

TRANSITIONAL Phase: May 19th – June 12th:

SEASONAL GROUPS: Normal schedules at normal sites continue through Friday, May 30th, don't forget to register for the June 1st GCY Seasonal Meet!

COMPETITIVE GROUPS:

1. **Bryan:** Normal times and schedule through Thursday, June 12th.
2. **Ragsdale:** AG1 only continues THROUGH Friday May 30th, then Bryan starting June 2nd. AG2, Senior Prep, and Seniors move to Bryan YMCA OR GAC beginning Tuesday, May 27th – June 12th
3. **Spears:** Beginning Tuesday, May 27th all competitive groups (AG1/AG2) will need to attend offered practices at Bryan or GAC (AG2 only).
4. **Reidsville:** All competitive swimmers move to Bryan YMCA or GAC beginning Monday, May 19th
5. **GAC:** AG 2 and SR Prep Monday through Thursday, June 12th, at normal offered times.

NATIONAL GROUPS:

Beginning Monday, May 19th we will have National Prep and National Teams practicing at GAC Monday – Thursday, and Bryan YMCA Friday and Saturday mornings – this will be open as a trial period to swimmers who would like to join National groups in the Fall. Additional lanes have been added.

1. Mon/Wed: 6:30-8:30pm
2. Tue/Thu: 6-8:30pm
3. Fri at Bryan 5pm-7:30pm
4. Sat at Bryan 7am-10am
5. Mon, Wed, Fri am times remain the same, 5:30am-7am, at GAC long course.

IMPORTANT: YMCA BEARS SWIMMERS – We would like for GCY swimmers who also compete for the Bears to practice with GCY from May 19-June 12th in order to allow coaches to work with the swimmers who have not been competing all year like us, thanks!

SUMMER Phase: June 16th – July 31st:

GAC Practices:

Monday-Friday:

- 6:30am-8:30am - National, Senior, and National Prep
- 8:00am-9:30am - Senior Prep and AG1/AG2

Monday, Tuesday, Wednesday, and Thursday Evenings:

- 5:30pm-7:00pm: Senior Prep, Senior Development, and AG1/AG2
- 6:30pm-8:00pm: National, Senior, and National Prep (MWTH)

All Friday Afternoon and Saturday mornings at Bryan YMCA, normal short course times.

Dryland during this time:

- Dryland will be 15 minutes before EVERY practice on deck, suits underneath appropriate clothes and shoes

Bonus Class Sessions: National, Senior, and National Prep

- YOGA: Every Thursday AFTER PRACTICE at 8:30am at GAC beginning 6/19 (Elaine)
- STENGTH TRAINING and CONDITIONING: Fridays and Saturdays at the Bryan YMCA when we are not competing in meets.
- STRENGTH TRAINING SUMMER SHEETS – Ages 14&Up
Strength training program

SPECIAL PROGRAMMING:

UNDERWATER FILMING May 20 and May 22 – *Spaces Limited!*

- Proceeds go to help fund our YMCA National trip to Indianapolis, IN
- Details are now posted online at gcymakos.com

LONG COURSE TRAINING WEEKEND at the GAC May 24-25

- Same times as previously announced, 10:30am Saturday and 12noon Sunday for Seniors/National Groups, 12noon on Saturday and 1:30pm on Sunday for AG1/AG2/Senior Prep

SHORT COURSE MEET at BRYAN on June 1 – for all Spring Seasonal swimmers and AG1 and AG2 swimmers

- Sign-ups online coming soon!

GCY PARENTS NIGHT OUT June 7 and Jun 28 – *Spaces Limited!*

- Proceeds go to help fund our YMCA National trip to Indianapolis, IN
- Details are now posted online at gcymakos.com
- Available to all current, former, and seasonal swimmers

CITY MEET PREP CLINICS (complimentary to ALL active AG1/AG2 swimmers) June 16-June 19, June 23-June 26, and July 6-July 9 – *Spaces Limited!*

- Proceeds go to help fund our YMCA National trip to Indianapolis, IN – Tell your friends to sign-up!
- Sign-up procedures coming soon!

CITY MEET WARM-UPS at the GAC on Thursday, July 10th – Day 1

- Active GCY swimmers only

SUMMER STROKE CLINICS AT OUTDOOR AREA POOLS

- Make sure your summer club has scheduled their GCY clinic!

THESE ARE IN ADDITION TO OUR PREVIOUSLY POSTED MEET SCHEDULE!