

YBAC Hurricanes

2018 – 2019 School Year Practice Schedule

Technique & Fitness Track						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Technique & Fitness 1	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	9:00–10:00 AM at MAC
Technique & Fitness 2	4:30 – 5:30 at MAC	5:15–6:15 at MAC	4:30 – 5:30 at MAC	5:15 – 6:15 at MAC	4:30 – 5:30 at MAC	9:00 – 10:00 AM at MAC
Competitive Track						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive 1	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	9:00 – 10:00 AM at MAC
Competitive 2 & 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	8:00 – 10:00 AM at MAC
High Performance Track						
Time	Time	Time	Time	Time	Time	Time
High Performance 1	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	8:00 – 10:00 AM at MAC
High Performance 2,3 & H S	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	8:00 – 10:00 AM at MAC
High Performance Groups	Weights TBD	Dryland 6:15–6:45 PM	Weights TBD	Dryland 6:15–6:45 PM		

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

MAC – Maynard Aquatic Center – 1402 Overbrook, Burlington

See Weekly messages for practice changes

Saturday Practice when available

Weights only available to those in High School