



2023 SUMMER Practice Schedule

Salem & Forest River Park

Effective Monday, June 26th

Group	Day	Time	Coach	Location
Pre Team	Tu & F	5:30pm - 6:30pm	Erik	Salem YMCA
Bronze	M Tu & Th	5:00pm - 6:00pm 6:00pm - 7:00pm	Gina	Salem YMCA Forest River Park
Silver	M & W Tu & Th	5:00pm - 6:00pm 6:00pm - 7:00pm	Gina Gina	Salem YMCA Forest River Park
Gold	M & W Tu & Th F Sat	5:00pm - 6:00pm 6:00pm - 7:00pm 3:00pm - 4:00pm 7:00am - 9:00am (@ GBY)	Gina Gina Gina Jackie / Dede	Salem YMCA Forest River Park Salem YMCA
Pre Senior Senior Senior Elite	M & W Tu & Th F Sat	5:00pm - 7:00pm 6:00pm - 7:00pm 3:00pm - 5:00pm 6:30am - 9:00am (@ GBY)	Gina Gina Gina Dave / Jack / Garrett	Salem YMCA Forest River Park Salem YMCA

Updated 6/16/23