

## HHAC PRACTICE SCHEDULE 2023/2024

GROUPS  <small>(*Recommended practices a week)</small>	<b>MONDAY VRC</b>  Coach Rebecca Coach Kelli Coach Agnes	<b>TUESDAY GODERICH Y</b>  Coach Rebecca Coach Agnes  Rebecca able to lifeguard if needed	<b>WEDNESDAY VRC</b>  Coach Rebecca Coach Kelli Coach Robyn	<b>THURSDAY GODERICH Y</b>  Coach Wendy Coach Cheryl  Rebecca able to lifeguard if needed	<b>SATURDAY VRC</b>  Coach Wendy Coach Agnes Coach Kelli
ADVANCE (*5 Practices)	5:00-7:00PM	5:00-7:00PM	4:30-6:30PM	5:00-7:00PM	7:00-9:00AM
INTERMEDIATE (*4 Practices)	5:00-7:00PM	5:00-7:00PM	4:30-6:30PM	5:00-7:00PM	7:00-9:00AM
JUNIOR Approx. age 11-12 (*2-3 Practices)	4:30-6:00PM	5:00-6:30PM		5:00-6:30PM	7:30-9:00AM
NOVICE Approx. age 8-10 (*1 Practice)	4:30-5:30PM			5:00-6:00PM	
FUNDAMENTAL Approx. age 6-8 (*1 Practice)			5:30-6:30PM		