

HERSHEY AQUATIC CLUB | 2018-2019

November 19 to February 23 --- Practice Schedule #2 (start date for PIAA winter athletics)

@Hershey High School	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boys A	6-7 AM Dry Land	5:55-6:55 AM Swim		6-7 AM Dry Land		
Boys B	6-7 AM Dry Land		6-7 AM Cardio	6-7 AM Dry Land		
Girls A		6-7 AM Dry Land		5:55-6:55 AM Swim	6-7 AM Dry Land	
Girls B		6-7 AM Dry Land	6-7 AM Cardi		6-7 AM Dry Land	
@Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	3:00-5:00 PM	3:00-5:00 PM	3:00-5:00 PM	3:00-5:00 PM	3:00-4:30 PM	6:30-9:00 AM
Senior B	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	3:00-4:30 PM	
Silver 1	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	4:30-5:45 PM	
Silver 2	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	4:30-5:45 PM	
Silver Dry Land	4:15-4:45 PM Girls	4:15-4:45 PM Boys	4:15-4:45 PM Girls	4:15-4:45 PM Boys		
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 30 Jan 4, 18 Feb 1
Diamond 1	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	Dec 7 Jan 11, 25 Feb 15
Diamond 2	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	Dec 7 Jan 11, 25 Feb 15

Thursday	November 22	Thanksgiving Day	All practices cancelled	
Fri & Mon	November 23 & 26	DTSD No School/Late Start	No Morning Workouts	No VISTA PRACTICES
Thursday	December 13	Home HS Meet	Silver 1 6:30-7:30	Silver 2 Cancelled
Tuesday	December 18	Away HS Meet	Normal Practice Schedule	
Thursday	December 20	Away HS Meet	Normal Practice Schedule	
Friday	December 21	Modified Schedule	Senior A&B 3:00-5:00	Silver 1 & 2 5:00-6:45
Mon & Tues	December 24-25	DTSD No School	NO PRACTICE	No VISTA PRACTICES
Mon & Tues	December 31-1	Rec Center Closed	NO PRACTICE	No VISTA PRACTICES
Tuesday	January 3	Home HHS Meet	Silver 1 6:30-7:30	Silver 2 Cancelled
Tuesday	January 8	Home HHS Meet	Silver 1 Cancelled	Silver 2 6:30-7:30
Thursday	January 10	Home HHS Meet	Silver 1 6:30-7:30	Silver 2 Cancelled
Tuesday	January 15	Away HHS Meet	Normal Practice Schedule	
Thursday	January 17	Home HS Meet	Silver 1 Cancelled	Silver 2 6:30-7:30
Monday	January 21	DTSD No School	No morning practice	
Tuesday	January 22	DTSD Late Start / Away HS Meet	No morning practice	
Thursday	January 24	Home HHS Meet	Silver 1 6:30-7:30	Silver 2 Cancelled
Thursday	January 31	Home HHS Meet	Silver 1 Cancelled	Silver 2 6:30-7:30
Tuesday	February 5	Away HHS Meet	Normal Practice Schedule	
Friday	February 8	HHS MPC Meet	Senior 3:00-4:30	Silver 1&2 4:30-5:45
Fri, Mon	February 14, 18	DTSD No School	No morning practice	
Friday	February 22	CPSA Champs	3:00-4:30 Senior	4:30-5:45 Silver 1&2

FINAL DRAFT ~ February 15, 2019

Post CPSA Championship ~ At the Recreation Center

Only swimmers competing in championship meets will continue to practice.

February 25-March 1, 2019 (Competitions: HS Districts and MA Junior Olympics)

Monday-Thursday 3:00-5:00 Senior A & B
 5:00-6:30 Silver 1&2
 6:30-7:30 Bronze/Diamond

Friday NO PRACTICE

Saturday NO PRACTICE

March 4-9, 2019 (Competitions: NONE)

Monday-Thursday 3:00-5:00 Senior A & B
 5:00-6:30 Silver 1&2
 6:30-7:30 Bronze/Diamond

Friday 3:00-4:30 Senior A & B
 4:30-5:45 Silver 1 & 2

Saturday 9:30-11:00 (Due to Synchro Rehearsal)

March 11-16, 2019 (Competitions: HS State Championship)

Monday-Thursday 3:00-4:30 Senior A & B
 4:30-6:00 Silver 1 & 2
 6:00-7:00 Bronze / Diamond

Friday 3:00-4:30 Senior / Silver

Saturday NO PRACTICE

After Rec Center Closing: at VISTA School or Palmyra High School

March 18-22, 2019 (Competitions: MA Silver Champs Fri-Sun)

Monday-Thursday 3:30-5:00 Senior @ Palmyra High School (21 Swimmers)
 5:00-6:00 Silver @ VISTA (21 Swimmers)
 6:00-7:00 Bronze / Diamond @ VISTA (20 Swimmers)

Friday 3:30-5:00 Senior @ Palmyra High School (20 Swimmers)
 5:00-6:00 Silver @ VISTA (20 Swimmers)

March 25-29 (Competitions: MA Senior Champs, JR National Cup)

Monday-Thursday 3:30-5:00 Senior @ Palmyra High School

Monday = 18 Tues-Thur = 10

Monday-Thursday 5:00-6:00 Age Group Zone @ VISTA (6 Swimmers)

Friday 5:00-6:00 All Zone Swimmers @ VISTA (7 Swimmers)

April 1-2 (Competitions: Eastern Zones)

Monday-Tuesday 5:00-6:00 Senior / Silver / Bronze @ VISTA (7 Swimmers)

SPRING SEASON BEGINS APRIL 8, 2019