

HERSHEY AQUATIC CLUB | Summer 2016

April 11 th through June 10 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 15 May 6
Diamond 1		5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	April 22 May 13
Diamond 2		5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	April 29 May 20
June 13 th through July 22 nd		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	
DEVELOPMENTAL SWIM PROGRAM							
@Derry Township Recreation Center		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Session 1 June 13-June 30		11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY		
Session 2 July 11-28		11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY	11:00-11:45 SCY		
July 25 to 29		Post Season Practice Schedule					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior		6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30	
Silver Zone Swimmers		7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30	
Silver Mid Cap Swimmers		9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	
Bronze/Diamond		10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	

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August 1-5		Post Season Practice Schedule				
NCSA Jr Nat.	6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30	6:30-8:30	
Zone Practice	7:00-8:00	7:00-8:00	7:00-8:00			