



## NYSA Senior Group Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Swim	OFF	5:45-7:00 at Felix Festa	OFF	5:45-7:00 at Felix Festa	OFF	OFF	8:00-10:00 at Felix Festa
PM Strength	OFF	4:30-5:30 at RCC	4:30-5:30 at RCC	4:30-5:30 at RCC	4:30-5:30 at RCC	OFF	OFF
PM Swim	OFF	5:30-7:30 at RCC	5:30-7:30 at RCC	5:30-7:30 at RCC	5:30-7:30 at RCC	2:00-4:00 Swim at Festa	OFF