WSY Swimming Practice Schedule 2008-2009

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
March 2-March 8	5:30-6:45AM 4-6pm 5:30-7pm 7-8:15pm **At Messiah** 6-8:30pm	**SR/Nat** **Pre-Senior** **AGC** **AGB** **SR/Nat** 2	4-5:30pm 5:30-6:30pm 6:30-8:30pm **At Messiah** 6-8:30pm	**AGC** **AGA** **Pre-Senior** **SR/Nat** 3	4-5:15pm 5:15-6:15pm 6:15-8:15pm **Pasta Dinner for Y District Qualifiers and Chambersburg Mini Meet participants** **At Messiah** 6-8:30pm	**AGB** **AGA** **Pre-Senior** **SR/Nat** 4	4-6pm 6-7pm 7-8:30pm **At Messiah** 6-8:30pm	**Pre-Senior** **AGA** **AGC** **SR/Nat** 5	4-6:15p 6:15-7:15pm 7:15-8:30 **At Messiah** 6:15-8:15pm 6:15-7:45pm	**SR/Nat** **Mini** **AGB** **Pre-Senior** **AGC** 6	6:30-8:30am ***Last Spinning Day*** **Chambersburg 9 & Under meet at Chambersburg YMCA** 7	**Sr/Nat**	12-1:45p 1:30-2:45p 2:45-4pm 2:45-4pm **Mini Intra Squad #2 4-5pm at YMCA** 8	**SR/Nat** **Pre-Senior** **AGB** **AGC**
March 9-15	4-6pm 5:30-7pm 7-8:15pm **At Messiah** 6-8:30pm	**Pre-Senior** **AGC** **AGB** **SR/Nat** 9	4-5:30pm 5:30-7pm 6:45-8:45p **No Messiah Tonight** 10	**AGC** **Pre-Senior** **SR/Nat**	4-5:15pm 5:15-7pm 6:45-8:45p **No Messiah Tonight** 11	**AGB** **Pre-Senior** **SR/Nat**	4-**5:30pm** 5:30-7pm **At Messiah** 6:**15**-8:30pm	**Pre-Senior** **AGC** **SR/Nat** 12	4-6:15p 4-6:15p 6:15-7:15pm **No Messiah Tonight** 13	**SR/Nat** **Pre-Senior** **Mini**	6:30-8:30am **Y Districts for 9-10's (AM) and 11-12's (PM-2pm) at LaSalle University** 14	**Sr/Nat**	**Y Districts for 13-14's (AM) and Sr's (PM-2pm) at LaSalle University** 4-5pm 15	**Just 4 Fun**
March 16-22	4-5:30pm 5:30-6:45pm 5:30-6:45pm 6:45-9pm ***Only YMCA State and National qualifiers attending practice this week*** 16	**Pre-Senior** **AGC** **AGB** **SR/Nat**	4-5:30pm 4-5:30pm 5:30-7pm 7-9pm 17	**AGC** **AGB** **Pre-Senior** **Sr/Nat**	4-5:45pm 5:45-8pm 18	**Pre-Senior** **Sr/Nat**	4-5:30pm 5:30-6:30pm 6:30-8:45pm 19	**Pre-Senior** **AGC//B** **Sr/Nat**	4-6:15p 6:15-7:15pm 20	**SR/Nat** **Mini**	6:30-8:30am **Y States for 9-10's (AM) and 11-12's (PM-2pm) at Penn State University** 21	**Sr/Nat**	**Y States for 13-14's (AM) and Seniors's (PM-2pm) at Penn State University** 4-5pm 22	**Just 4 Fun**
March 23-29	***4-6:15pm - YMCA National Qualifiers only at YMCA*** 23		24		25		26		27		6:30-8:30am 28	**Sr/Nat**	12-2:15p **WSY Banquet at West Shore Country Club** 29	**SR/Nat**
March 29-April 4	***4-6:15pm - YMCA National Qualifiers only at YMCA*** 29		30		31		1		2		**National Team Departs for Ft Lauderdale** 3		4	