

HHAC PRACTICE SCHEDULE 2022/2023

GROUPS + AGES (approximate) ↓↓↓	MONDAY VRC Coach Rebecca Coach Kelli Coach Agnes	WEDNESDAY VRC Coach Rebecca Coach Kelli Coach Agnes	SATURDAY VRC Coach Rebecca Coach Wendy Coach Agnes Coach Kelli
ADVANCE Age 15+	5-7PM	4:30-6:30PM	7-9AM
INTERMEDIATE Age 13-14	5-7PM	4:30-6:30PM	7-9AM
JUNIOR Age 11-12	5-6:30PM	5:00-6:30PM	
NOVICE Age 8-10	5-6PM		7-8AM
FUNDAMENTAL Age 6-8		5:30-6:30PM	