

HERSHEY AQUATIC CLUB | Summer 2015

April 13 th through June 6 th		Spring Practice Schedule					
@Hershey High School	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Senior Group Boy	6:00-7:00 AM		OFF	6:00-7:00 AM			
Senior Group Girl		6:00-7:00 AM	OFF		6:00-7:00 AM		
@Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Senior A	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	April 18-May 23 6:30-9 May 23, 30, June 6 9:30-12	
Senior B	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	4:30-5:45		
Silver 1	4:15-4:45 DL 5:00-6:30	5:00-6:30	4:15-4:45 DL 5:00-6:30	5:00-6:30	4:30-5:45		
Silver 2	5:45-6:15 DL 6:30-7:30	6:30-7:30	5:45-6:15 DL 6:30-7:30	6:30-7:30	5:45-6:45		
@VISTA School	Monday	Tuesday	Wednesday	Thursday	FRIDAYS will be at the Derry Township Recreation Center on the Following Dates:		
Bronze	6:45-7:45	6:45-7:45	6:45-7:45	6:45-7:45	5:45-6:45	April 17 May 8	
Diamond 1	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	April 24 May 15	
Diamond 2	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	May 1 May 29	
June 8 th through July 17 th		Summer Practice Schedule (Lower pool at Hershey Rec Center)					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Group	AM	6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	6:30-8:00 AM Home MPSL Meets
	PM		6:30-7:30	6:30-7:30	6:30-7:30		
Senior A/B		6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	
Senior Dry Land		8:30-9:00 Boys	8:30-9:00 Girls	8:30-9:00 Boys	8:30-9:00 Girls	NONE	
Silver 1		7:30-8:00 Dry Land 8:15-9:55 Swim	8:15-9:55 Swim	7:30-8:00 Dry Land 8:15-9:55 Swim	8:15-9:55 Swim	8:15-9:55	
Silver 2		8:15-9:55 Swim	7:30-8:00 Dry Land 8:15-9:55 Swim	8:15-9:55 Swim	7:30-8:00 Dry Land 8:15-9:55 Swim	8:15-9:55	
Bronze		10:00-11:00	9:15-9:45 Dry Land 10:00-11:00	8:15-9:15 LCM or 10:00-11:00 SCY	9:15-9:45 Dry Land 10:00-11:00	10:00-11:00	
Diamond 1		10:00-11:00 SCY	10:00-11:00 SCY	10:00-11:00 SCY	10:00-11:00 SCY	10:00-11:00 SCY	
Diamond 2		11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY	
MPSL Meet Eligibility		Sen. Group – Attend 4 out of the 5 Silver 1 – Attend 4 out of the 5		Silver 2 – Attend 4 out of the 5 Bronze – Attend 4 out of the 5		Diamond – Attend 3 out of the 5	
July 20 th through August 7 th		Practice schedule will be provided at a later date.					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
USA Competition LC July 21-August 6		7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	
MID CAP Practice SY July 21-25		9:00-11:00	9:00-11:00	9:00-11:00	9:00-11:00	9:00-11:00	
DEVELOPMENTAL SWIM PROGRAM							
@Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Session 1 June 15-July 2	11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY			
Session 2 TBA	5:00-5:45 PM	5:00-5:45 PM	5:00-5:45 PM	5:00-5:45 PM			