



2017- 2018 York YMCA Practice Schedule

USA Competitive squad practices: (GRAHAM LOCATION)

Seniors A : Mon – Fri: 4pm-7pm, Sat: 8am-11:30am,

Mon AM & Thu AM: 5:45am – 6:45am

Senior B : Mon – Fri: 4pm-6:15pm, Sat: 10:30am- 12:30pm,

Tue AM & Fri AM: 5:45am – 6:45am

Junior A : Mon – Fri: 6:15pm – 8:00pm, Sat: 8am – 10am

Junior B : Mon – Fri:6:15pm – 7:45pm, Sat: 10am – 11:30am

YMCA Competitive squad practices (GRAHAM LOCATION):

YMCA Novice : Mon, Tue, Thu, Fri: 5:45pm – 6:45pm

YMCA Advanced : Mon – Fri: 6:45 – 8:00pm

YMCA Competitive squad practices (SOUTHERN LOCATION)

YMCA Novice : Mon - Fri: 5:30pm – 6:30pm

YMCA Advanced : Mon – Fri: 6:30pm – 8:00pm

High School Prep* : Mon – Fri: 3:45pm – 5:30pm

Non-Competitive squad practices (GRAHAM LOCATION):

Pre Team : Wed: 6:00 – 6:45pm , Sat: 10am – 10:45am

Non-Competitive squad practices (SOUTHERN LOCATION)

Pre Team: Tue & Wed : 6:00 – 6:45pm

*During the year there will be many times when we will alter this schedule. We will communicate those times in advance and we will post an “adjusted practice schedule” on our website.