



## HAC Practice Schedule Fall-Winter 2020-2021

### VISTA School Pool

Learn to Swim	Monday-Thursday	5:00-5:45 PM	
AG-Silver Orange	Monday & Wednesday	5:45-6:30 PM	
AG-Silver Blue	Tuesday & Thursday	5:45-6:30 PM	
AG-Gold Orange	Monday & Wednesday	6:30-7:30 PM	Saturday 8:00-9:00 AM
AG-Gold Blue	Tuesday & Thursday	6:30-7:30 PM	Saturday 9:00-10:00 AM
Pre Senior White	Monday-Thursday	7:30-8:30 PM	

### [RETURN TO VISTA POOL COVID-19 GUIDELINES](#)

#### **Learn to Swim:**

Swimmers aged 4-9 year old as of September 1, 2020

#### **Age Group Silver:**

Swimmers aged 6-11 years old as of September 1, 2020 or graduation years 2027-2032  
Practice group is split into two groups (Orange & Blue) with no more than 16 participants per group.

#### **Age Group Gold:**

Swimmers aged 9-12 years old as of September 1, 2020 or graduation years 2026-2030  
Practice group is split into two groups (Orange & Blue) with no more than 16 participants per group.

#### **Pre Senior Group:**

Swimmers aged 11-14 years old as of September 1, 2020 or graduation years 2025-2027  
Practice group will consist of no more than 16 participants.

*Practice group placement is at the discretion of the coaching staff.  
Group placement is based on the needs and ability of the individual.  
Group placement is not a matter of convenience.*

***Practices and Lessons will begin September 14, 2020***