

2012-2013 GCY Holiday Training Schedule

Normal practices at normal sites through Friday, December 21st

*Normal Practices at normal sites resume January 3rd

December 22nd - January 2nd all practices at Bryan YMCA

Day	Date	Morning	Afternoon
Saturday	Dec 22nd	AG1, AG2, SP, Sen, Natl	No Practice
Sunday	Dec 23rd	No Practice	No Practice
Monday	Dec 24th	AG1, AG2, SP, Sen, Natl	No Practice
Tuesday	Dec 25th	No Practice	No Practice
Wednesday	Dec 26th	AG1, AG2, SP, Sen, Natl	AG1, AG2, SP, Sen, Natl, Mako-7:30
Thursday	Dec 27th	AG1, AG2, SP, Sen, Natl	Mako-4:30, AG2, SP, Sen, Natl, Mako-7:30
Friday	Dec 28th	No Practice	AG1, AG2, SP, Sen, Natl
Saturday	Dec 29th	AG1, AG2, SP, Sen, Natl	No Practice
Sunday	Dec 30th	No Practice	No Practice
Monday	Dec 31st	AG1, AG2, SP, Sen, Natl	No Practice
Tuesday	Jan 1st	No Practice	No Practice
Wednesday	Jan 2nd	No Practice	AG1, AG2, SP, Sen, Natl, Mako-7:30

*GAC Practice: Last Practice at the GAC is December 20th - GAC Practices start back up January 7th

Mako Swim League – Bryan YMCA Normal times: 4:30-5:15 TTH, OR 7:30-8:15 all evenings, no practices Christmas Eve/Christmas Day, no practices New Years Eve/New Years Day – all Mako Swim League practices are open to all Makos/all sites/all ages (4:30pm on Thur or 7:30pm Wed or Thur)

Age Group 1 8:45am-10am (all offered mornings) and 4:30-5:45pm (MWF only)

Age Group 2 8:30am-10:00am and 4:30-6pm (all offered days)

Senior Prep 8:30am-10:00am and 4:30-6:15pm (all offered days)

Seniors/National 7am-8:45am (9am-10am, dryland, offered classes or strength training) 5pm-7:30pm (dryland first, all offered days)

GCY Holiday Instructional Video Sessions (All levels)

Wednesday, Dec 26 th	3:00pm-4:30pm	Tips, Drills, and Skills for faster BUTTERFLY
Thursday, Dec 27 th	3:00pm-4:30pm	Tips, Drills, and Skills for faster BACKSTROKE
Friday, Dec 28 th	3:00pm-4:30pm	Tips, Drills, and Skills for faster BREASTROKE
Wednesday, Jan 2nd	3:00pm-4:30pm	Tips, Drills, and Skills for faster FREESTYLE