

**York Swim Club**  
**2018-19 Christmas Training Camp - Revised as of 2 Jan**

		Senior	Junior	AG1	AG2
<b>29-Dec</b>	Pool	8:30-11:00 am	8:30-11:00 am	9 -11:00 am	9 -11:00 am
	Gym	11:15am-12:15 pm (YMCI Yoga)	11:15am-12:15 pm (YMCI Yoga)	9-9:30 am	9-9:30 am
<b>30-Dec</b>	Pool	8:30-11:00 am	8:30-11:00 am	9:30 -11:00 am	9:30 -11:00 am
	Gym	11:15am-12:15 pm (Ex - Gym)	11:15am-12:15 pm (Ex - Gym)	9-9:30 am	9-9:30 am
<b>31-Dec</b>	Pool	6 - 8:30 am	6 - 8:30 am		
	Gym	9-10:00 am (Weight)			
<b>2-Jan</b>	Pool	6 - 8:30 am	6 - 8:30 am		
	Gym	9 - 10:00 am (Ex - Gym)	9 - 10:00 am (Ex - Gym)		
<b>3-Jan</b>	Pool	4-6:00 pm	4-6:00 pm	4:30-6:30 pm	4:30-6:30 pm
	Gym	3-3:45 pm (Ex - Gym)	3-3:45 pm (Ex - Gym)	4:30-5:00 pm	4:30-5:00 pm
<b>4-Jan</b>	Pool	<b>6 - 8:30 am</b>	<b>6 - 8:30 am</b>	<b>6:30 - 8:30 am</b>	<b>6:30 - 8:30 am</b>
	Gym	<b>9-10:00 am (Ex - Gym)</b>	<b>9-10:00 am (Ex - Gym)</b>	<b>6:30-7:00 am (Dryland)</b>	<b>6:30-7:00 am (Dryland)</b>
<b>5-Jan</b>	Pool	<b>8:30-10:30 am</b>	<b>8:30-10:30 am</b>	<b>9-11:00 am</b>	
	Gym	<b>10:45-11:30 (Yoga)</b>	<b>10:45-11:30 (Yoga)</b>		