

## **PRACTICE SCHEDULE (until 1/25)**

**Green 1: MF 3:30-4:15, W 3:30-4:30**

**Green 2: MF 4:15-5, W 3:30-4:30**

**Bronze 1: MTThF 3:30-4:30**

**Bronze 2: MF 4:30-5:30, TTh 3:30-4:30**

**Silver: M 5:30-7, TWTh 4-5:30 (dryland 4-4:30), F 5:30-7**

**Gold/Senior: M 5:00-7:00 (dryland 5-5:30) @ACP**

**T 5:00-7 (dryland 5-5:30) @ACP**

**W 5:30 -7 @ACP**

**TH 5:30-7 @ ACP**

**F 5-7 @ ACP (dryland 5-5:30) @ACP**

- MORNINGS T/Th 5:45 - 7am @ ACP (for Silver & up)**