

**Summer 2022 HEAT Schedule - Beginning Thursday June 9th**

**Summer season begins Tue May 31st BUT will follow the SPRING Schedule until school is out in Hudson**

National/Nag			HS1			HS 2		
Mon	10:45 - 12:45p	Solon	Mon	10:45 - 12:45p	Solon	Mon	10:45 - 12:45p	Solon
Tue	6-8am (Akron) 3-5pm (EW) Lift 5:15-6pm		Tue	6-8am (Akron) 3-5pm (EW) Lift 5:15-6pm		Tue	8:00-10:00am-Lift 5:15-6pm	Akron
Wed	10:45 - 12:45p	Solon	Wed	10:45 - 12:45p	Solon	Wed	10:45 - 12:45p	Solon
Thur	6-8am (Akron) 3-5pm (EW) Lift 5:15-6pm		Thur	6-8am (Akron) 3-5pm (EW) Lift 5:15-6pm		Thur	8:00-10:00am-Lift 5:15-6pm	Akron
Fri	7:00-9:00am	EW	Fri	7:00-9:00am	EW	Fri	9:00-10:30am	EW
Sat	TBD**	EW	Sat	TBD**	EW	Sat	TBD**	EW
Level 6			Level 5			Level 4		
Mon	10:45 - 12:45p	Solon	Mon	10:45 - 12:45p	Solon	Mon	7:15 - 8:45am	EW
Tue	8:00-10:00am	Akron	Tue	8:00-10:00am	Akron	Tue	8:00-10:00am	Akron
Wed	10:45 - 12:45p	Solon	Wed	10:45 - 12:45p	Solon	Wed	7:15 - 8:45am	EW
Thur	8:00-10:00am	Akron	Thur	8:00-10:00am	Akron	Thur	8:00-10:00am	Akron
Fri	9:00-10:30am	EW	Fri	9:00-10:30am	EW	Fri	7:00-8:30am	LCP
Sat	TBD**	EW	Sat	TBD**	EW	Sat	TBD**	EW
Level 3			Level 2			Level 1		
Mon	8:45-10:00am	EW	Mon	7:00-8:15am	LCP	Mon	8:15-9:15am	LCP
Tue	7:30 - 8:45am	EW	Tue	8:45-10:00am	EW	Tue	8:15-9:15am	LCP
Wed	8:45-10:00am	EW	Wed	7:00-8:15am	LCP	Wed	8:15-9:15am	LCP
Thur	7:30 - 8:45am	EW	Thur	8:45-10:00am	EW	Thur	8:15-9:15am	LCP
Fri	8:30-9:45am	LCP	Tue/Thu			Tue/Thu		
	-		Afternoon#	5:00-6:00pm	EW	Afternoon#	6:00-7:00pm	EW
Novice								
Mon	9:15-10:00am	LCP						
Tue	9:15-10:00am	LCP						
Wed	9:15-10:00am	LCP						
Thu	9:15-10:00am	LCP						

6/8/2022

# Level 1/2 will have practice options Tue/Thu AM and PM but swimmers only need to attend 1 practice per day.

\*\*Saturday Practice Schedule will be held on weekends we do not have swim meets - Those practices will be held at Eastwoods in the morning