



ROCKLAND PRACTICE SCHEDULE

April & May 2024

Families must routinely check the Google Calendar for changes to the regular schedule!

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Future Stars	5:30-6:00pm @ Festa	7:30-8:00pm @ Festa	5:30-6:00pm @ Festa		7:30 - 8:00pm @ Festa	10:00-11:00am @ Festa	
Bronze	7:30-8:30pm @ Festa	7:00-8:00pm @ Festa	7:30-8:30pm @ Festa		7:30-8:30pm @ Festa	Noon-1:00pm @ Festa	
Junior Varsity	7:30-8:30pm @ Festa	5:30-6:30pm @ Festa	7:30-8:30pm @ Festa			11:30am-12:30pm @ Festa	
Silver	5:30-7:00pm @ Festa	5:30-7:00 pm @ Festa	5:30-7:00pm @ Festa		7:30 - 9:00pm @ Festa	10:00-11:30am @ Festa	
Gold	6:30-8:30pm @ Festa	6:30-8:00pm @ Festa	6:30-8:30pm @ Festa		7:30 - 9:30pm @ Festa	11:00am-1:00pm @ Festa	11:00am-1:00pm @ Festa
Gold Elite	6:30-8:30pm @ Festa	6:00-8:00pm @ Festa	6:30-8:30pm @ Festa		7:30 - 9:30pm @ Festa	11:00am-1:00pm @ Festa	11:00am-1:00pm @ Festa
Senior Prep	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa		7:30 - 9:30pm @ Festa	10:00am-Noon @ Festa	11:00am-1:00pm @ Festa
Senior 1	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa	5:30-7:30pm @ Festa		7:30 - 9:30pm @ Festa	10:00am-Noon @ Festa	11:00am-1:00pm @ Festa
Senior	5:30-7:30pm @ Festa	5:30-8:00pm @ Festa	5:30-7:30pm @ Festa		7:30 - 9:30pm @ Festa	10:00am-1:00pm @ Festa	11:00am-2:00pm @ Festa

***Senior Dryland will remain at Iron Fist on Monday and Wednesday from 4:00-4:50 pm.**

***Senior AM's will be Tue. & Thu. 5:30 - 6:45 am.**

***Gold Dryland will now be Mon. & Wed. 6:00-6:30 pm, Sat. 10:30-11:00 am**