

# YBAC Hurricanes

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## Practice Schedule – Session 1 August 17 – October 25

Competitive Track					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
YBAC 2		3:30 – 4:30 at YMCA		3:30 – 4:30 at YMCA	
YBAC 3	3:30 – 4:30 at YMCA		3:30 – 4:30 at YMCA		3:30 – 4:30 at YMCA
High Performance Track					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
YBAC 4	6:30 – 8:00 at YMCA	6:30 – 8:00 at YMCA	6:30 – 8:00 at YMCA	6:30 – 8:00 at YMCA	6:30 – 8:00 at YMCA
YBAC 5	4:30 – 6:30 at YMCA	4:30 – 6:30 at YMCA	4:30 – 6:30 at YMCA	4:30 – 6:30 at YMCA	4:30 – 6:30 at YMCA

**YMCA – Alamance County Community YMCA – 1346 S Main St. Burlington**

**MAC – Maynard Aquatic Center – 1402 Overbrook, Burlington**

**See Weekly News for practice changes**

**Saturday Practice when available – 1:00 – 3:00 / 3:00 – 5:00**