

YBAC Hurricanes

2019 – 2020 School Year Practice Schedule

Technique & Fitness					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
Technique & Fitness	5:15-6:00 at MAC	4:30 – 5:15 at MAC	5:15-6:00 at MAC	4:30 – 5:15 at MAC	5:15-6:00 at MAC
Competitive Track					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
YBAC 2	4:30 – 5:30 at MAC	6:00 – 7:00 at MAC	4:30 – 5:30 at MAC	6:00 – 7:00 at MAC	4:30 – 5:30 at MAC
YBAC 3	4:30 – 6:00 at MAC	4:30 – 6:00 at MAC	4:30 – 6:00 at MAC	4:30 – 6:00 at MAC	4:30 – 6:00 at MAC
High Performance Track					
Group	Monday	Tuesday	Wednesday	Thursday	Friday
YBAC 4	4:15 – 5:45 at YMCA	4:15 – 5:45 at YMCA	4:15 – 5:45 at YMCA	4:15 – 5:45 at YMCA	4:15 – 5:45 at YMCA
YBAC 5	4:15 – 6:15 at YMCA	4:15 – 6:15 at YMCA	4:15 – 6:15 at YMCA	4:15 – 6:15 at YMCA	4:15 – 6:15 at YMCA
	Dryland 6:15-7:00	Weights 6 – 7 AM	Dryland 6:15-7:00	Weights 6 – 7 AM	

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

MAC – Maynard Aquatic Center – 1402 Overbrook, Burlington

Weights only available to those in High School

See Weekly News for practice changes

Saturday Practice when available - TBD

Alamance County Community YMCA & Burlington Recreation & Parks' Maynard Aquatic Center

"A collaboration through the sport of swimming, est. 2005"