



2024 Spring

YNS LVO Practice Schedule

Effective Tuesday, April 2nd

Group	Day	Time	Coach	Dryland/Stretching
Pre Team	M/Th	3:45pm - 4:45pm	Sue/Murph	N/A
Bronze	Tu/W/ F	3:45pm - 4:45pm	Sue/Murph	3:30pm - 3:45pm
Silver	M/Tu/Th/ F	4:45pm - 6:00pm	Sue	4:30pm - 4:45pm
Gold	M/Tu/F W Sat	6:00pm - 7:30pm 6:30pm - 8:00pm 7:30am - 9:00am (at Beverly)	Jen/Jack Jack	TBD
Pre Senior	M/Th W Tu/F Sat	5:30pm - 7:15pm 5:45pm-7:30pm (at Beverly) 6:30pm - 8:15pm 7:30am - 9:00am (at Beverly)	Jack Jack/Dave Garrett/Jack	TBD
Senior	M/Th W Tu/F Sat	3:45pm - 5:30pm 4:00pm-5:45pm (at Beverly) 4:45pm - 6:30pm 7:00am - 9:00am (at Beverly)	Jack Jack/Dede Jack/Murph Jack/Dede	TBD
Senior Elite	M/Th W Tu/F Sat	3:45pm - 5:45pm 4:00pm-6:00 pm (at Beverly) 4:45pm - 6:45pm 7:00am - 9:00am (at Beverly)	Jack Jack/Dave	Sat 9:10am - 10:00am

Updated 4/2/24