

Fall 2022 HEAT Schedule Beginning Sept 6th

National/Nag			HS1			HS 2		
Mon	3:25-5:20pm + Lift	EW	Mon	3:25-5:20pm + Lift	EW	Mon	5:00 - 7:00pm**DL 1st	EW
Tue	6:00-7:15am + 3:25-5:30pm	EW	Tue	6:00-7:15am + 3:25-5:30pm	EW	Tue	5:25 - 7:00pm	WRA
Wed	3:25-5:20pm + Lift	EW	Wed	3:25-5:20pm + Lift	EW	Wed	5:00 - 7:00pm**DL 1st	EW
Thur	6:00-7:15am + 3:25-5:30pm	EW	Thur	6:00-7:15am + 3:25-5:30pm	EW	Thur	5:25 - 7:00pm	WRA
Fri	5:45am - 7:15am	EW	Fri	5:45am - 7:15am	EW	Fri	OFF	
Sat	8:00-10:00am + Lift	EW	Sat	8:00-10:00am + Lift	EW	Sat	8:00-10:00am + Lift	EW
Level 6			Level 5			Level 4		
Mon	5:00 - 7:00pm**DL 1st	EW	Mon	5:00 - 7:00pm**DL 1st	EW	Mon	5:00 - 7:00pm**DL 1st	EW
Tue	3:25-5:30pm	EW	Tue	5:25 - 7:00pm	WRA	Tue	5:25 - 7:00pm	WRA
Wed	5:00 - 7:00pm**DL 1st	EW	Wed	5:00 - 7:00pm**DL 1st	EW	Wed	5:00 - 7:00pm**DL 1st	EW
Thur	3:25-5:30pm	EW	Thur	5:25 - 7:00pm	WRA	Thur	5:25 - 7:00pm	WRA
Fri	4:00 - 6:00pm **DL 2nd	EW	Fri	4:00 - 6:00pm **DL 2nd	EW	Fri	4:00 - 6:00pm **DL 2nd	EW
Sat	10:00-11:45am	EW	Sat	10:00-11:45am	EW	Sat	10:00-11:45am	EW
Level 3 (A - 12 O, B - 11 U)			Level 2 (A - 11 O, B - 10 U)			Level 1 (A - 10 O, B - 9 U)		
Mon	6:55 - 8:20pm (Both)	EW	Mon	OFF		Mon	5:00 - 6:00pm	LCP
Tue	5:30-6:30pm (A Only)	EW	Tue	7:00 - 8:00pm	WRA	Tue	OFF	
Wed	6:55 - 8:20pm (Both)	EW	Wed	OFF		Wed	5:00 - 6:00pm	LCP
Thur	5:30-6:30pm (B Only)	EW	Thur	7:00 - 8:05pm	WRA	Thur	OFF	
Fri	OFF		Fri	5:30-6:30pm	EW	Fri	5:00 - 6:00pm	LCP
Sat	11:45 - 1:00pm (Both)	EW	Sat	OFF		Sat	OFF	
Novice A (9 and Over)			Novice B (8 and Under)					
Mon	6:45 - 7:30pm	LCP	Mon	6:00 - 6:45pm	LCP			
Wed	6:45 - 7:30pm	LCP	Wed	6:00 - 6:45pm	LCP			
Fri	6:45 - 7:30pm	LCP	Fri	6:00 - 6:45pm	LCP			
AM Groups - Hudson Students in grades 3, 4, 5								
Level 3 AM (3rd, 4th, 5th Grade)			Level 2 AM (3rd, 4th, 5th Grade)			Level 1 AM (3rd, 4th, 5th Grade)		
Mon	Off		Mon	7:20 - 8:30am	EW	Mon	7:20 - 8:30am	EW
Tue	7:20 - 8:30am	EW	Tue	Off		Tue	Off	
Wed	Off		Wed	7:20 - 8:30am	EW	Wed	7:20 - 8:30am	EW
Thur	7:20 - 8:30am	EW	Thur	Off		Thur	Off	
Fri	7:20 - 8:30am	EW	Fri	7:20 - 8:30am	EW	Fri	7:20 - 8:30am	EW
Sat	11:45 - 1:00pm	EW	Sat	OFF		Sat	OFF	

8/1/2022

****DL is Dryland so bring shoes and clothes. 1st is before they get into the water, 2nd is after they get out of the water**