



# NYAC Winter Practice Schedule

Starting November 17, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SR</b>	6:30-9 *Dryland (6:30-7)	7-9	7-9	5:30-8 *Dryland (7:30-8)	7-9	10-12
<b>PS</b>	6:30-9 *Dryland (6:30-7)	5:30-7	5:30-7:15	5:30-8 *Dryland (7:30-8)	6:30-8	10-12
<b>A</b>	OFF	7-8	5:30-6:30	OFF	5:30-6:30	
<b>B</b>	5:30-7:30 *Dryland (7-7:30)	5:30-7	OFF	6-8 *Dryland (6-6:30)	5:30-7	
<b>C</b>	5:30-7:30 *Dryland (7-7:30)	OFF	6:30-8	7-9 *Dryland (7-7:30)	6:15-7:45*** *** at Messiah College	

