



HURRICANES

SWIMMING

2022 LONG COURSE SEASON

PRACTICE SCHEDULE

APRIL 8– JUNE 10

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)		3:30-4:15 PM		3:30-4:15 PM		N/A
FITNESS (11 - 18)	6:15-7:00 PM		6:15-7:00 PM		6:15-7:00 PM	N/A

COMPETITIVE TRACK:

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

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CATEGORY 1	3:30-4:30PM	3:30-4:30PM	3:30-4:30PM Dryland: 3:30- 3:45PM	3:30-4:30PM	3:30-4:30PM	TBA
CATEGORY 2	4:30-5:30PM	4:30-5:30PM Dryland: 5:30-6:00PM	4:30-5:30PM	4:30-5:30PM Dryland: 5:30-6:00PM	4:30-5:30PM	TBA
CATEGORY 3	3:30-4:30PM	3:30-4:30PM	3:30-4:30PM Dryland: 3:30-3:45PM	3:30-4:30PM	3:30-4:30PM	TBA
CATEGORY 4	4:30-5:30PM	4:30-5:30PM Dryland: 5:30-6:00PM	4:30-5:30PM	4:30-5:30PM Dryland: 5:30-6:00PM	4:30-5:30PM	TBA
CATEGORY 5	5:30-7:00PM	Dryland: 5:00-5:30PM 5:30-7:00PM	5:30-7:00PM	Dryland: 5:00-5:30PM 5:30-7:00PM	5:30-7:00PM	TBA
SENIORS	4:30-6:30PM	4:30-6:00PM Dryland: 6:15-7:00PM	4:30-6:30PM	4:30-6:00PM Dryland: 6:15-7:00PM	4:30-6:30PM	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