



2024 Summer 2 Practice Schedule

Beverly @ Cape Ann YMCA

Effective Monday, June 24th - End of Season

Group	Day	Time	Coach	Location	Dryland
Pre Team	Tu	4:45pm-5:45pm	Dave/Laura	CAY	N/A
	Th	4:30pm-5:30pm		CAY	
Bronze	M/W/F	3:00pm-4:00pm	Dave/Daria	CAY	N/A
Silver	M/F	3:30pm-4:30pm	Garrett	IPS	N/A
	Tu	6:00pm-7:15pm	Dave/Laura	CAY	
	Th	3:30pm-4:30pm	Dave/Laura	CAY	
Gold	M/F	5:30pm-7:00pm	Garrett	IPS	TBD
	Tu/W/Th	4:30pm-6:00pm	Garrett	IPS	
Pre Senior	M/W	6:00pm-7:30pm	Dave	CAY	M/W 7:30pm-8:00pm
	Tu/Th	6:00pm-7:30pm	Garrett	IPS	F 6:00pm-7:00pm
	F	4:00pm-6:00pm	Dave	CAY	Sat 9:00am-10:00am
	Sat	6:30am-9:00am	Dave/Jack	CAY	
Senior	M/W/F	4:00pm-6:00pm	Dave Garrett	CAY	M/W 3:00pm-4:00pm
	Tu/Th	7:00am-9:00am		IPS	Th/F 6:00pm-7:00pm
	Sat	6:30am-9:00am		CAY	Sat 9:00am-10:00am
Senior Elite	M/W/Th/F	4:00pm-6:00pm	Dave Garrett Dave/Jack	CAY	M/W 3:00pm-4:00pm
	Tu	7:00am-9:00am		IPS	Th/F 6:00pm-7:00pm
	Sat	6:30am-9:00am		CAY	Sat 9:00am-10:00am

Updated 5/20/2024