	4-6:30pm	SR	4-6:30pm	SR	4-6:30pm	SR	4-6:30pm	SR	6:30-9am	SR	No practice (Palm Sunday)	
									MA Senior Champs at Graham Aquatic Center, York PA					
	Only swimmers attending Y Nationals or Middle Atlantic Senior Championships													
	22		23		24		25		26		27		28	
Week of 3/29-4/5/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	4-6:30pm	SR	4-6:30pm	SR	4-6:30pm	SR	4-6:30pm	SR	4-6:30pm	SR	6:30-9am	SR	No practice (Easter Sunday)	
	Only swimmers attending Y Nationals													
	29		30		31		1		2		3		4	
Week of 4/5-4/11/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	YMCA National Championships this week in Fort Lauderdale, FL													
	5		6		7		8		9		10		11	
Week of 4/12-18/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	4-6pm	Pre-Senior	4-6pm	Pre-Senior	4-6pm	Pre-Senior	4-6pm	Pre-Senior	4-6pm	Pre-Senior	6:30-8:45a	SR	12-2:30pm	SR and Pre-S
	6-8:30pm	SR	6-8:30pm	SR	6-8:30pm	SR	6-8:30pm	SR	6-8:30pm	SR				
	12		13		14		15		16		17		18	
Week of 4/19-25/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	4-6pm	Pre-Senior	4:30-6:15	AGC	4-6pm	Pre-Senior	4:30-6:15	AGC	4-6:15p	Sr and Pre-S	6:30-8:45a	SR	12-2:30pm	SR and Pre-S
	5:30-7pm	AGC			5:30-7pm	AGC			6:15-7:45pm	AGC				
	6:45-9pm	SR			6:45-9pm	SR								
			At Messiah				At Messiah							
			6-8:30pm	Senior			6-8:30pm	Senior						
			6-8pm	Pre-Senior			6-8pm	Pre-Senior						
	19		20		21		22		23		24		25	
Week of 4/26-5/2/10	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA	
	4-6pm	SR/Pre-S	4:30-6:15	AGC	4-6pm	SR/Pre-S	4:30-6:15	AGC	4-6:15p	Sr and Pre-S	6:30-8:45a	SR	12-2:30pm	SR and Pre-S
	6-7pm	Stroke Clinic	6:15-7:15pm	Stroke Clinic	6-7pm	Stroke Clinic	6:15-7:15pm	Stroke Clinic	6:15-7:45pm	AGC				
	7-8:30pm	AGC			7-8:30pm	AGC								
			At Messiah				At Messiah							
			6-8:30pm	Senior			6-8:30pm	Senior						
			6-8pm	Pre-Senior			6-8pm	Pre-Senior						
	26		27		28		29		30		1		2	