

HIGHLIGHTED LINES INDICATE THAT THERE IS ADDITIONAL INFORMATION IN COACHED WORKOUTS			
UNLESS SPECIFIED, PHONE NUMBERS LISTED WILL DIRECT YOU TO MAIN INFORMATION AT THE FACILITY			
REPORT ANY CHANGES AND ADDITIONS TO MARY FIELD AT 518-583-4048 OR mefield@verizon.net			
ZONE 1: COUNTIES OF CLINTON, FRANKLIN, ESSEX AND HAMILTON			
ZONE 2: ST. LAWRENCE, JEFFERSON, LEWIS AND HERKIMER			
ZONE 3: WARREN, WASHINGTON, RENSSELAER, ALBANY, SARATOGA, SCHENECTADY, FULTON AND MONTGOMERY			
ZONE 4: ONEIDA, MADISON, CHENANGO AND OTSEGO			
ZONE 5: SCHOHARIE, GREENE, COLUMBIA, ULSTER AND DELAWARE			
ZONE	FACILITY	WEBSITE	PHONE
1	Lake Placid Fitness Center, Lake Placid, NY	http://www.placidhealth.com/	(518) 523-4127
1	SUNY Plattsburg, Plattsburgh, NY	http://web.plattsburgh.edu/	
1	YMCA, Plattsburgh, NY	http://www.plattsburghymca.com/	(518) 561-4290
2	Clarkson University, Potsdam, NY	http://www.clarkson.edu/contact_us.html	(315) 268-6400
2	Indian River High School, Philadelphia, NY	http://168.170.14.135/webs/teachers/doliver/	(315) 642-3102
2	Little Falls Family YMCA, Little Falls, NY		(315) 823-1740
2	St. Lawrence University, Canton, NY	http://web.stlawu.edu/	(315) 229-5011
2	SUNY Potsdam, Potsdam, NY	http://www.potsdam.edu/	(315) 267-2000
2	Watertown Family YMCA, Watertown, NY	http://www.watertownymca.org/	(315) 782-3100
3	Albany Academy, Albany, NY	http://www.albany-academy.org/contactus/index.cfm	518.465.1461
3	Ballston Spa High School, Ballston Spa, NY	http://www.ballstonspa.k12.ny.us/High_School/HSHome.htm	(518) 884-7150
3	Capital District YMCA, Albany YMCA, Albany, NY	http://www.cdymca.org/branches/matrix.asp	(518) 449-7196
3	Capital District YMCA, East Greenbush YMCA, East Greenbush, NY	http://www.cdymca.org/branches/matrix.asp	(518) 477-2570
3	Capital District YMCA, Greater Glenville YMCA, Glenville, NY	http://www.cdymca.org/branches/matrix.asp	(518) 399-8118
3	Capital District YMCA, Guilderland YMCA, Guilderland, NY	http://www.cdymca.org/branches/matrix.asp	(518) 456-3634
3	Capital District YMCA, North Albany YMCA, Albany, NY	http://www.cdymca.org/branches/matrix.asp	(518) 463-9622
3	Capital District YMCA, Schenectady YMCA, Schenectady, NY	http://www.cdymca.org/branches/matrix.asp	(518) 374-9136
3	Capital District YMCA, Southern Saratoga YMCA, Clifton Park, NY	http://www.cdymca.org/branches/matrix.asp	(518) 371-2139
3	Capital District YMCA, Troy Family YMCA, Troy, NY	http://www.cdymca.org/branches/matrix.asp	(518) 272-5900
3	Capital District YMCA, Turchi Family YMCA, Niskayuna, NY	http://www.cdymca.org/branches/matrix.asp	
3	Fulton County YMCA, Fulton, NY	http://www.fultonyymca.com/	(315) 598-9622
3	Glens Falls YMCA, Glens Falls, NY	http://www.glensfallsymca.org/	(518) 793-3878
3	Mohonasen High School, Schenectady, NY	http://www.mohonasen.org/03Aquatics/poolhome.htm	(518) 356-8240
3	Lynch Middle School, Amsterdam, NY		
3	Niskayuna High School, Niskayuna, NY	http://www.niskayunaschools.org/district/Athletics/poolinfo.htm	(518) 382-2511, Ext. 4316
3	RPI, Troy, NY		JMaxSwim@aol.com or Jeff Maxwell at 518-783-9226
3	Saratoga YMCA, Saratoga Springs, NY	http://www.ymcasaratoga.org/aquatics.html	(518) 583-9622
3	Schenectady High School, Schenectady, NY	http://www.schenectady.k12.ny.us/AthleticsDepartment/AquaticCenter/pool.htm	(518) 370-8181

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3	Schenectady YWCA, Schenectady, NY	http://www.ywca-schenectady.org/	(518) 374-3394
3	Union College, Schenectady, NY	http://www.union.edu/	kalmikom@union.edu or Mary Field 518-583-4048
4	Colgate University, Hamilton, NY	http://www.colgate.edu/index0.aspx	(315) 228-1000
4	Fox Care Fitness Center, Oneonta, NY		(607) 433-1778
4	Hamilton College, Clinton, NY	http://www.hamilton.edu/	(315) 859-4194
4	Hartwick College, Oneonta, NY	http://www.hartwick.edu/	(607) 431-4000
4	Mohawk Valley Community College, Utica, NY	http://www.mvcc.edu/clginfo/marketing/index.cfm	(315)792-5400
4	Norwich YMCA, Norwich, NY	http://www.ascent.net/ymca/	(607) 336-YMCA
4	Oneonta YMCA, Oneonta, NY	http://www.oneontaymca.org/	(607) 432-0010
4	SUNY Utica College, Utica, NY	To Follow	To Follow
5	Kingston High School, Kingston, NY	http://www.kingstoncityschools.org/schools_directory_hs.htm	(845) 339-3000
5	Kingston YMCA, Kingston, NY	http://ymcaulster.org/aquatics.html	(914) 338-3810
5	SUNY New Paltz, New Paltz, NY	http://www.adms.org/places_to_swim/2007_gunk_master_form.pdf	dan@10e20.com or Paul Strothenke at 845-255-6035 Ext. 301
5	Taconic High School, Craryville, NY	http://www.taconichills.k12.ny.us/community/poolfit/index.html	(518) 325-0432
OUT OF AREA			
	Bard College, Annandale, NY	http://www.bard.edu/athletics/facilities/	(845) 758-7527
	Orange County Community College, Middletown, NY	http://orange.cc.ny.us/athletics/rec.shtml#facilities	(845) 341-4245
	Burlington YMCA, Burlington, VT	http://www.gbymca.org/	(802) 862-9622
	Pittsfield YMCA, Pittsfield, MA	http://www.pittsfieldymca.org/about.html	(413) 499-7650
	Williams College, Williamstown, MA	http://www.williams.edu/	(413) 597-3131