



2023/24 Practice Schedule Sep 25 - Mar 24, 2024

Level 1: 6 days/week

Mon - Fri - 6:00-8:00pm @ Great Mills

Saturday - 7:30-10:30am @ Great Mills

***Tue/Thu/Sat practices include 1 hour of drylands

Level 2: 5 days/week

MTWF - 6:00-8:00pm @ Great Mills

Saturday - 7:30-10:30am @ Great Mills

**Tue/Sat practices include 1 hour of drylands.

***No practice for Lvl 2 on Thursdays.

Level 3: 3 days/week

Tue/Thu - 5:30-7pm @ Great Mills

Saturday - 9:30-11am @ Great Mills

Level 4: 3 days/week

MWF - 5:30-6:30pm @ Great Mills

Level 5: 3 days/week

MWF 5:15-6:00pm @ Great Mills

KYFW: 1 day/week

Level 5 Equivalent: 2:00-3:00pm Sundays @ Great Mills

Levels 2-4 Equivalent: 3:00-4:00pm Sundays @ Great Mills

****Changes or cancellations will be sent out via email/text.**