



YMCA of Northern York Swimming General Practice Schedule 2011-2012

Beginning MONDAY, NOVEMBER 21, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR	5-8 Dryland 5-6	5-7	5-7	5-8 Dryland 5-6	5-7	9-12 Dryland 11-12
Pre-S	5-8 Dryland 5-6	5-7	5-7	5-8 Dryland 5-6	5-7	9-12 Dryland 11-12
AG-A	OFF	5-6	OFF	5-6	5-6	OFF
AG-B	5-7 Dryland 6:30-7	OFF	5-7 Dryland 6-7:30	5-6:30	6-7:30	OFF
AG-C	6-8 Dryland 6-6:30	6-7:30	6-8 Dryland 6-6:30	OFF	6-7:30	OFF

Note: When Northern York High School varsity swim team has home meets, practice will be canceled for those evenings. NYAC swimmers are encouraged to come and cheer for the high school swimmers during these home swim meets.

***December 15 vs. Mechanicsburg**
***January 3 vs. East Pennsboro**
***January 17 vs. Boiling Springs**
***January 26 vs. James Buchanan**

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.

