| BYB SCHEDULE<br>Short Course 2023-2024 |                         |                        |              |                         |              |                  | $\checkmark$ |
|--|-------------------------|------------------------|--------------|-------------------------|--------------|------------------|--------------|
| Group                                  | Monday                  | Tuesday                | Wednesday    | Thursday                | Friday       | Saturday         | Sunday       |
| Senior<br>Performance                  | 6-8 pm                  | 6-8 pm<br>AM 5:30-7:00 | 6-8 pm       | 6-8 pm<br>AM 5:30-7:00  | 4:30-6:30 pm | 7-9 am           | Off          |
| Senior                                 | 6-8 pm                  | 6-8 pm                 | 6-8 pm       | 6-8 pm                  | 4:30-6:30 pm | 7-9 am           | Off          |
| Prep                                   | 4:30-6 pm               | 4:30-6 pm              | 6-8 pm       | Off                     | 4:30-6:30 pm | 7-9 am           | Off          |
| Junior                                 | 6-8 pm                  | 6-8 pm                 | 6-8 pm       | 6-8 pm                  | 4:30-6:30 PM | 7-9 am           | Off          |
| Atlantic                               | 4:30-6 pm               | 6-8 pm                 | 4:30-6 pm    | 4:30-6 pm               | Off          | 11:30-1:30 pm    | Off          |
| Pacific                                | 6-7:30                  | 4:30-6 pm              | 4:30-6 pm    | 4:30-6 pm               | Off          | 10:30-11:30 am   | Off          |
| Longfin                                | 3:30-4:30 pm            | Off                    | 3:30-4:30 pm | Off                     | 3:30-4:30 pm | 1:30-2:30 pm     | Off          |
| Longfin (Pre)                          | Off                     | 3:30-4:30              | Off          | 3:30-4:30               | Off          | Off              | Off          |
| Dryland<br>(Longfin/Pacific)           | Dryland 4:45-5:45<br>pm | Off                    | Off          | Dryland 6:30-7:30<br>pm | Off          | Dryland: 12-1 pm | Off          |

Home site located at the Burbank YMCA, 36 Arthur B. Lord Drive Reading, Ma

Highlighted practices located at North Suburban YMCA, 137 Lexington St, Woburn, MA 01801

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