



2025-2026 Short Course Season

Practice Schedule

Beverly

Effective: Tuesday September 2nd

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

Updated 9/8/2025