



**NYSA Guppies**  
Weekly Schedule

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM Strength	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM Swim	OFF	5:00-6:00 at SOMS	OFF	5:00-6:00 at SOMS	OFF	OFF	OFF