



HAC Practice Schedule

April 5 thru July 30, 2021

VISTA School Pool

Pre-competitive DSP	Monday-Thursday	4:45-5:25 PM	
AG-Silver Orange	Monday & Wednesday	5:30-6:25 PM	
AG-Silver Blue	Tuesday & Thursday	5:30-6:25 PM	
AG-Gold Orange	Monday & Wednesday	6:30-7:25 PM	Saturday 8:00-9:00 AM
AG-Gold Blue	Tuesday & Thursday	6:30-7:25 PM	Saturday 9:00-10:00 AM
Pre Senior White	Monday-Thursday	7:30-8:30 PM	

RETURN TO VISTA POOL COVID-19 GUIDELINES

Pre-competitive Developmental Swim Program

Swimmers aged 5-8 year old as of April 1, 2021

Age Group Silver:

Swimmers aged 6-11 years old as of April 1, 2021 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 April 1, 2021 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 April 1, 2021 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.***