

WSY Swimming at Northern York Practice Schedule Spring 2019

April 15-May 24, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Sessions are held at Northern High School						
Pre / Senior	6-7pm Dryland ONLY	7:30 – 9:00 pm	5:30 – 6:15 pm Dry Land 6:15 – 7:45 pm Pool	7:30 – 9:00 pm	5:30 – 6:15 pm Dry Land 6:15 – 7:45 pm Pool	
Stroke Clinic	OFF	5:00 – 6:00 pm (4)	OFF	5:00 – 6:00 pm (4))	OFF	OFF
AG-B	4:30-6:00 pm	6:00 –7:30 pm (3)	4:30-6:00 pm	6:00-7:30 pm (3)	OFF	OFF
AG-C	4:30-6:00 pm	6:00-7:30 pm (2)	4:30-6:15 pm	6:00-7:30 pm (2)	OFF	OFF

All AGA swimmers should register for Spring Stroke Clinic

