



2021 Fall YNS LVO Practice Schedule

Effective Monday August 30th

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

Updated 8/12/21