

HERSHEY AQUATIC CLUB | 2017-2018

November 20 to February 23 --- 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	6-7:00 Wghts	5:55-6:55 Swim		6-7:00 Wghts		
	Boys B	6-7:00 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	
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	Dec 8, Jan 5, Jan 26 Feb 16
Diamond 1		5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	Dec 1, 15 Jan 12 Feb 2, 9
Diamond 2		5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	Dec 1, 15 Jan 19 Feb 9

Wednesday	November 22	NO PRACTICE	Senior A&B and Silver 1&2 (Rec Center Locker room maintenance)
Thursday	November 23	Thanksgiving Day	All practices cancelled (Senior at F&M LCM 7:00-9:30 AM???)
Fri & Mon	November 24 & 27	DTSD No School/Late Start	No Morning Workouts
Tuesday	December 12	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Monday	December 18	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Thursday	December 21	Home HHS Meet	Silver 1 6:30-7:30 Silver Cancelled
Friday	December 22	Modified Schedule	Senior A&B 3:00-5:00 Silver 1 & 2 5:00-6:45
Monday	December 25	DTSD No School	NO PRACTICE
Friday	December 29	Modified Schedule	Senior A&B 3:00-5:00 Silver 1 & 2 5:00-6:45
Monday	January 1	DTSD No School	NO PRACTICE
Tuesday	January 2	DTSD Late Start	No Morning Workouts
Tuesday	January 2	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Thursday	January 4	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Tuesday	January 9	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Thursday	January 11	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Monday	January 15	DTSD No School	No morning practice
Tuesday	January 16	DTSD Late Start / Home HHS	No morning practice Silver 1 & Silver 2 Cancelled
Tuesday	January 23	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Thursday	January 25	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Tuesday	January 30	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Tuesday	February 6	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Friday	February 9	HHS MPC Meet	Senior 3:00-4:30 Silver 1&2 4:30-5:45
Fri, Mon, Tues	February 16, 19, 20	DTSD No School	No morning practice
Friday	February 23	CPSA Champs	3:00-4:30 Senior 4:30-5:45 Silver 1&2

THE FOLLOWING SCHEDULES ARE SUBJECT TO CHANGE

February 26 to March 16--- Practice Schedule #3 -- Subject to Change						
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	3:00-4:30	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	4:30-5:45	
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		
March 19-March 23 Practice Schedule						
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		
March 26-March 30 Practice Schedule						
Senior Champ	3:00-4:30	3:00-4:30	3:00-4:30	3:00-4:30		

SPRING SEASON BEGINS

APRIL 9, 2018