**HEAT Practice Schedule**

**Page 1 Aug 26, 2018 – Feb 24, 2019**

Sparks Tues/Thurs 4:15-4:45pm YMCA

( or until 5:00-15 min optional additional time if desired)

Group 1 Mon-Thur 4:15-5:00PM YMCA

Group 2 Mon-Thur 5:00-6:00pm YMCA

 Sun 12:15-1:15 YMCA

Group 3 Mon-Thur 6:00-7:15pm YMCA

 Fri 7:00-8:15pm YMCA

 Sun 12:15-1:30pm YMCA

Group 4 Mon/Wed 7:15-8:45pm YMCA

 Tues/Thur 7:45-9:15pm Centennial HS

 Fri 7:00-8:30pm YMCA

 Sat 9:00-10:30am YMCA

 Sun 2:00-3:30pm Centennial HS

Group 5 F Mon/Wed 7:45-9:30pm Centennial HS

 Tues/Thur 7:15-8:45pm YMCA

 Fri 7:00-8:45pm YMCA

 Sat 7:00-8:30am YMCA

 Sun 12:00-1:30pm Centennial HS

 Tues/Thur 5:45-7:00am YMCA - Dryland/Strength training

 Fri 5:45-7:00am YMCA – Swim

Group 5 HP Mon/Wed 7:45-9:30pm Centennial HS

 Tues/Thur 7:15-9:15pm YMCA

 Sat 7:00-9:00am YMCA

 Sun 12:00-2:00pm Centennial HS

 Tues/Thur 5:45-7:00am YMCA - Dryland/Strength training

 Fri 5:45-7:00am YMCA – Swim

**HEAT Practice Schedule**

**Page 2 Feb 25 – March 14, 2018**

**TBA may change depending on maintenance schedule for the pool at Centennial.**

Spring/Summer starts Monday, April 1

HEAT Fall/Winter Fee Information

 **Price per month Price per month (2 days/week) (unlimited practice)**

Sparks $49.00 (Tue/Th only)

Group 1 $58.50 $79.00

Group 2 $71.50 $99.00

Group 3 $78.50 $109.00

Group 4 $84.50 $119.00

Group 5 F $97.50 $139.00

Group 5 HP none $139.00

Other required fees:

* Booster Club Fee, per family, per season $125 groups 2-5,$75 Sparks/group 1
* USA Swimming Membership Fee, per swimmer, annually $75 unlimited, $20 for flex membership (see registration form)
* The Y offers discounts on monthly training fees for families with multiple children participating in HEAT:
	+ - * 1st child (highest group level):  Full Price
			* 2nd child:  15% discount
			* 3rd child:  30% discount
			* 4th child+:  60% discount

Our current practice schedule can be found at ccymcaheat.com

For more information, contact Head Coach Will Barker at will@ccymca.net or 239-2806