



**NYSA Bronze Group
Weekly Schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM Strength	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM Swim	5:00-6:30 at SOMS	OFF	5:00-6:30 at SOMS	OFF	5:00-6:30 at SOMS	2:00-3:30 at Felix Festa	OFF