



## NYSA National 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	4:30-5:30 at RCC	4:30-5:30 at RCC	4:30-5:30 at RCC	OFF	4:00-5:00 at SOMS	OFF	OFF
PM Swim	5:30-7:30 at RCC	5:30-7:30 at RCC	5:30-7:30 at RCC	OFF	5:00-7:00 at SOMS	2:00-4:00 at Felix Festa	OFF

\*Please note that the entire National Team will be training at RCC Monday through Wednesday and at SOMS on Friday