



2023-2024 Fall Practice Schedule

Ipswich YMCA

Effective Tuesday, April 2nd

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

Updated 3/29/24