

NEW YORK SHARKS-GOSHEN

SHORT COURSE 2019/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GUPPY		GAC 5-6PM		GAC 5-6PM		GAC 9-10AM
BRONZE	GAC 5-6PM		GAC 5-6PM		GAC 5-6PM	GAC 9-10AM
SILVER	GAC POOL 5-6PM DRYLAND 6:15-6:45PM	GAC 5-6:30PM	GAC POOL 5-6PM DRYLAND 6:15-6:45PM	MWMS 6:00PM-7:30PM	GAC 5-6PM	GAC 8-9AM
GOLD	GAC DRYLAND 4:45-5:15PM POOL 5:30-7PM	GAC 5:30-7:30PM	GAC DRYLAND 4:45-5:15PM POOL 5:30-7PM	GAC 5:00-7:00PM	GAC 5:30-7PM	GAC 7-10AM
SENIOR	GAC 6-8PM	GAC DRYLAND 5:15-6:15PM POOL 6:30-8:30PM	GAC 6-8PM	GAC DRYLAND 5:15-6:15PM POOL 6:30-8:30PM	GAC 6-8PM	GAC 7-10AM

Please check monthly calendar for practice changes

GAC

Goshen Aquatic Center

1717 Rt 17M, Goshen NY

MWMS

Monroe Woodbury Middle School

199 Dunderberg Rd, Central Valley NY