



# 2025-2026 Short Course Season

## Practice Schedule

### Ipswich

Effective: Tuesday September 2nd

| Group               | Day              | Time                                            | Coach                | Dryland                                                                            |
|---------------------|------------------|-------------------------------------------------|----------------------|------------------------------------------------------------------------------------|
| <b>Pre Team</b>     | Tu/Th            | 5:00 - 6:00pm                                   | Garreth              |                                                                                    |
| <b>Bronze</b>       | M/W<br>F         | 5:00 - 6:00pm<br>5:30 - 6:30pm                  | Garrett &<br>Garreth |                                                                                    |
| <b>Silver</b>       | M<br>Tu/Th<br>F  | 6:00 - 7:00pm<br>6:00 - 7:15pm<br>6:30 - 7:30pm | Garreth              |                                                                                    |
| <b>Gold</b>         | M-Th<br>Sat      | 6:00 - 7:30pm<br>9:00 - 10:30am                 | Garrett              | Tu/Th<br>7:30 - 8pm<br>Sat<br>8:00 - 8:45am                                        |
| <b>Pre Senior</b>   | M-F<br>Sat       | 4:00 - 5:30pm<br>7:00 - 9:00am                  | Garrett &<br>Garreth | Tues/Thurs AM: 5:45 - 6:45am<br>Friday:<br>5:45 - 6:30pm<br>Sat<br>9:15 - 10:15am  |
| <b>Senior</b>       | M-Th<br>F<br>Sat | 3:30 - 5:00pm<br>3:30 - 5:30pm<br>7:00 - 9:00am | Garrett &<br>Garreth | Tues/Thurs AM: 5:45 - 6:45am<br>Friday:<br>5:45 - 6:30pm<br>Sat:<br>9:15 - 10:15am |
| <b>Senior Elite</b> | M-Th<br>F<br>Sat | 3:00 - 5:00pm<br>3:30 - 5:30pm<br>7:00 - 9:00am | Garrett              | Tues/Thurs AM: 5:45 - 6:45am<br>Friday:<br>5:45 - 6:30pm<br>Sat:<br>9:15 - 10:15am |

Updated 9/8/2025

\*Saturday Mornings are at the Beverly Y for association practice

\*\* This is only available for swimmers 13 & Up.