



2025 Long Course Season

Practice Schedule

Salem

Effective Monday March 31st

Group	Day	Time	Coach	Dryland
Pre Team	T & TH	5:30-6:30 pm	Graeme	
Bronze	M, Th, F	5:30-6:30 pm	Gina Amy Graeme Michael	
Silver	M, T, Th, F	4:30-5:30 pm	Gina Amy	
Gold	M-F Sat (Bev)	4:15-5:30 pm	Gina Amy	Tuesday 4:00-4:30 pm Group Ex Studio
Pre Senior	M-F Sat (Bev)	4:15-5:30	Gina Amy	Tuesday 4:00-4:30 pm Group Ex Studio
Senior	M-F Sat (Bev)	4:00-5:30 pm	Gina Amy	Tuesday 4:00-4:30 pm Group Ex Studio
Senior Elite	M-F Sat (Bev)	3:30-5:30 pm	Gina Amy	Tuesday 3:30-4:30 pm Group Ex Studio

Updated 3/14/2025