

BAC New Training Facility Practice Schedule

	TYM	Streaks	Snappers	Blues	Dolphins	JUNIOR	SENIOR
Monday	545 - 615pm	615 - 700pm	545 - 645pm	645 - 800pm	700 - 815pm	400 - 545pm	345 - 615pm
Tuesday	545 - 615pm	615 - 700pm	545 - 645pm	645-800pm	700 - 815pm	400 - 545pm	345 - 615pm
Wednesday	545 - 615pm	630 - 715pm	600 - 730pm	No Practice	No Practice	400 - 545pm	345 - 615pm
Thursday	545 - 615pm	615 - 700pm	545 - 645pm	645 - 800pm	700 - 815pm	400 - 545pm	345 - 615pm
Friday	No Practice	No Practice	No Practice	545 - 715pm	615 - 745pm	400 - 545pm	345 - 615pm
Saturday	1045 - 1145am ***	1045 - 1145am	1000 - 1130am	1130am - 100pm	1145am - 115pm	800 - 1000am	800 - 1030am

Senior morning workouts , Senior and Junior Dry Land and Yoga schedules will be posted on the regular Snr/Jnr Practice Schedule

*** TYM Saturday Practices - schedule to be posted

	TYM	Streaks	Snappers	Blues	Dolphins	
Summer Schedule Mon-Fri	830am - 900am Monday to Thursday ONLY	900am - 1030am	900am - 1030am	900am - 1030am	900am - 1030am	
		630am - 800am	630am - 800am	630am - 800am	630am - 800am	Questions? Please contact your primary coach.

STREAKS, SNAPPERS, BLUES and DOLPHINS may attend EITHER the early morning SCY workout in Berkeley Heights

OR regular morning LCM workout at BAC in New Providence BUT NOT BOTH