



2021 Fall YNS Beverly Practice Schedule

Effective Monday August 30th

Group	Day	Time	Dynamic Stretching/ Dryland
Pre Team 1 st Practice Tuesday Sept 7 th	T & TH	3:30pm – 4:30pm	
Bronze 1 st Practice Tuesday Sept 7 th	T & TH F	6:15pm – 7:30pm 4:15pm – 5:15pm	T & H - Dynamic stretching 6:15pm to 6:30pm
Silver 1 st Practice Wednesday Sept 8 th	M & W F	5:00pm – 6:15pm 5:00pm – 6:30pm	M & F - Dynamic stretching 5:00pm to 5:15pm
Gold 1 st Practice Tuesday Sept 7 th	M & W T & TH Sat Morning	6:15pm – 7:30pm 5:30pm – 7:30pm 8:45am - 10:30am	T & TH - Dryland 5:30pm to 6:00pm Sat Morning - Dryland 10:00am to 10:30am
Pre Senior 1 st Practice Monday Aug. 30 th	M & W T & TH F Sat Morning	4:15pm – 6:15pm 4:45pm – 6:45pm 4:15pm – 6:00pm 9:15am – 11:15am	T & TH - Dryland Dryland 4:45pm to 5:15pm Sat Morning - Dryland 9:15am to 9:45am
Senior Monday Aug. 30 th	M,W - AM W - PM T, TH - PM Sat Morning	5:15am – 6:45am 3:30pm – 5:00pm 3:15pm – 6:00pm 6:30am – 9:15am	T & TH - Dryland 3:15pm to 4:00pm Sat Morning – Weights 8:45 to 9:30am
Senior Elite 1 st Practice Monday Aug. 30 th	M,W F - AM M & W - PM T & TH – PM Sat Morning	5:15am – 6:45am 3:30pm - 5:00pm 3:15pm to 6:00pm 6:30am to 9:00am	T & TH - Dryland 3:15pm to 4:00pm Sat Morning – Weights 8:45 to 9:30am

Updated 9/14/21