

MACS 2014 Practice Schedule for February 24th- 1st or 2nd week in May

AGE GROUP PROGRAM

Mini-Macs

Monday @ Pier Point	5:30-6:15 pm
Wednesday @Eaglecrest	7:00-7:30 pm
Saturday @ Pier Point	9:30-10:15 am

Age Group 1

Monday @ Pier Point	6:15-7:15 pm
Wednesday @Eaglecrest	7:30-8:15 pm
Saturday @ Pier Point	10:15-11:15 am

Age Group 2

Monday & Tues @ Pier Point	5:30-7:00 pm
Wednesday & Thursday @Eaglecrest	7:00-8:30 pm

Age Group 3

Tuesday @Eaglecrest	7:00-8:30 pm
Wednesday @ Pier Point	5:30-7:30 pm
Thursday @Pier Point	6:00-8:00 pm
Friday @ Pier Point	5:30-7:30 pm

Age Group 4

Tuesday @ Eaglecrest	7:00-8:30 pm
Wednesday @ Pier Point	5:30-7:30 pm
Thursday @ Pier Point	6:00-8:00 pm
Friday @ Pier Point	5:30-7:30 pm
Saturday @Pier Point	9:30-11:30 am

SENIOR PROGRAM

Senior 3

Tuesday @Pier Point	6:00-8:00 pm
Wed & Friday @Pier Point	5:30-7:30 pm

Senior 5

Wednesday & Friday @ Pier Point	5:30-7:30 pm
Tuesday & Thursday @ Pier Point	6:00-8:00 pm
Saturday @ Pier Point	9:30-11:30 am

Sectional Group

Afternoon workouts

Monday & Wed @ Pier Point	3:30-6:00 pm
Tuesday @ Pier Point	3:30-5:30 pm
Thursday @ Pier Point	4:00-6:00 pm
Friday @ Pier Point	3:30-5:30 pm

Morning workouts

Tuesday, Thursday, & Friday @ Pier Point	5:00-6:30 am
Saturday @ Pier Point	7:00-10:00 am