



2023-2024 PRACTICE SCHEDULE, AGE GROUP PROGRAM

	Start Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior Hoos <i>Monday + Wednesday</i>	Sept. 18	3:45-4:30 pm		3:45-4:30 pm			
Junior Hoos <i>Tuesday + Thursday</i>	Sept.19		3:45-4:30 pm		3:45-4:30 pm		
Wahoo Blue <i>Monday, Wednesday, Friday</i>	Sept. 6	4:00 - 5:00 pm		4:00 - 5:00 pm		4:00 - 5:00 pm	
Wahoo Blue <i>Tuesday, Thursday, Saturday</i>	Sept. 5		4:00 - 5:00 pm		4:00 - 5:00 pm		10:00-11:00 am
Wahoo Orange	Sept. 5	4:00 - 5:15 pm	4:00 - 5:15 pm	4:00 - 5:15 pm	4:00 - 5:15 pm	4:00 - 5:15 pm	
Sabre Blue	Aug. 28	5:15 - 6:30 pm	5:15 - 6:30 pm	5:15 - 6:30 pm	5:15 - 6:30 pm		10:00 - 11:15 am
Sabre Orange	Aug. 28	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm		10:00 - 11:30 am
Cavalier Blue	Aug. 28	6:30 - 8:15 pm	6:30 - 8:15 pm	6:30 - 8:15 pm	6:30 - 8:15 pm	5:00 - 6:45 pm	8:30-10:00 am
		DL + Swim			DL + Swim		
Cavalier Orange	Aug. 28	6:30 - 8:30 pm	6:30 - 8:30 pm	6:30 - 8:30 pm	6:30 - 8:30 pm	5:00 - 7:00 pm	8:30 - 10:00 am
			DL + Swim			DL + Swim	

All sessions to be held at the Brooks Family YMCA - 151 McIntire Park Drive, Charlottesville, VA 22902

