

CYAC PRACTICE SCHEDULE: 2009 - 10 SEASON
Fall: August 31 – November 7, 2009
TENTATIVE

Monday:

Senior = 6:45 – 8:45 p.m. (*Note: Seniors practice 6 – 8 p.m. Mon – Thu, Aug. 31 – Sept. 3*)
Junior 2 = 6:30 – 8:00 p.m. (start season Tue., Sept. 8)
Junior 1 = 6:00 – 7:00 p.m. (start season Mon., Sept. 14)
8 & U = 6:00 – 7:00 p.m. (start season Mon., Sept. 14)
Senior = 5:45 – 7:30 AM (start Sept. 14)

Tuesday:

Senior = 6:45 – 8:45 p.m.
Junior 2 = 6:00 – 7:30 p.m.
Junior 1 = 5:30 – 6:45 p.m.
8 & U = 4:45 – 5:45 p.m.

Wednesday:

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

Thursday:

Senior = 6:45 – 8:45 p.m.
Junior 2 = 6:00 – 7:30 p.m.
Junior 1 = 5:30 – 6:45 p.m.
8 & U = 4:45 – 5:45 p.m.
Senior = 5:45 – 7:30 AM (start Sept. 17)

Friday:

Senior = 5:00 – 7:00 p.m.
Junior 2 = 5:15 – 7:00 p.m.
Junior 1 = 4:30 – 5:45 p.m.
8 & U = 4:30 – 5:30 p.m.
Senior = 5:45 – 7:30 AM (start Sept. 18)

Saturday:

Senior = 6:30 – 9:00 a.m., (start Sept. 12)
Junior 2 = 7:00 – 9:00 a.m., (start Sept. 12)
Junior 1 = 7:30 – 9:00 a.m. (start Sept 19)

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

Seniors begin August 31; Junior 2 begins September 8; Junior 1 and 8 & U begin September 14.

Fall Stroke Clinic for 6 – 10 year olds is available September 1 – 11 (Tuesday/Thursday/Friday).
High School Prep Clinic is available Monday through Thursday, September 14 – November 5.