

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group		
Week of 11/5-11	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	No Sr or Pre-Sr workout		No Sr or Pre-Sr workout		3-4:15pm	AGA		
	6-7:45pm	AGC	6:30-7:45pm	AGA	6-7:45pm	AGC	6:30-7:45pm	AGA	6:15-7:15pm	TYM	7:15-8:45pm	AGB	4:30-5:30pm	TYM		
	<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at YMCA</u>			
6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Pre-S	WSY Thanksgiving Meet at CV High School				
6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S					
		5		6		7		8		9		10		11		
Week of 11/12-18	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4:15-6:15pm	Pre-Senior	6:30-8:45a	SR	11am-1:15pm	Sr/Pre-S		
	6-7:45pm	AGC	6:30-7:45pm	AGA	6-7:45pm	AGC	6:30-7:45pm	AGA	6:15-7:15pm	Senior	6:30-8:45am	Pre-S	1:15-2:45pm	AG- B & C		
	<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at YMCA</u>			
6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	4:30-5:30pm	TYM	
6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	Aquafest Meet at CV High School				
		12		13		14		15		16						17
Week of 11/19-25/18	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		Happy Thanksgiving No Practice for any practice group		<u>at YMCA</u>		All Groups Off Today		<u>at YMCA</u>			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-5:45pm	AGB			4:15-6:15pm	Pre-Senior			6:30-8:45a	SR	11am-1:15pm	Sr/Pre-S
	6-7:45pm	AGC	6:30-7:45pm	AGA	4:30-6pm	AGC			4:15-6:15pm	Senior			6:30-8:45am	Pre-S	1:15-2:45pm	AG- B & C
	<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>				<u>at Messiah</u>				<u>at YMCA</u>		<u>at YMCA</u>	
6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-7:45pm	AGB	No Take Your Mark Tonight						
6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:45pm	AGB							
		19		20		21		22		23		24		25		
Week of 11/26-12/2/18	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4:15-6:15pm	Pre-Senior	6:30-8:45a	SR	11am-1:15pm	Sr/Pre-S		
	6-7:45pm	AGC	6:30-7:45pm	AGA	6-7:45pm	AGC	6:30-7:45pm	AGA	4:15-6:15pm	Senior	6:30-8:45am	Pre-S	1:15-2:45pm	AG- B & C		
	<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at YMCA</u>			
6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-7:15pm	TYM	6:15-8:30pm	Senior	6:15-8:30pm	Senior	2:45-4pm	AGA	
6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	4:30-5:30pm	TYM	
		26		27		28		29		31		1		2		
Week of 12/3-9/18	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4:15-6:15pm	Pre-Senior	6:30-8:45a	SR	12:15-2:15pm	Sr/Pre-S		
	6-7:45pm	AGC	6:30-7:45pm	AGA	6-7:45pm	AGC	6:30-7:45pm	AGA	4:15-6:15pm	Senior	6:30-8:45am	Pre-S	4:30-5:30pm	TYM		
	<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at Messiah</u>		<u>at YMCA</u>			
6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-8:30pm	Senior	6:15-7:15pm	TYM	Jeremy Naylor Swim Meet at Northern High School (AGA, AGB, AGC)						
6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	Pre-S	6:15-8:30pm	AGB							
										RiverHawk YMCA Invite at Susquehanna University Saturday, Sunday						

	3		4		5		6		7		Saturday-Sunday			
Week of 12/10-16/18	<u>at YMCA</u> 4:30-6pm AGB 6-7:45pm AGC		<u>at YMCA</u> 5-6:30pm AGC 6:30-7:45pm AGA		<u>at YMCA</u> 4:30-6pm AGB 6-7:45pm AGC		<u>at YMCA</u> 5-6:30pm AGC 6:30-7:45pm AGA		<u>at YMCA</u> 4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm TYM 7:15-8:30pm AGB		<u>at YMCA</u> 11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C 2:45-4pm AGA 4:30-5:30pm TYM			
	<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		All Groups Off Today					
	Speedo Classic at F and M College													
Week of 12/18-24/17	<u>at YMCA</u> 4:30-6pm AGB 6-7:45pm AGC		<u>at YMCA</u> 5-6:30pm AGC 6:30-7:45pm AGA		AGA, AGB, AGC Holiday Party at Sky Zone 6-7:30pm		<u>at YMCA</u> 5-6:30pm AGC 6:30-7:45pm AGA		<u>at YMCA</u> 4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm Pre Competitive 7:15-8:30pm AGB		All Groups Off Today			
	<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		Sr, Pre-SR Holiday Party/Secret Santa 6pm at WSCC		<u>at Messiah</u> 6:15-8:30pm Senior 6:15-8:30pm Pre-S		Last night Pre-Comp					
	Speedo Classic at F and M College													
Week of 12/24-30/18	<u>at YMCA</u> 7-9:30am Senior 7-9:30am Pre-Senior 9:30-11am AGB and C 11-12:15pm AGA		Merry Christmas. No Practice for any practice group		<u>at YMCA</u> 4:15-6pm Senior 4:15-6pm Pre-Senior 5:30-6:45pm AGB 6:45-8:15pm AG-C		<u>at YMCA</u> 4:15-6:15pm Senior 4:15-6:15pm Pre-Senior 6:15-7:15pm AGA 7:15-8:45pm AG-C		<u>at YMCA</u> 4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:45pm AGB		<u>at YMCA</u> 6:30-8:45a SR 6:30-8:45am Pre-S		<u>at YMCA</u> 11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C	
									No Pre Competitive Practice tonight					
	Speedo Classic at F and M College													