



2023 SUMMER Practice Schedule

Ipswich YMCA

Effective Monday, June 26th

Group	Day	Time	Coach	Stretching/Dryland
Pre Team	W	3:45pm - 4:45pm	Erik	
	Sat	8:00am - 9:00am		
Bronze	M	3:30pm - 4:30pm	Garrett	
	W	5:30pm - 6:30pm	Caleigh	
	Th	4:30pm - 5:30pm	Garrett	
Silver	M	4:30pm - 5:30pm	Caleigh	
	Tu / Th	6:00pm - 7:00pm	Caleigh	
	F	5:30pm - 6:30pm	Caleigh	
Gold	M	5:30pm - 7:00pm	Garrett / Caleigh	Tu / Th 5:00pm - 5:30pm
	Tu / Th	5:30pm - 7:00pm	Garrett / Kelly	
	F	5:00pm - 6:30pm	Garrett	
	Sat	7:00am - 9:00am (@ GBY)	Jackie / Dede	
Senior	M	5:30pm - 7:00pm	@ Ipswich w/ Garrett / Caleigh	None
	Tu/Th	5:30pm - 7:00pm	/ Kelly	
	F	5:00pm - 6:30pm		
	OR	OR	OR	
	M / W / F	7:00am - 9:00am	@ GBY w/ Garrett & Dave	
	Tu / Th	6:30am - 8:30am		
	Sat	6:30am - 9:00am		
Senior Elite	M	5:30pm - 7:00pm	@ Ipswich w/ Garrett / Caleigh	
	Tu/Th	5:30pm - 7:00pm	/ Kelly	
	F	5:00pm - 6:30pm		
	OR	OR	OR	
	M / W / F	7:00am - 9:00am	@ GBY w/ Garrett & Dave	M / W / F
	Tu / Th	6:30am - 8:30am		9:00am - 10:00am
	Sat	6:30am - 9:00am		

Updated 6/16/23