

HERSHEY AQUATIC CLUB | Summer 2017

Updated July 21st

April 10 th through June 9 th		Spring Practice Schedule					
@Hershey High School	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Senior Group Boy	6:00-7:00 AM		6:00-7:00 AM		6:00-7:00 Optional		
Senior Group Girl		6:00-7:00 AM		6:00-7:00 AM	6:00-7:00 Optional		
@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	6:30-9:30 Saturday Group	
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	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	April 21 May 12, 26	
Diamond	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	April 28 May 19 June 2	
Developmental Swim Program April 10-May 2 May 8-June 2 @ VISTA School	6:45-7:30	6:45-7:30	6:45-7:30	6:45-7:30			
June 12 th through July 21 st		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	
	PM		6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM		
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 24 th to 28 th Subject to Change		Post Season Practice Schedule (Subject to Change)					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior		6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	6:15-8:15	
Silver Mid Cap Swimmers		8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	8:30-9:30	
Bronze/Diamond		10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	
July 31- August 9		Post Season Practice Schedule					
Zone Practice		7:00-8:00	7:00-8:00	7:00-8:00			