



2025 Long Course Season

SUMMER Practice Schedule

Beverly

Effective Monday, June 30th

Group	Day	Time	Coach	Dryland
Pre Team	Tu/Th	4:00 - 5:00pm		N/A
Bronze	M/W/F	3:30 - 4:30pm		N/A
Silver	M/W/F Tu Th	4:30 - 5:30pm OFF 5:00 - 6:00pm		N/A
Gold	M/F Tu W Th Sat	5:30 - 7:00pm 5:15 - 6:30pm 4:00 - 5:30pm OFF 9:00 - 10:30am		M/F 7:15 - 8:00pm Saturday 8:00 - 8:45am
Pre Senior	M/F Tu/Th W Sat	5:15 - 7:00pm 5:00 - 6:30pm 5:30 - 7:30pm 7:00 - 9:00am		M/F 7:15 - 8:00pm Saturday 9:15 - 10:15am
Senior	M/Tu/Th/F W Sat	3:30 - 5:15pm 5:30 - 7:30pm 7:00 - 9:00am	Dave	*Optional* M/F 3:00 - 3:20pm Sat 9:15 - 10:15am
Senior Elite	M-F Sat	7:00 - 9:30am 7:00 - 9:00am	Dave	M-Th 9:45 - 10:45am Sat 9:15 - 10:15am

Updated 5/19/2025