

2018- 2019 York YMCA's Practice Schedule

(GRAHAM LOCATION)

USA Competitive squad practices:

Seniors A: Mon – Fri: 4pm-7pm, Sat: 8am-11:30am, Mon AM & Thu AM: 5:45am – 6:45am

Senior B: Mon – Fri: 4pm-6:30pm, Sat: 8am- 11:30am, Tue AM & Fri AM: 5:45am – 6:45am

Junior A: Mon – Fri: 6:00pm – 8:00pm, Sat: 10am – 12:30pm

Junior B: Mon – Fri: 6:30pm – 8:00pm, Sat: 10am – 12:00pm

YMCA Competitive squad practices:

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

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

Non-Competitive squad practices

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

(SOUTHERN LOCATION)

YMCA Competitive squad practices

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

Pre Team: Tue & Wed: 6:00 – 6:45pm