



## NYSA Silver Group Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM Strength	OFF	4:30-5:00 at SOMS	OFF	5:00-5:30 at RCC	OFF	OFF	OFF
PM Swim	5:30-7:00 at RCC	5:00-6:30 at SOMS	5:00-6:30 at SOMS	5:30-7:00 at RCC	OFF	2:00-3:30 at Felix Festa	OFF

\* Please notice that Silver will be at RCC on Monday and Thursday and at SOMS on Tuesday and Wednesday