

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Week of 2/11-17/19	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>				<b>at YMCA</b>	
	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:15-6:15p 4:15-6:15p 6:15-7:15pm 7:15-8:30pm	Pre-Senior Senior Mini Team AGB	No AM Practice today		11am-1pm 1:45-2:45pm 4:30-5:30pm	SR/Pre-Sr AGA Mini Team
	<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>							
	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	WSY Presidents Day Meet at CV High School					
		11		12		13		14						
Week of 2/18-24/19	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>				<b>at YMCA</b>	
	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:15-6:15p 4:15-6:15p 6:15-7:15pm 7:15-8:30pm	Pre-Senior Senior Mini Team AGB	No AM Practice today		11am-1:15pm 4:30-5:30pm	Sr/Pre-S Mini Team
	<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>							
	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	YMCA League Championship Meet at (Saturday) - York College - (Sunday) Graham Aquatic Center in York, PA (prelim/finals with 7am warm-ups)					
		18		19		20		21						
Week of 2/25-3/3/19	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>				<b>at YMCA</b>	
	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:15-6:15p 4:15-6:15p 6:15-7:15pm 7:15-8:30pm	Pre-Senior Senior Mini Team AGB	No AM Practice due to High School Districts today		1:15-2:45pm 4:30-5:30pm	AGB/C Mini Team
	<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>							
	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	High School Districts for HS swimmers @ CV				Mini Champs at CV for all 10 and U swimmers	
		25		26		27		28						
									1		2		3	
Week of 3/4-10/19	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>				<b>at YMCA</b>	
	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA <i>Last Day AGA</i>	4:15-6:15p 4:15-6:15p 6:15-7:15pm 7:15-8:30pm	Pre-Senior Senior Mini Team AGB	No Saturday AM Practice		11-1:15pm 11-1:15pm 4:30-5:30pm	Senior Pre Senior Mini Team
	<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>							
	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	Y Districts 400 IM/500Free 5pm W-Up 6:30pm start		Y Districts for 13/14 and 15 & over age Groups at Graham Aquatic Center		Y Districts for 9/10 and 11/12 age Groups at Graham Aquatic Center	
		4		5		6		7						
Week of 3/11-17/19	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>				<b>at YMCA</b>	
	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:30-6pm 6-7:45pm	AGB AGC	5-6:30pm 6:30-7:45pm	AGC AGA	4:15-6:15p 4:15-6:15p 6:15-7:15pm 7:15-8:30pm	Pre-Senior Senior Mini Team AGB	No Saturday AM Practice		11-1:15pm 4:30-5:30pm 4:30-5:30pm	SR/Pre-Sr Mini Team Mini Intra Squad Meet
	<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>							
	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	6:15-8:30pm 6:15-8:30pm	Senior Pre-S	Y States 400 IM/500Free 5pm W-Up 6:30pm start at PSU					
		11		12		13		14						
Week of 3/18-24/19	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>				<b>at YMCA</b>	
	4-6:15pm 5-6:30pm 6:30-7:30pm	Senior Pre-S AGB, AGC	4-6:15pm 5-6:30pm 6:30-7:30pm	Senior Pre-S AGB, AGC	4-6:15pm 5-6:30pm 6:30-7:30pm	Senior Pre-S AGB, AGC	4-6:15pm 5-6:30pm 6:30-7:30pm	Senior Pre-S AGB, AGC	4-6:15pm 4-6:15pm 6:15-7:15pm	Senior Pre-Sr Mini Team	No Saturday AM Practice		11-1:15pm	SR/Pre-Sr
	<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>		<b>at Messiah</b>							
		18		19		20		21	Y States for 13-14 and Senior age Groups at Penn State				Y States for 9-10 and 11-12 age Groups at Penn State	

Week of 3/25-31/19	at YMCA 4-6:15pm Senior 5-6:30pm Pre-S 6:30-7:30pm AGB, AGC	at YMCA 4-6:15pm Senior 5-6:30pm Pre-S 6:30-7:30pm AGB, AGC	at YMCA 4-6:15pm Senior 5-6:30pm Pre-S 6:30-7:30pm AGB, AGC	at YMCA 4-6:15pm Senior 5-6:30pm Pre-S 6:30-7:30pm AGB, AGC	at YMCA 4-6:15pm Senior 4-6:15pm Pre-Sr 6:15-7:15pm Mini Team <i>Last Day Mini Team</i>	at YMCA 6:30-8:30am Senior	National Team Depart for Greensboro					
	25	26	27	28	29	30		31				
Week of 4/1-7/19	Y Nationals in Greensboro, NC (Mon-Friday) - Break for all practice groups - No practices						Spring					
	1	2	3	4	5	6	7					
Week of 4/8-14/19	Spring Break for all practice groups - No practices						WSY Annual Awards Banquet					
	8	9	10	11	12	13	14					
Week of 4/15-21/19	at YMCA 4:15-5:30pm AGB 5:30-7:15pm AGC 7:15-8:15pm S. Clinic	at YMCA 4:30-5:30pm S. Clinic 5:30-7:15pm AGC	at YMCA 4:15-5:30pm AGB 5:30-7:15pm AGC 7:15-8:15pm S. Clinic	at YMCA 4:30-5:30pm S. Clinic 5:30-7:15pm AGC	at YMCA 4-6:15pm Sr and Pre-S 6:15-7:30pm AGB	at YMCA 6:30-8:45a SR 6:30-8:45a Pre-S	Easter Sunday					
	at Messiah 4:15-6:30pm Senior 4:15-6:30pm Pre-S	at Messiah 4:15-6:30pm Senior 4:15-6:30pm Pre-S	at Messiah 4:15-6:30pm Senior 4:15-6:30pm Pre-S	at Messiah 4:15-6:30pm Senior 4:15-6:30pm Pre-S				15	16	17	18	19