

HARNETT COUNTY AQUATIC CLUB
2019 – 2020 Swim Season

Following is the normal practice schedule for the fall, winter, and spring. Formal practice for all groups will begin on **Monday, August 26th** at the Nathan Johnson Aquatics Center. Amendments to practice schedules for swim meets & holidays will be announced via Team Unify communication avenues. The practice schedule will be:

Gold Group

Afternoons	Monday – Friday 4:00 – 6:00pm
Mornings	TBA (2 – 4 weeks into training)
Saturdays	As announced

Silver Group

Afternoons	Monday – Friday 4:30 – 6:00pm
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Bronze Group

Afternoons	Monday – Friday 5:00 – 6:00pm
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Typhoon

Afternoons	Monday – Friday 5:00 – 6:00pm
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Swimming is what we do and if we do not swim we will not improve. The following are the practice expectations for each group:

Gold Group	70% - 100% of all practices	4 – 7 practices/week
Silver Group	60% - 100% of all practices	3 – 5 practices/week
Bronze Group		2 – 3 practices/week
Typhoon Group		1 – 2 practices/week