

Practice Schedule for Fall-Winter 2019-2020



Updated December 10, 2019

September 9 to October 31, 2019

Age Group Bronze	Monday-Thursday	5:00-5:45 PM	VISTA School
Age Group Silver	Monday-Thursday	5:45-6:45 PM	VISTA School
Age Group Gold	Monday-Thursday	6:45-7:45 PM	VISTA School
Pre Senior Silver	Monday-Friday	6:00-7:00 PM	Catherine Hall
Pre Senior Gold	Monday-Friday	6:00-7:30 PM	Catherine Hall
Senior Silver	Monday-Friday	7:30-9:00 PM Saturday 7-9 AM	Catherine Hall
Senior Gold	Monday-Friday	7:00-9:00 PM Saturday 7-9 AM	Catherine Hall
	*Mon/Wed Women	6:00-7:00 AM Weights	Hershey HS
	*Tues/Thur Men	6:00-7:00 AM Weights	Hershey HS

*Only for Derry Township School District students

Updated December 10, 2019

November 1 to March 31, 2020 (Subject to change in March)

Age Group Bronze	Monday-Thursday	5:00-5:45 PM	VISTA School
Age Group Silver	Monday-Thursday	5:45-6:45 PM	VISTA School
Age Group Gold	Monday-Thursday	6:45-7:45 PM	VISTA School
Pre Senior Silver	Monday-Friday	7:00-8:30 PM	Spartan Center
Pre Senior Gold	Monday-Friday	7:00-8:30 PM	Spartan Center
Senior Silver & Gold	Mon-Wed-Frid	5:15-7:00 AM	Spartan Center
	Tues-Thur	5:15-6:45 AM	Palmyra HS
	Mon. & Wed Boys	3:00-4:00 PM WeightRoom	Hershey HS
	Tue. & Thu. Girls	3:00-4:00 PM Weight Room	Hershey HS

Beginning December 16 2:45-3:45 Monday and Wednesdays Girls and Boys

Saturday 7:00-9:00 AM (Nov. 2, 16, 23, 30) Catherine Hall

Holiday Training Schedule for Senior and Pre Senior Groups (subject to change 12-10-19)

Nov 25-26	Mon-Tues	Senior 4:30-6:30 PM	Spartan Center	Pre Sen. 6:30-8:00 PM	Spartan Center
Nov 27&29	Wed & Fri	Senior 7:30-10:00 AM	Cath. Hall	Pre Sen. 6:30-8:00 PM	Spartan Center
Nov 30	Saturday	Senior 7:30-10:00 AM	Cath. Hall	NONE	
Dec 23	Monday	Senior 7:30-10:00 AM	Cath. Hall	Pre Sen. 6:00-7:30 PM	Spartan Center
		Senior 4:00-6:00 PM	Spartan Center		
Dec 24	Tuesday	Senior 7:00-10:00 AM	Cath. Hall	NONE	
Dec 26	Thursday	Senior 7:30-10:00 AM	3:00-4:30 @ HHS wght	Pre Sen. 6:00-8:00 PM	Catherine Hall
Dec 27	Friday	Senior 7:30-10:00 AM	3:00-4:30 @ HHS wght	Pre Sen. 6:00-8:00 PM	Catherine Hall
Dec 28	Saturday	Senior 7:00-10:00 AM	Cath. Hall	NONE	
Dec 30	Monday	Senior 7:30-10:00 AM	3:00-4:30 @ HHS wght	Pre Sen. 6:00-8:00 PM	Catherine Hall
Dec 31	Tuesday	Senior 7:00-10:00 AM	Cath. Hall	NONE	
Jan 2	Thursday	Senior 5:15-6:45 AM	Palmyra HS	Pre Sen. 6:00-7:30	Catherine Hall