



2025 Long Course Season

SUMMER Practice Schedule

Ipswich

Effective Monday, June 16th

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

Updated 5/27/25

*Highlighted Practices are in Beverly