



**YMCA of Northern York Swimming
General Practice Schedule 2010-2011**

Beginning Monday, September 20, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR	4:30 -7:30p Dryland	4:30 – 7p Dryland	4:30 – 7:30p Dryland	4:30 – 6:30p	4:30 – 7p Dryland	10a -12p
Pre-S	4:30 – 7:30p Dryland	6:30 – 8:30p Dryland	4:30 – 7:30p Dryland	5:30 – 7:30p	4:30 – 7p Dryland	9:30 -11a
AG-A	Off	4:30 – 6p	Off	4:30 – 5:30p	6 -7p	Off
AG-B	6 – 8p Dryland 6-6:30	6:30 – 8:30p	6 – 8p Dryland 6-6:30	Off	6:30 – 8p	Off
AG-C	6:30 – 8:30p Dryland 6:30-7	Off	7 – 8:30p	6 – 8:30p Dryland 6-6:30	6:30 – 8p	8 – 9:30a

Note: When Northern High School varsity swim team has home meets, practice will be canceled for those evenings.

Holidays and Breaks: NYAC practice times may be adjusted when school is closed in observance of a holiday or during holiday breaks. There will be NO practice on Thanksgiving Day, Christmas Day, and New Year's Day. Updated scheduling information will be posted on the web site and circulated through email and newsletter as these dates are scheduled.

