



YMCA of Northern York Swimming General Practice Schedule Summer 2008

Beginning Monday, April 14, 2008
UPDATED Friday, May 23, 2008 (with changes)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR	7-9pm Dland 6-7pm	5-7pm	7-9pm	5-7pm Dland 7-7:45pm	4:15-6pm	TBD
Pre-S	7-9pm Dland 6:30-7pm	5:15-7pm	7:30-9pm	5-7pm Dland 7-7:45pm	4:30-6pm	TBD
AG-A	5-6pm	OFF	5-6pm	OFF	5-6pm	OFF
AG-B	Off	7-8:30pm	5:30-7pm Dland 7-7:30p	7-8:30pm	6-7:15pm Dland 7:15-7:40p	OFF
AG-C	5:30-7pm Dland 7-7:45pm	7-8:30pm	OFF	7-8:30pm Dland 6-7pm	6-7:30pm	OFF

YMCA of Northern York HOME Swim Meets Dates:

- Saturday, June 28, 2008 Dover at NYAC
- **TUESDAY, July 8, 2008** **Hampden at NYAC**

Practice Changes: We will attempt to give everyone notice of any practice changes at least 2-3 days prior to the practice change. These changes will be done using our email system.

