



HURRICANES

SWIMMING

2022 LONG COURSE SEASON

PRACTICE SCHEDULE

JUNE 13—JULY 29

TECHNIQUE & FITNESS TRACK:

TRAINING LOCATION: Alamance County YMCA– 1346 S. Main Street, Burlington, NC 27215

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TECHNIQUE (10 & UNDER)		4:30–5:15PM		4:30–5:15 PM		N/A
FITNESS (11 – 18)	5:15–6:00 PM		5:15–6:00 PM		5:15–6:00 PM	N/A

COMPETITIVE TRACK:

TRAINING LOCATIONS: (CF) Camp Frontier Pool– 5258 Bass Mountain Road, Snow Camp, NC 27349
(Y) Alamance County YMCA– 1346 S. Main Street, Burlington, NC 27215

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CATEGORY 1	4:30–5:30PM	4:30–5:30PM	4:30–5:30PM Dryland: 4:30–4:45PM	4:30–5:30PM	4:30–5:30PM	TBA
CATEGORY 2	5:30–6:30PM	5:30–6:30PM Dryland: 6:30–7:00PM	5:30–6:30PM	5:30–6:30PM Dryland: 6:30–7:00PM	5:30–6:30PM	TBA
CATEGORY 3	4:30–5:30PM	4:30–5:30PM	4:30–5:30PM Dryland: 4:30–4:45PM	4:30–5:30PM	4:30–5:30PM	TBA
CATEGORY 4	5:30–6:30PM	5:30–6:30PM Dryland: 6:30–7:00PM	5:30–6:30PM	5:30–6:30PM Dryland: 6:30–7:00PM	5:30–6:30PM	TBA
CATEGORY 5 *max of 5 practices	7:00–8:30 CF 5:30–7:00PM Y	Dryland: 5:30–6:00PM 6:00–7:00PM Y	7:00–8:30 CF 5:30–7:00PM Y	Dryland: 5:30–6:00PM 6:00–7:00PM Y	7:00–8:30 CF 5:30–7:00PM Y	TBA
SENIORS *max of 6 practices	6:30–8:30AM CF 3:00–4:30PM Y	3:00–4:30PM Y Dryland: 4:45–5:30PM	6:30–8:30AM CF 3:00–4:30PM Y	3:00–4:30PM Y Dryland: 4:45–5:30PM	6:30–8:30AM CF 3:00–4:30PM Y	TBA

MASTERS WORKOUT GROUP:

TRAINING LOCATION: Alamance County YMCA– 1346 S. Main Street, Burlington, NC 27215

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MASTERS 1		5:30–6:30 AM		5:30–6:30 AM		N/A