

# NCAP Practice Schedule September-June

Burke Facility – 2022-2023 Season



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gold I</b>	5:00-7:00 am 3:15-5:25pm	3:15-5:25pm	3:15-5:25pm	3:15-5:25pm	5:00-7:00 am 3:15-5:25pm		6:00-9:00am
<b>Silver I</b>	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm	5:00-6:45pm		5:00-7:00am
<b>Gold II</b>	3:20-4:55pm	3:20-4:55pm	3:20-4:55pm	3:20-4:55pm	3:20-4:55pm	6:00-8:30am	
<b>Gold III</b>	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:00-8:30am	
<b>Silver II</b>	5:00-6:30am or 6:30-8:00pm	5:00-6:30am or 6:30-8:00pm	5:00-6:30am or 6:30-8:00pm	5:00-6:30am or 6:30-8:00pm	5:00-6:30am or 6:30-8:00pm		
<b>Bronze I</b>	5:00-6:25pm	5:00-6:25pm	5:00-6:25pm	5:00-6:25pm	5:00-6:25pm		
<b>Bronze II</b>	6:30-7:25am or 5:30-6:25pm		6:30-7:25am or 5:30-6:25pm		6:30-7:25am or 5:30-6:25pm		
<b>Bronze III</b>		6:30-7:25am or 5:30-6:25pm		6:30-7:25am or 5:30-6:25pm			