

## SUBURBAN SEAHAWKS CLUB PRACTICE SCHEDULE 2023 – 2024

Practice times listed below are subject to change

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SR GOLD ELITE</b>	5:30 – 7:30 AM SSC  6:45 - 9 PM Swarthmore	6:45 – 9 PM Swarthmore	4:15-6:15PM SSC	5:30 – 7:30 AM SSC  6:45 – 9 PM Swarthmore	4:15 – 6:15 PM SSC	8 – 11:00 AM SSC	X
<b>SR GOLD</b>	5:30 – 7:30 AM SSC  6:45-9:00 PM SSC	6:45-9:00 PM SSC	6:15-8:15 PM SSC	5:30 – 7:30 AM SSC  6:45-9:00 PM SSC	6:15 – 8:15 PM SSC	X	8:00-11:00 AM SSC
<b>SR Fit</b>	6:45 – 7:45 PM SSC	X	6:15-7:15 PM SSC	5:30 – 7:00 AM SSC	X	12:15-1:15 PM	10:00-11:00 AM SSC
<b>SILVER PLUS</b>	5:30 – 7:30 AM SSC <b>OR</b> 6:45-8:45 PM SSC	6:45-8:45 PM SSC	6:15-8:15 PM SSC	5:30 – 7:30 AM SSC <b>OR</b> 6:45-8:45 PM SSC	6:15-8:15 PM SSC	X	8:00-10:00 am SSC
<b>SILVER</b>	4:15-5:45 PM SSC	4:15-5:45 PM SSC	X	4:15-5:45 PM SSC	6:05-7:35 PM SSC	11-12:30 PM SSC	11-12:30 PM SSC
<b>BRONZE</b>	4:15-5:30 PM SSC	4:15-5:30 PM SSC	X	4:15-5:30 PM SSC	X	11-12:15 PM SSC	11-12:15 PM SSC
<b>DEVELOPMENTAL PLUS</b>	5:45 – 6:45 PM SSC	5:45 – 6:45 PM SSC	X	5:45 – 6:45 PM SSC	X	12:45 – 1:45 PM SSC	10-11 AM SSC
<b>DEVELOPMENTAL</b>	5:45 – 6:45 PM SSC	5:45 – 6:45 PM SSC	X	5:45 – 6:45 PM SSC	X	X	10-11 AM SSC
<b>MINI TEAM Blue</b>	6:00-6:45 PM SSC	X	6:00-6:45 PM SSC	6:00-6:45 PM SSC	X	X	X
<b>MINI TEAM Gold</b>	6:45-7:30 PM SSC	X	6:45-7:30 PM SSC	6:45-7:30 PM SSC	X	X	X
<b>Pre-Team</b>	5:00-5:45 PM SSC	X	X	5:00-5:45 PM SSC	X	X	X