



PRACTICE ADJUSTMENTS
March 26, 2018 – April 7, 2018

Senior and Junior	Novice, Advanced and Pre-Team
<p>March 26 (Monday) YMCA National team: 4-6:30pm @ GAC (YNATS meeting @ 6:30) All Seniors: 4-6:00pm @ GAC All Juniors: 6-7:30pm @ GAC</p> <p>March 27 (Tuesday) YMCA National team: 4-6pm @ GAC All Seniors: 4-6pm @ GAC All Juniors: 6-7:30pm @ GAC</p> <p>March 28 (Wednesday) YMCA National team: 4-6pm @ York college All Seniors: 3:30-4:30pm @ Downtown Natatorium Junior A's: 6:30-7:30pm @ Downtown Natatorium Junior B's: 7:30-8:30pm @ Downtown Natatorium</p> <p>March 29 (Thursday) YMCA National team: 5-7pm @ Red Lion All Seniors: 3:30-4:30pm @ Downtown Natatorium Junior A's: 6:30-7:30pm @ Downtown Natatorium Junior B's: 7:30-8:30pm @ Downtown Natatorium</p> <p>March 30 (Friday) YMCA National team: 4-6pm @ Millersville University All Seniors: No Practice All Juniors: No Practice</p> <p>March 31 (Saturday) YMCA National team: TBD All Seniors: No Practice All Juniors: No Practice</p> <p>Monday (April 2) All Seniors - 5:15-6:45pm @ GAC All Juniors - 6:45-8pm @ GAC</p> <p>Tuesday (April 3) All Seniors - 5:15-6:45pm @ GAC All Juniors - 6:45-8pm @ GAC</p> <p>Wednesday (April 4) All Seniors - 5:15-6:45pm @ GAC All Juniors - 6:45-8pm @ GAC</p> <p>Thursday (April 5) All Seniors - 5:15-6:45pm @ GAC All Juniors - 6:45-8pm @ GAC</p> <p>Friday (April 6) All Groups - No Practice</p> <p>Saturday (April 7) All Groups - No Practice</p> <p>April 8th - April 15th TEAM BREAK. NO PRACTICE. ENJOY!</p>	<p>This email contains all of the following practice adjustments and changes that will occur over the next three weeks due to the GAC hosting a swim meet and our annual April break. Many changes to our regular schedule have been made. Please review diligently.</p> <p>Monday - March 26</p> <ul style="list-style-type: none">• Novice: 5:45pm-6:45pm @ GAC• Advanced: 6:45pm-8pm @ GAC <p>Tuesday - March 27</p> <ul style="list-style-type: none">• Novice: 5:45pm-6:45pm @ GAC• Advanced: 6:45pm-8pm @ GAC <p>Wednesday - March 28</p> <ul style="list-style-type: none">• Novice: 5:30pm-6:30pm @ Southern• Advanced: 6:30pm-8pm @ Southern• NO Pre-Team practice <p>Thursday - March 29</p> <ul style="list-style-type: none">• Novice: 5:30pm-6:30pm @ Southern• Advanced: 6:30pm-8pm @ Southern <p>Friday - March 30</p> <ul style="list-style-type: none">• NO practice <p>Saturday - March 31</p> <ul style="list-style-type: none">• Pre-Team: 10am-10:45am @ York YMCA Natatorium <p>Monday - April 2</p> <ul style="list-style-type: none">• Novice: 5:45pm-6:45pm @ GAC• Advanced: 6:45pm-8pm @ GAC <p>Tuesday - April 3</p> <ul style="list-style-type: none">• NO practice <p>Wednesday - April 4</p> <ul style="list-style-type: none">• Novice: 5:45pm-6:45pm @ GAC• Pre-Team: 6pm-6:45pm @ GAC• Advanced: 6:45pm-8pm @ GAC <p>Thursday - April 5</p> <ul style="list-style-type: none">• NO practice <p>Friday - April 6</p> <ul style="list-style-type: none">• Novice: 5:45pm-6:45pm @ GAC• Advanced: 6:45pm-8pm @ GAC <p>Saturday - April 7</p> <ul style="list-style-type: none">• Pre-Team: 10am-10:45am @ GAC <p>April 8th - April 15th</p> <ul style="list-style-type: none">• TEAM BREAK. NO PRACTICE. ENJOY!