

# HERSHEY AQUATIC CLUB | 2016-2017

## PRACTICE SCHEDULE – Updated 3-13-17

<b>September 12 to November 18--- Practice Schedule #1</b>						
Senior Morning @ HHS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Group A		Weights 6-7 AM		Cardio 6-7 AM	Weights 6-7 AM	
Morning Group B	Weights 6-7 AM	Cardio 6-7 AM		Weights 6-7 AM		
Morning Group C	Weights 6-7 AM		Cardio 6-7 AM	Weights 6-7 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	6:30-9:00
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 Dry Land 5:00-6:30	5:00-6:30	4:15-4:45 Dry Land 5:00-6:30	5:00-6:30	4:30-5:45	
Silver 2	6:30-7:30	5:45-6:15 Dry land 6:30-7:30	6:30-7:30	5:45-6:15 Dry land 6:30-7:30	5:45-6:45	
456 Novice Group	6:30-7:30	Off	6:30-7:30	Off	Off	
@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	Sept 16 Oct 7 Oct 28
Diamond 1	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	Sept 23 Oct 14 Nov 4
Diamond 2	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	Sept 30 Oct 21 Nov 11

Monday      October 10      Columbus Day      No Morning Practice      Group B

Wednesday      October 12      Breast 4 Breast Cancer Rec Center

Thursday      October 13      Breast 4 Breast Cancer VISTA Pool

Wednesday      October 19      DT Halloween Parade      Modified Practice Schedule

Senior A/B      3:00-4:45

All other practices cancelled.

Thursday      October 27      DT Trick or Treat Night

Senior A/B      3:00-4:30

Silver 1&2      4:30-5:45

Diamond 1, 2, Bronze      Cancelled

# HERSHEY AQUATIC CLUB | 2016-2017

## November 21 to February 24 --- Practice Schedule #2 (start date for PIAA winter athletics)

@Hershey High School		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Workout	Girls A	6-7:00 Wghts	5:55-6:55 Swim		6-7:00 Wghts		
	Girls B	6-7:00 Wghts		6-7 Cardio	6-7:00 Wghts		
	Boys A		6:00-7:00 Wghts		5:55-6:55 Swim	6-7:00 Wghts	
	Boys B		6:00-7:00 Wghts	6-7 Cardio		6-7:00 Wghts	
@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	6:30-9:00
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 Dry Land 5:00-6:30	5:00-6:30	4:15-4:45 Dry Land 5:00-6:30	5:00-6:30	4:30-5:45	
Silver 2		6:30-7:30	5:45-6:15 Dry land 6:30-7:30	6:30-7:30	5:45-6:15 Dry land 6:30-7:30	5:45-6:45	
456 Novice Group		6:30-7:30	Off	6:30-7:30	Off	Off	
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	Nov 18 Jan 6 Jan 27
Diamond 1		5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	Dec 2 Jan 13 Feb 3
Diamond 2		5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	Dec 16 Jan 20 Feb 24

Thursday	November 24	Thanksgiving Day	All practices cancelled
Friday	November 25	No Morning Workouts	
Mon-Friday	11/28-12/9	NO MORNINGS Workouts for those attending DSC Holiday Meet / NLAC	
Friday	December 9	Senior A/B 3:00-4:30	Silver 1/2 4:30-5:45
Tuesday	December 13	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Tuesday	December 22	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Friday	December 23	Senior A 3:00-5:00	Senior B & Silver 1 5:00-6:45 Silver 2 Cancelled
Saturday	December 24	Holiday	Morning Practice Cancelled
Friday	December 30	Senior A 3:00-5:00	Senior B & Silver 1 5:00-6:45 Silver 2 Cancelled
Saturday	December 31	Holiday	Morning Practice Cancelled
Tuesday	January 3	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Thursday	January 5	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Thursday	January 12	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Monday	January 16	DTSD No School	No morning practice Senior A/B
Tuesday	January 17	DTSD Late Start	No morning practice Senior A/B
Tuesday	January 17	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Tuesday	January 24	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Thursday	January 26	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Tuesday	January 31	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Tuesday	February 7	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Friday	February 10	HHS MPC Meet	Senior 3:00-4:30 Silver 1&2 4:30-5:45
Friday	February 17	DTSD No School	No morning practice Senior A/B
Monday	February 20	DSTD No School	No morning practice Senior A/B
Tuesday	February 21	DTSD Late Start	No morning practice Senior A/B
Friday	February 24	CPSA Champs	3:00-4:30 Senior 4:30-5:45 Silver 1&2

**THE FOLLOWING SCHEDULES ARE SUBJECT TO CHANGE**

**UPDATED MARCH 13, 2017**

<b>February 27 to March 18--- Practice Schedule #3 -- Subject to Change</b>						
Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HHS District/State Group	3:00-4:30	3:00-4:30	3:00-4:30	3:00-4:30 <b>No Practice March 16</b>	3:00-4:30 <b>No Practice March 17</b>	7:30-9:00
Senior / Silver JO Swimmers Silver Champ Swimmers	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00 <b>No Practice March 16</b>	4:30-5:45 <b>No Practice March 17</b>	
Diamond/Bronze Silver Champ Swimmers	6:00-7:00 Rec Center	6:00-7:00 Rec Center	6:00-7:00 Rec Center	6:00-7:00 Rec Center <b>No Practice March 16</b>		
<b>March 20-March 24 Practice Schedule</b>						
Senior / Silver Silver Champ Swimmers	3:00-4:30	3:00-4:30	3:00-4:30	3:00-4:30		
Pre-Competitive Mar 20 – April 2	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
Diamond/Bronze Silver Champ Swimmers	5:30-6:30 Rec Center	5:30-6:30 Rec Center	5:30-6:30 Rec Center	5:30-6:30 Rec Center		
<b>March 27-March 31 Practice Schedule</b>						
Senior Champ	3:00-4:30	3:00-4:30	3:00-4:30	3:00-4:30		
Pre-Competitive Session 1 Mar 20 – April 6	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
<b>April 3-April 6 Practice Schedule</b>						
Pre-Competitive Session 1 April 3 – April 6	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		

**SPRING SEASON BEGINS**

**APRIL 10, 2017**