

2018 York YMCA Summer Practice Schedule

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr A AM Reg PM	1 Sr B AM Reg. PM	2 Reg PM	3 Sr A AM Reg PM	4 Sr B AM Reg. PM	5 Reg. Saturday	6
7 Sr A AM Reg. PM Aquatic club meeting	8 Sr B AM Reg. PM Senior Signing Celebration @ 6:15pm	9 Reg. PM	10 Sr A AM Reg. PM	11 Sr B AM Reg. PM	12 Reg. Saturday Mini Camp – Backstroke YSCAP meet @ GAC	13 Mini Camp – Starts & turns
14 Sr A AM Reg. PM	15 Sr B AM Reg. PM	16 Reg. PM	17 (no AM) Reg. PM	18 (no AM) NBAC Spring meet Seniors: 4-6pm Juniors: 6-7pm	19 (no practice) NBAC Spring meet	20 NBAC Spring meet
21 (no AM) Reg. PM	22 Sr A&B: AM Reg. PM	23 Reg. PM	24 Sr A AM Reg. PM	25 Sr B AM Reg. PM	26 Seniors only: 7-8:30am No Juniors Klids Tri!!! @ 9am Mini Camp - Freestyle	27
28 Adjusted Practice	29 Sr B am Reg. pm	30 Reg pm	31 Sr A am Reg. pm			

2018 York YMCA Summer Practice Schedule

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Sr B AM Reg PM F&M meet	2 Reg. Saturday F&M meet YSCAP meet @ Chambersburg	3 F&M Meet
4 Sr A am Reg pm	5 Sr B am Reg. PM	6 Seniors: 4-6pm Juniors 6-7-15pm	7 York Revolution swim night!!! All groups: 3:45 – 5:00pm TYR Pro series- Santa Clara	8 Seniors: 4-5:30pm Juniors: 5:30 – 6:30pm NBAC June Meet TYR Pro series – Santa Clara	9 (No practice) NBAC June Meet TYR Pro series – Santa Clara	10 NBAC June Meet TYR Pro series – Santa Clara
11 (No practice) NBAC June Meet	12 AM @ GV: Seniors Reg. PM for Juniors (No senior PM)	13 AM @ GV: Juniors Reg PM	14 AM @ GV: Seniors Reg PM	15 Reg PM	16 Reg Saturday Mini Camp – Butterfly YSCAP meet @ Cumberland	17 Mini Camp – Breaststroke
18 AM @ GV: Seniors Reg PM	19 AM @ GV: Seniors Reg PM	20 Reg PM	21 AM @ GV: Juniors Reg PM	22 AM @ GAC: Seniors Reg PM for Juniors (no Senior PM)	23 Reg Saturday	24
25 AM @ GV: Seniors Reg PM	26 AM @ GV: Seniors Reg PM for juniors (no Senior PM)	27 AM @ GV: Juniors Reg PM for seniors (no junior PM)	28 AM @ GV: Seniors Reg PM	29 AM @ GAC: Seniors Reg PM for Juniors (no senior PM)	30 Reg Saturday Mini Camp – Starts & Turns YSCAP @ Waynsboro	1 (July)

2018 York YMCA Summer Practice Schedule

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 AM @ GV: Seniors Reg PM	3 AM @ GV: Seniors Reg PM	4 Independence Day AM @ GAC: All groups 7:30 – 9:00am	5 AM @ GV: Seniors No senior PM Juniors: 4-5pm NBAC July Meet	6 Seniors: 4-6pm Juniors: 6-7:30pm NBAC July Meet	7 No Practice NBAC July Meet	8 NBAC July Meet
9 AM @ GV: Juniors Reg PM	10 AM @ GV: Seniors Reg PM	11 AM @ GV: seniors Reg PM	12 AM @ GV: Seniors Reg PM for Juniors (no senior PM)	13 Reg. PM	14 Reg. Saturday YSCAP meet @ Chambersburg	15 Team Banquet @ Heritage Hills
16 AM @ GV: Seniors Adjusted Practice	17 AM @ GV: Seniors Adjusted Practice	18 AM @ GV: Seniors Adjusted Practice	19 Adjusted Practice MA Junior Olympics	20 Adjusted Practice MA Junior Olympics	21 Adjusted Practice MA Junior Olympics	22 MA Junior Olympics
23 Adjusted Practice	24 Adjusted Practice	25 Adjusted Practice Philips 66 Nationals	26 Adjusted Practice Philips 66 Nationals	27 Adjusted Practice Philips 66 Nationals BCSC Unity Meet	28 Adjusted Practice Philips 66 Nationals YSCAP Champs @ GAC BCSC Unity Meet	29 Philips 66 Nationals BCSC Unity Meet

2018 York YMCA Summer Practice Schedule

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 YMCA Nationals Adjusted practice	31 YMCA Nationals Adjusted practice	1 YMCA Nationals Adjusted practice	2 YMCA Nationals Adjusted practice	3 YMCA Nationals Adjusted practice	4 YMCA Nationals (no practice)	5
6 Team Break	7 Team Break	8 Team Break	9 Team Break	10 Team Break	11 Team Break	12 Team Break
13 Team Break	14 Team Break	15 Team Break	16 Team Break	17 Team Break	18 Team Break	19 Team Break
20 Return training Reg PM	21 Reg PM	22 No practice	23 Reg PM	24 Reg PM	25 No practice	26
27	28	29	30	31		

Key:

“Sr A AM or Sr B AM” means practice will be at GAC from 5:45 – 6:45am

“reg. pm” means that practice will follow the normal PM practice schedule we have used all year

“AM @ GV” means that practice will be from 7:30 – 9:30am at the Green Valley pool for the groups noted that day. Located at 1725 Poplars Rd, West Manchester Township, PA 17408

“AM @ GAC” means that practice will be from 7:30 – 9:30am at the Graham Aquatic center for the groups noted that day

“Adjusted practice” means that we will send out an updated practice schedule for those days as we get closer to that time

Special Events:

York Revs night - requires that you sign up. The information to sign up for this event is on our homepage. We will walk from the GAC to the ball park as a team. Everyone should plan on attending this event!

Mini Camps – These are on the schedule as a reminder to seniors who will be helping. York YMCA members are not usually encouraged to participate in these camps. If your swimmers are very new to the team these camps might help. Reach out to me and let me know if you have any questions regarding this.

Kids Tri – All swimmers under 14 & under should plan on participating in this event. Sign up information is on our team’s website. All swimmers over 14 should plan on volunteering for this event. It’s a tradition and it’s a lot of fun! Give it a tri.

Meets – I put all the meets on the schedule that the team will be attending. Not everyone will attend all the meets on this schedule. If you have questions regarding which meet is for you, please let me know.

Team Banquet – Everyone is invited, and I hope the entire team will be there to enjoy a pleasant evening with friends while we celebrate our team’s seniors and reflect on a wonderful year.

* I am sure I am missing some important events. We will be sure to email the team with reminders for all special events as we get closer to them.

** This schedule is supposed to help us organize our summer plans, but things do change. If there is a change to the schedule we will email the team and post it to our website