

NYAC General Practice Schedule

Spring 2010

Beginning April 26 to June 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR	4 - 7 6 - 7 Dryland	4 - 6	4 - 7 6 - 7 Dryland	4 - 6	4 - 6:30 6 - 6:30 Dryland
PRE-SENIOR	4:15 - 7 6 - 7 Dryland	6 - 8	4:15 - 7 6 - 7 Dryland	6 - 8	4:15 - 6:30 6 - 6:30 Dryland
AGE GROUP C	6:30 - 8:30 6:30 - 7 Dryland	7 - 8:30	OFF	6 - 8 6 - 6:30 Dryland	7 - 8:30
AGE GROUP B	5:30 - 7:30 5:30 - 6 Dryland	OFF	6 - 7:30	5 - 7 6:30 - 7 Dryland	6 - 7:30
AGE GROUP A	OFF	4 - 5:30	OFF	4 - 5	6 - 7

***** Senior and Pre-Senior Swimmers *****
 Need sneakers and workout clothing
 for ALL Dryland workouts

