

HERSHEY AQUATIC CLUB | Summer 2017

April 9 th through June 8 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				
Senior Group Girl		6:00-7:00 AM		6:00-7:00 AM			
@Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Senior A	3:00-5:30	3:00-5:00	3:00-5:30	3:00-5:00	3:00-4:30	6:30-9:30 Saturday Group	
Silver 1	5:30-7:30	4:15-4:45 DL 5:00-6:30	5:30-7:30	4:15-4:45 DL 5:00-6:30	4:30-5:45		
Silver 2	5:30-7:30	5:45-6:15 DL 6:30-7:30	5:30-7:30	5:45-6:15 DL 6:30-7:30	5:45-6:45		
Monday, May 28 All Practices Cancelled							
Thursday, June 7 Senior 3:00-4:30 Silver 1 and Silver 2 4:30-6:00							
Friday, June 8 No Practice (HAC/WSY LC Classic at Bucknell)							
@VISTA School	Monday	Tuesday	Wednesday	Thursday	FRIDAYS will be at the Derry Township Recreation Center on the Following Dates:		
Bronze	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	5:45-6:45	April 13, 27 May 11, 25	
Diamond	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:45-6:45	April 20 May 4, 18 June 1	
DSP @VISTA School	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
April 9-26	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	NONE		
April 30-May 17	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	NONE		
June 11 th through July 20 th		Summer Practice Schedule (Lower pool at Hershey Rec Center) Updated 6-4-18					
		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 & 2 Dry Land	7:30-8:00 Boys	7:30-8:00 Girls	7:30-8:00 Boys	7:30-8:00 Girls	None		
Silver 1 & 2 Swim	8:15-9:55	8:15-9:55	8:15-9:55	8:15-9:55	8:15-9:55		
Bronze	10:00-11:00	9:15-9:45 Dry Land 10:00-11:00	8:45-10:00 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 Dual Meet Eligibility							
Senior– Attend 4 out of the 5 Silver – Attend 4 out of the 5 Bronze– Attend 4 out of the 5 Diamond – Attend 3 out of the 5							
July 23 th to 27 th		Post Season Practice Schedule (Subject to Change) Updated 7-15-18					
		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	6:15-8:15	
Age Group Zones	6:45-8:15	6:45-8:15	6:45-8:15	6:45-8:15	6:45-8:15	6:45-8:15	
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	9:45-10:45	9:45-10:45	9:45-10:45	9:45-10:45	9:45-10:45		
July 30- August 8		Post Season Practice Schedule – Zones Practices					
July 30-August 3	7:00-8:30 BRZ 7:30-8:30	7:00-8:30	7:30-8:30	7:30-8:30	7:30-8:30		
August 6-8	8:30-9:30	8:30-9:30	Travel Day	None	None		