2017/2018 Practice Schedule NYSA – Cornwall

Practice Starts September 5th

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. @ MSM |
| **Guppy** |  | **5:30 – 6:30** |  | **5:30 – 6:30** | **5:30 – 6:30** |  |
| **Lessons** |  | **5:30 – 6:30** |  | **5:30 – 6:30** | **5:30 – 6:30** |  |
| **Bronze** | **6:45 -7:45** |  | **6:45 -7:45** |  | **6:45 -7:45** | **10:00 – 11:00** |
| **Silver** | **6:45 – 8:15** | **6:45 – 8:15** |  | **6:45 – 8:15** | **6:45 – 8:15** | **9:30 – 11:00** |
| **Gold** | **6:45 – 8:45** | **6:45 – 8:15** | **6:45 – 8:45** | **6:45 – 8:15** | **6:45 – 8:15** | **10:00 – 11:30** |
| **HS Dev** | **7:45 – 9:00** | **7:45 – 9:00** | **7:45 – 9:00** | **7:45 – 9:00** |  |  |
| **Lessons** | **6:30 – 7:30** | **6:30 – 7:30** | **6:30 – 7:30** | **6:30 – 7:30** | **4:30 – 6:30** |  |
| **Senior** | **6:30 – 8:30** | **6:30 – 8:30** | **6:30 – 8:30** | **6:30 – 8:30** | **4:30 – 6:30** | **9:30 – 11:30** |

**NYMA**

**Mount Saint Mary**

**Cornwall High School**

**Cornwall High School Block Out Days to be held at Union Ave Fitness Center**

|  |  |  |  |
| --- | --- | --- | --- |
| September | October | November | December |
| 13/21 | 9/13 | 3/10/20/22-24/28\* | 5\*/ 7\*/11\*/13\*/14\*/22-31 |
| January | February | March |  |
| 1/12/15/16\*/17\*/23\*/24\* | 6/13/16/19 | 26-30 |  |

\*Event being held at High School – we are only allowed to park in the far lot

**Block Out Practice Schedule**

|  |  |  |
| --- | --- | --- |
| **Bronze** | **Silver** | **Gold** |
| **5:30 to 6:30** | **5:30 to 7:00** | **6:00 to 7:30** |