



## 2021 Fall YNS Salem Practice Schedule

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

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

	Sat Morning (at Beverly)		
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Updated 8/12/21