

CYAC PRACTICE SCHEDULE: 2009-10 SEASON
Winter: November 9, 2009 – February 19, 2010
TENTATIVE

November 9 – 14: We will follow the Fall Practice Schedule

Beginning Monday, November 16 - - -

Monday:

Senior = 7:00 – 9:00 p.m.
Junior 2 = 7:00 – 8:30 p.m.
Junior 1 = 6:00 – 7:00 p.m.
8 & U = 6:00 – 7:00 p.m.
Senior = 5:45 – 7:30 AM

Tuesday:

Senior = 7:00 – 9:00 p.m.
Junior 2 = 7:00 – 8:30 p.m.
Junior 1 = 6:00 – 7:00 p.m.
8 & U = 6:00 – 7:00 p.m.

Wednesday:

Senior = 7:00 – 9:00 p.m.
Junior 2 = 7:00 – 8:30 p.m.
Junior 1 = 6:00 – 7:00 p.m.
8 & U = 6:00 – 7:00 p.m.

Thursday:

Senior = 7:00 – 9:00 p.m.
Junior 2 = 7:00 – 8:30 p.m.
Junior 1 = 6:00 – 7:00 p.m.
8 & U = 6:00 – 7:00 p.m.
Senior = 5:45 – 7:30 AM

Friday:

Senior = 7:00 – 9:00 p.m.
Junior 2 = 7:00 – 8:30 p.m.
Junior 1 = 6:00 – 7:00 p.m.
8 & U = 6:00 – 7:00 p.m.
Senior = 5:45 – 7:30 AM

Saturday:

Senior = 6:30 – 8:55 AM
Junior 2 = 7:00 – 8:55 AM.
Junior 1 = 7:30 – 8:55 AM

Notes: All practices at CROW Pool. Directions to Pools are on “About CYAC” page on the team website: www.swimcyac.org Practice schedules may be changed due to weather, holidays and vacation, meets and other circumstances.