



2025 Long Course Season

Practice Schedule

Beverly

Effective Monday April 1st

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

Updated 3/14/2025