


  
**MSG START-UP TRAINING SCHEDULE**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 11 <b>OFF</b>	September 12 7:00-8:00pm (swim)	September 13 <b>OFF</b>	September 14 <b>OFF</b>	September 15 6:00-7:00pm (swim) 7:00-8:00 pm (dryland)	September 16 6:00-7:30pm (swim)	September 17 <b>OFF</b>
September 18 <b>OFF</b>	September 19 7:00-8:00pm (swim)	September 20 <b>OFF</b>	September 21 <b>OFF</b>	September 22 6:00-7:00pm (swim) 7:00-8:00 pm (dryland)	September 23 6:00-7:30pm (swim)	September 24 <b>OFF</b>
September 25 <b>OFF</b>	September 26 7:00-8:00pm (swim)	September 27 <b>OFF</b>	September 28 <b>OFF</b>	September 29 6:00-7:00pm (swim) 7:00-8:00 pm (dryland)	September 30 6:00-7:30pm (swim)	October 1 <b>OFF</b>

RETURN TO REGULAR TRAINING SCHEDULE BEGINS: **MONDAY, OCTOBER 3, 2022**

*\*ALL PRACTICES WILL BE AT THE PAN AM POOL FOR SEPTEMBER 1622*