



2023-2024 Fall Practice Schedule

Ipswich YMCA

Effective Monday, August 28th

Group	Day	Time	Coach	Stretching/Dryland
Pre Team	W Sat	4:30pm - 5:30pm 8:00am - 9:00am	Erik	None
Bronze	M/Tu/Th	4:30pm - 5:30pm	TBA	TBA
Silver	M/Tu/Th F	5:30pm - 6:30pm 5:00pm - 6:00pm	TBA	TBA
Gold	M/Tu/Th W Sat	6:30pm - 8:00pm 5:30pm - 6:30pm 7:00am - 9:00am (@ Beverly)	TBA	TBA
Pre Senior	M/Tu/W/Th F Sat	6:30pm - 8:00pm 6:00pm - 7:30pm 7:00am - 9:00am (@ Beverly)	TBA	TBA
Senior	M/Tu/W/Th F Sat	3:00pm - 4:30pm 3:30pm - 5:00pm 6:30am - 9:00am (@ Beverly)	TBA	Sat 9:10am - 10:00am

Updated 8/10/23