



2024-2025 Short Course Season

Practice Schedule

Beverly

Effective Monday September 9th

Group	Day	Time	Coach	Dryland
Pre Team	Tu/Th	4:00 - 5:00pm	Dede, Laura, Janelle, Marie	N/A
Bronze	M/W/F	4:00 - 5:00pm	Dede, Laura, Janelle, Marie	N/A
Silver	M/W/F Th	5:00 - 6:00pm 5:00 - 6:00pm	Dede, Laura, Janelle, Marie	N/A
Gold	M/W/F Tu Sat	6:00 - 7:30pm 5:00 - 6:45pm 9:00 - 10:30am	Dave, Laura, Janelle, Marie	M/W 7:45 - 8:30pm Saturday 8:00 - 8:45am
Pre Senior	M/W/F Tu Th Sat	6:00 - 7:30pm 5:00 - 6:45pm 5:45 - 7:30pm 7:00 - 9:00am	Dave, Laura, Janelle, Marie	M/W 7:45 - 8:30pm Saturday 9:15 - 10:15am
Senior	M-F Sat	4:00 - 5:45pm 7:00 - 9:00am	Dave	*Optional* M/W/F 3:00 - 3:45pm Sat 9:15 - 10:15am
Senior Elite	M-F Sat	4:00 - 6:00pm 7:00 - 9:00am	Dave	M/W/F 3:00 - 3:45pm Tu/Th 6:15 - 7:15pm Sat 9:15 - 10:15am

Updated 8/9/2024