



**NYSA Gold Group
Weekly Schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	8:00-10:00 at Felix Festa
PM Strength	4:00-5:00 at SOMS	OFF	4:00-5:00 at SOMS	OFF	OFF	OFF	OFF
PM Swim	5:00-7:00 at SOMS	5:00-7:00 at SOMS	5:00-7:00 at SOMS	5:00-7:00 at SOMS	OFF	2:00-4:00 at Felix Festa	OFF