



## 2021 Fall YNS Cape Ann Practice Schedule

**Effective Monday August 30<sup>th</sup>**

Group	Day	Time	Dynamic Stretching/ Dryland
<b>Pre Team</b> 1 <sup>st</sup> Practice Tuesday Sept 7 <sup>th</sup>	M & W	3:15pm - 4:15pm	
<b>Bronze</b> 1 <sup>st</sup> Practice Tuesday Sept 7 <sup>th</sup>	M & W  F	4:15pm - 5:30pm  3:15pm - 4:15pm	M & W - Dynamic stretching 4:00pm - 4:15pm
<b>Silver</b>  1 <sup>st</sup> Practice Tuesday Sept 7 <sup>th</sup>	T & TH  F	3:30pm - 4:45pm  4:15pm - 5:30pm	F - Dynamic stretching 4:15pm - 5:30pm

Updated 9/7/21