



## West Shore YMCA Competitive Swimming Program NYAC Summer League Schedule SUMMER 2018

*Monday, June 11-Friday, July 26, 2018*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Pre / Senior High School</b>	4:15 – 6:00 pm Pool 6:00 – 6:30 pm Dry Land	6:15 – 8:00 pm	6:30 – 7:00 pm Dry Land 7:00 – 8:30 pm	6:15 – 8:00 pm	<i>OFF</i>	<b>Swim Meets</b>
<b>AG-B AG-C</b>	4:45 – 6:00 pm	5:00 – 6:30 pm	5:00 – 6:30 pm 6:30 – 7:00 pm Dry Land	5:00 – 6:30 pm	<i>OFF</i>	<b>Swim Meets</b>
<b>AG-A</b>	OFF	5:00 – 6:15 pm	6:30 – 7:30 pm 6:15 Dry Land	5:00 – 6:15 pm	<i>OFF</i>	<b>Swim Meets</b>