



2025 Long Course Season

Practice Schedule

Ipswich

Effective Monday, April 1st, 2025

Group	Day	Time	Coach	Dryland
Pre Team	Tu/Th	5:00 - 6:00pm	Garrett & Garreth	
Bronze	M/W F	5:00 - 6:00pm 5:30 - 6:30pm	Garrett & Garreth	
Silver	M Tu/Th F	6:00 - 7:00pm 6:00 - 7:15pm 6:30 - 7:30pm	Garrett & Garreth	
Gold	M-Th Sat	6:00 - 7:30pm 9:00 - 10:30am	Garrett & Garreth	T/TH: 7:30 - 8pm Sat: 8:00 - 8:45am
Pre Senior	M-F Sat	4:00 - 5:30pm 7:00 - 9:00am	Garrett & Garreth	Wed: 5:45 - 6:30pm Fri: 5:45 - 6:30pm Sat: 9:15 - 10:15am
Senior	M-Th F Sat	3:30 - 5:00pm 3:30 - 5:30pm 7:00 - 9:00am	Garrett & Garreth	Wed: 5:45 - 6:30pm Fri: 5:45 - 6:30pm Sat: 9:15 - 10:15am

Updated 3/25/25

*Saturday Mornings are at the Beverly Y for association practice