



2023-2024 FALL Practice Schedule

Salem YMCA

Effective Monday, August 28th

Group	Day	Time	Coach	Dynamic Stretching/ Dryland
Pre Team	Tu / F	5:45pm - 6:45pm	Erik & Maddy	None
Bronze	M / Th / F	4:00pm - 5:00pm	Gina	None
Silver	M/W/Th/F	4:00pm - 5:00pm	Gina	TBA
Gold	M / Tu / Th W / F	4:00pm - 5:00pm 4:00pm - 5:00pm	Amy Gina	TBA
	Sat	7:00am - 9:00am (@ Beverly)	Jackie	
Senior	M / Th Tu W F	4:00pm - 6:00pm 3:30pm - 5:30pm 3:30pm - 5:30pm 3:00pm - 5:00pm	Amy Amy Gina Gina	TBA
	Sat	6:30am - 9:00am (@ Beverly)	Dede	
Senior Elite	M / Th Tu W F	4:00pm - 6:00pm 3:30pm - 5:30pm 3:30pm - 5:30pm 3:00pm - 5:00pm	Amy Amy Gina Gina	Sat 9:10am - 10:00am
	Sat	6:30am - 9:00am (@ Beverly)	Dave / Jack	

Updated 8/10/23