



2024 SUMMER Practice Schedule

Ipswich YMCA

Effective Monday, June 24th

Group	Day	Time	Coach	Location	Dryland
Pre Team	Tu/Th	3:30pm-4:30pm	Garrett	IPS	N/A
Bronze	M/F W	4:30pm-5:30pm 3:30pm-4:30pm	Garrett	IPS IPS	N/A
Silver	M/F Tu Th	3:30pm-4:30pm 6:00pm-7:15pm 3:30pm-4:30pm	Garrett Dave/Laura Dave/Laura	IPS CAY CAY	N/A
Gold	M/F Tu/W/Th	5:30pm-7:00pm 4:30pm-6:00pm	Garrett Garrett	IPS IPS	TBD
Pre Senior	M W Tu/Th F Sat	6:00pm-7:30pm 7:00am-9:00am 6:00pm-7:30pm 4:00pm-6:00pm 6:30am-9:00am	Dave Garrett Garrett Dave Dave/Jack	CAY IPS IPS CAY CAY	M 7:30pm-8:00pm F 6:00pm-7:00pm Sat 9:00am-10:00am
Senior	M/F Tu/W/Th Sat	4:00pm-6:00pm 7:00am-9:00am 6:30am-09:00am	Dave Garrett Dave/Jack	CAY IPS CAY	M 3:00pm-4:00pm F 6:00pm-7:00pm Sat 9:00am-10:00am

Updated 5/20/2024