



2025-2026 Short Course Season

Practice Schedule

Salem

Effective: Tuesday September 2nd

Group	Day	Time	Coach	Dryland
Pre Team	T & TH	5:30-6:30pm	Coach Jen	N/A
Bronze	M, F	5:30-6:30pm	Coach Gina Coach Amy	N/A
Silver	M, T, Th, F	4:30-5:30pm	Coach Gina Coach Amy	N/A
Gold	M, T, Th, F Wed. Sat	4:15-5:30 pm 4:45-5:30 pm 9:00-10:30am	Coach Gina Coach Amy	Wednesday 4:00-4:45 pm Sat 8:00-8:45am
Senior	M, T, Th, F Wed, Sat	4:00-5:30 pm 4:45-5:30 pm 7:00-9:00am	Coach Gina Coach Amy	Wed. 4:45-5:30 pm Sat 9:15-10:15am

Updated 9/8/2025

*Saturday Mornings are at the Beverly Y for association practice