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## Practice Schedule (revised 9/14/15)

### All Practices at Secaucus

#### Novice

Friday: 5:00- 6:15 PM

Saturday: 6:15 – 7:30 PM

Sunday: 6:15 – 7:30 PM

#### Pre-Junior

Wednesday: 5:00- 6:15 PM

Friday: 5:00-6:15 PM

Saturday: 6:15 – 7:30 PM

Sunday: 6:15 – 7:30 PM

#### Junior

Monday: 5:00-6:30 PM

Wednesday: 5:00-6:30 PM

Friday: 5:00-6:30 PM

Saturday: 5:00- 6:30 PM

Sunday: 5:00- 6:30 PM

#### Senior 3

Monday: 5:00- 7:00PM

Tuesday: 5:00- 7:30 PM (Includes Dryland)

Thursday: 5:00- 7:00PM

Friday: 5:15- 8:00PM (Includes Dryland)

Saturday: 5:00-7:00PM

Sunday: 5:00-7:00PM



## Senior 1 & 2

Monday: 7:00- 9:00 PM

Tuesday: 6:15- 9:00PM (Includes dryland)

Wednesday: 7:00- 9:00 PM

Thursday: 6:15- 9:00PM (Includes dryland)

Saturday: 8:00-10:00 AM

Sunday: 8:00-10:00 AM