








HTSC Summer 2022 - Final

		Monday			Tuesday			Wednesday			Thursday			Friday		
		Senior	Age Group	Developmental	Senior	Age Group	Developmental	Senior	Age Group	Developmental	Senior	Age Group	Developmental	Senior	Age Group	Developmental
Carlson Pool	6:00															
Early Morning	6:15															
	6:30															
	6:45															
	7:00															
	7:15															
	7:30															
	7:45															
	8:00															
	8:15															
	8:30															
	8:45															
	9:00															
Aquatic Center	9:15															
Mid Morning	9:30															
	9:45															
	10:00															
	10:15															
	10:30															
	10:45															
	11:00															
	11:15															
	11:30															
Carlson Pool	2:00															
Afternoon	2:15															
	2:30															
	2:45															
	3:00															
	3:15															
	3:30															
	3:45															
	4:00															

	Senior Group Practice		Age Group Practice		Silver Group Practice		Technique Practice (Senior/Age Group Only)
	Senior Group Dryland		Age Group Dryland		White Group Practice		

Senior Group (13+) Championship and Gold Groups	Notes ** Technique Practice is included with the price for both Senior and Age Group pricing. ** Senior Group can choose either early morning or mid morning practice, not both. No mid morning practice on Thursday or Friday. Can switch per day depending on what works best for schedules. ** Maintenance Group - 3 days/week follows Senior Group swim schedule. No Technique Practice.
Age Group Black Group	
Developmental Group Silver and White Groups	NEKTON M-W 9:30-10:30 F 11:00-12:00 Available for swimmers entering 7th grade and above.
Senior Group M-T-W-TH-F 6:00 - 8:00 Swim (Indoor) M-T-W 9:15 - 11:15 Swim (if not at early practice) (Outdoor) T - TH 8:00 - 8:45 Dryland (Indoor) TH 2:00 - 4:00 Technique (Indoor)	Age Group M-T-W 9:45 - 11:15 Swim (Outdoor) TH - F 6:30 - 8:00 Swim (Indoor) TH 8:00- 8:45 Dryland (Indoor) TH 2:00 - 4:00 Technique (Indoor)
Silver Group M-T-W 10:15 - 11:15 Swim (Outdoor) TH - F 7:00 - 8:00 Swim (Indoor)	White Group M-T-W 9:15 - 10:15 Swim (Outdoor) F 7:00-8:00 Swim (Indoor)