

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group		
Week of 8/27-9/2 Senior Group ONLY	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA				Off			
	4:30-6:30pm	Senior	4:30-6:30pm	Senior	4:30-6:30pm	Senior	4:30-6:30pm	Senior	4:30-6:30pm	Senior	6:30-8:45am	Senior				
Week of 9/3-9/18 Senior/Pre Senior Group ONLY	Labor Day OFF		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA			
			4:15-6:45pm	Senior	4:15-6:45pm	Senior	4:15-6:45pm	Senior	4:15-6:45pm	Senior	6:30-8:45am	Senior	11-1:30pm	Senior	11-1:30pm	Senior
Week of 9/10-16 Age Group B and C Groups begin	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4-6:15p	Senior	6:30-8:45am	Senior	11-1:30pm	Senior		
	6-7:45pm	AGC			6-7:45pm	AGC			4-6:15pm	Pre-S	6:30-8:45am	Senior	11-1:30pm	Pre-Sr		
									6:15-7:45pm	AGB	6:30-8:45am	Pre-Sr	1:30-3pm	AGB and AGC		
Week of 9/17-23	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		No AGB or AGC Practices today			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4-6:15p	Senior	6:30-8:45am	Senior				
	6-7:45pm	AGC			6-7:45pm	AGC			4-6:15pm	Pre-S	6:30-8:45am	Pre-Sr				
									6:15-7:15pm	TYM						
Week of 9/24-30 Age Group A Groups begin	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		YMCA September Sizzler (Tri Meet) at Messiah College (AGB, AGC, Pre-S and Sr)		at YMCA			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4-6:15p	Senior			11am-1:15pm	Sr/Pre-S		
	6-7:45pm	AGC	6:30-7:45pm	AGA	6-7:45pm	AGC	6:30-7:45pm	AGA	4-6:15pm	Pre-S			1:15-2:45pm	AG- B & C		
									6:15-7:15pm	TYM			2:45-4pm	AGA		
Week of 10/1-7	at YMCA		at YMCA		at YMCA		at YMCA		at YMCA		WSY October Invite (2 days) at CV High School		at YMCA			
	4:30-6pm	AGB	5-6:30pm	AGC	4:30-6pm	AGB	5-6:30pm	AGC	4-6:15p	Pre-Sr			2-3:15pm	AGB		
	6-7:45pm	AGC	6:30-7:45pm	AGA	6-7:45pm	AGC	6:30-7:45pm	AGA	4-6:15pm	Senior			3:15-4:30pm	AGA		
									6:15-7:15pm	TYM			4:30-5:30pm	Just 4 Fun		
								7:15-8:45pm	AGB							

Week of 10/8-14/18	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45am Senior 6:30-8:45am Pre-S	at YMCA 12:15-2pm AGC 12:15-2pm AGB
	Video Day	3:15-4:30pm AGA 4:30-5:30pm Just 4 Fun					
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S			
	8	9	10	11	12	13	14
Week of 10/15-21	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA 4-6pm Senior 6-8pm Pre Senior	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA WSY Team Day at Messiah College for all practice levels!! 12:00-2:15pm at Messiah College for fun and team building and fun. ALL Competitive practice groups(AGA-SR) from both practice sites (Northern and YMCA). Free Pizza to everyone who attends as well as two (2) Team T-Shirts and parent presentations
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	No Messiah Tonight due to an event at Messiah College		Video Day	
	15	16	17	18	19	20	21
Week of 10/23-29/17	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA 3:15-4:30pm AGA 4:30-5:30pm TYM
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		Video Day	YMCA Spooky Splash Swim Meet at Messiah College for all swimmers
	22	23	24	25	26	27	28
Week of 10/29-11/4/18	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4-6:15p Pre-Senior 4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:45pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45am Pre-S	at YMCA 11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C 4:30-5:30pm TYM
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S		Video Day	YMCA 10 and U meet at Messiah College
	29	30	31	1	2	3	4
Week of 11/5-11	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	at YMCA 4:30-6pm AGB 6-7:45pm AGC	at YMCA 5-6:30pm AGC 6:30-7:45pm AGA	No Sr or Pre-Sr workout	No Sr or Pre-Sr workout	at YMCA 3-4:15pm AGA 4:30-5:30pm TYM
	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	at Messiah 6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-7:15pm TYM 7:15-8:45pm AGB		

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

Week of 12/10-16/18	6-7:45pm AGC	6:30-7:45pm AGA	6-7:45pm AGC	6:30-7:45pm AGA	4-6:15pm Senior 6:15-7:15pm TYM 7:15-8:30pm AGB	All Groups Off Today	1:15-2:45pm AG- B & C 2:45-4pm AGA 4:30-5:30pm TYM
	at Messiah	at Messiah	at Messiah	at Messiah			
	6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-8:30pm Senior 6:15-8:30pm Pre-S	6:15-8:30pm Senior 6:15-8:30pm Pre-S			
	10	11	12	13	14	15	16
Week of 12/18-24/17	at YMCA	at YMCA	AGA, AGB, AGC Holiday Party at Sky Zone 6-7:30pm	at YMCA	at YMCA	All Groups Off Today	at YMCA
	4:30-6pm AGB 6-7:45pm AGC	5-6:30pm AGC 6:30-7:45pm AGA		5-6:30pm AGC 6:30-7:45pm AGA	4:15-6:15pm Pre-Senior 4:15-6:15pm Senior 6:15-7:15pm Pre Competitive Last night Pre-Comp 7:15-8:30pm AGB		11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C
	at Messiah	at Messiah	Sr, Pre-SR Holiday Party/Secret Santa 6pm at WSSC	at Messiah			
	17	18	19	20	21	22	23
Week of 12/24-30/18	at YMCA	Merry Christmas. No Practice for any practice group	at YMCA	at YMCA	at YMCA	at YMCA	at YMCA
	7-9:30am Senior 7-9:30am Pre-Senior 9:30-11am AGB and C 11-12:15pm AGA		4:15-6pm Senior 4:15-6pm Pre-Senior 5:30-6:45pm AGB 6:45-8:15pm AG-C	4:15-6:15pm Senior 4:15-6:15pm Pre-Senior 6:15-7:15pm AGA 7:15-8:45pm AG-C	4:15-6:15pm Pre-Senior Senior 6:15-7:45pm AGB	6:30-8:45a SR 6:30-8:45am Pre-S	11am-1:15pm Sr/Pre-S 1:15-2:45pm AG- B & C
					No Pre Competitive Practice tonight		
	24	25	26	27	28	29	30