



**PRACTICE ADJUSTMENTS
February 19-24, 2018**

NOVICE AND ADVANCED	JUNIOR AND SENIOR
<p>This is the updated practice schedule for the Novice and Advanced groups. Please make note of the practice time changes for the upcoming week.</p> <p>Monday - February 19 Joint Practice: 6-7:30pm @ Southern</p> <p>Tuesday - February 20 All groups normal at GAC</p> <p>Wednesday - February 21 Novice: 5:30 – 6:30pm @ Southern Advanced: 6:30 – 8:00pm @ Southern</p> <p>Thursday - February 22 Novice: 5:30 – 6:30pm @ Southern Advanced: 6:30 – 8:00pm @ Southern</p> <p>Friday - February 23 Novice: 5:30 – 6:30pm @ Southern Advanced: 6:30 – 8:00pm @ Southern</p>	<p>We are hosting the PSAC championships at our pool next week. Please see below as we have adjusted our schedule to accommodate this meet and provide the best for our own athletes. Practice time is slightly reduced toward the end of the week as we give our swimmers a little more rest in preparation for their upcoming championship meets. If you have any questions regarding this schedule let me know.</p> <p>Monday - February 19 All groups normal at GAC</p> <p>Tuesday - February 20 All groups normal at GAC</p> <p>Wednesday - February 21 All Seniors: 6-8pm @ York College All Juniors: 7:30 – 9pm @ York college Novice: 5:30 – 6:30pm @ Southern Advanced: 6:45 – 8:00pm @ Southern</p> <p>Thursday - February 22 All Seniors: 6-8pm @ York College All Juniors: 7:30-8:45pm @ York College Novice: 5:30 – 6:30pm @ Southern Advanced: 6:45 – 8:00pm @ Southern</p> <p>Friday - February 23 All Seniors: 5:30 - 7:00am (only AM practice) All Juniors: 6:00 - 6:45am @ GAC (or) 8:00 - 8:45pm @ Southern Novice: 5:30 – 6:30pm @ Southern Advanced: 6:45 – 8:00pm @ Southern</p> <p>Saturday - February 24 (Only seniors not competing in YSCAP) All seniors 1:45 – 3:45pm @ GAC</p>