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| **FREEDOM CENTER 2023-2024** | | | | | | |
| Training Group | Monday | Tuesday | Wednesday | Thursday | Friday | Sat or Sun |
| **Bronze 3**  10 & Under  2-3 practices/week  Sept-May | 6:30-7:30 PM | 6:00-7:00 PM |  | 6:00-7:00 PM |  |  |
| **Bronze 2**  9-12 years old  3-5 practices/week  Sept-July | 7:30-8:30 PM | 7:00-8:30 PM | 6:00-8:00 PM  \*\*DL 6:00-6:30 PM | 7:00-8:30 PM |  | SUNDAY  1:30-3:00 PM  \*\*DL 1:30-2:00 |
| **Bronze 1**  11-14 years old  4-6 practices/week  Sept-July | 4:30-6:30 PM  \*\*DL 4:30-5:00 PM | 5:00-6:15 AM | 4:30-6:30 PM  \*\*DL 4:30-5:00 PM | 5:00-6:15 AM | 5:00-6:30 PM | SATURDAY  8:00-10:00 AM |
| **Silver**  13-15 year olds  5-6 practices/week  Sept-July | 4:45-6:15 AM | 4:00-6:00 PM | 4:45-6:15 AM | 4:00-6:00 PM | 4:45-6:15 AM | SATURDAY  10:00-12:00 PM  \*\*DL 9:45-10:45 AM |

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| **Gold 3**  High School Age  3-5 Practices/week  Sept-May or July (Gold 3 Plus) | 6:00-8:30 PM @ Vint Hill  6:00-6:30 DL | 4:00-5:30 PM @ FREE | 4:30-5:30 PM @ FREE | 4:00-5:30 PM @ FREE |  | SUNDAY  1:30-4:00 @ Vint Hill  \*\*D L1:30-2:00 |