

HAC Practice Schedule

August 30, 2021



VISTA School Pool

Learn to Swim	Monday-Thursday	4:45-5:25 PM	2 Lanes
AG-Bronze	Monday thru Thursday	4:45-5:25 PM	2 Lanes
AG-Silver	Monday thru Thursday	5:30-6:25 PM	
AG-Gold	Monday thru Thursday	6:30-7:30 PM	Saturday 9:40-11:00
Pre Senior White	Monday thru Thursday	7:30-8:30 PM	Saturday 8:00-9:30

Learn to Swim (Coach Kathy Roberts):

- Swimmers aged 5-8 year old as of September 1, 2021.
- Must be independent from parents and comfortable in the water.
- Practice group will consist of approximately 12 swimmers.

Age Group Bronze (Coach Kathy Roberts): \$600 + \$100 Non Refundable Registration Fee

- Swimmers aged 6-9 years old as of September 1, 2021 or graduation years 2030-2034
- Swimmer must have demonstrated a level of comfort and ability to complete multiple lengths of freestyle and backstroke.
- Practice group with no more than 12 participants.

Age Group Silver (Coach Kathy Roberts): \$660 + \$100 Non Refundable Registration Fee

- Swimmers aged 7-11 years old as of September 1, 2021 or graduation years 2028-2033
- Swimmer must have demonstrated the ability to listen in a large group setting.
- Swimmers must be able to swim repetitive 25s and 50s demonstrating proper techniques in freestyle, backstroke, and either butterfly or breaststroke.
- Practice group will consist of approximately 24 swimmers.

Age Group Gold (Coach Stefani Patterson): \$750 + \$100 Non Refundable Registration Fee

- Swimmers aged 8-12 years old as of September 1, 2021 or graduation years 2027-2032
- Swimmer must have demonstrated the ability to listen in a large group setting.
- Swimmers must be able to swim repetitive 50s and 100s demonstrating proper techniques in all four strokes (Butterfly, Backstroke, Breaststroke, and Freestyle)
- Practice group will consist of approximately 24 swimmers.

Pre Senior Group (Coach Morgan Soulia): \$840 + \$100 Non Refundable Registration Fee

- Swimmers aged 10-14 years old as of September 1, 2020 or graduation years 2026-2030
- Swimmer has already demonstrated understanding of interval training staying on task.
- Practice group will consist of approximately 24 swimmers

Practice group placement is at the discretion of the coaching staff.

Group placement is based on the needs and ability of the individual.

As each group's development improves, the more challenging it will become

Group placement is not a matter of convenience.