

HHAC Practice Schedule

Monday VRC	Tuesday	Wednesday VRC	Thursday YMCA	Friday	Saturday YMCA
FUNdamentals 6:00-7:00 pm		FUNdamentals 5:30-6:30 pm	FUNdamentals 6:00-7:00 pm		FUNdamentals 8:00-9:00 am
Novice 6:00-7:00 pm		Novice 5:30-6:30 pm	Novice 6:00-7:00 pm		Novice 8:00-9:00 am
Junior 5:00-6:30 pm		Junior 4:30-6:00 pm	Junior 5:00-6:30 pm		Junior 8:00-9:30am
Intermediate 5:00-7:00 pm		Intermediate 4:30-6:30 pm	Intermediate 5:00-7:00 pm		Intermediate 8:00-10:00 am
Advanced 5:00-7:00 pm		Advanced 4:30-6:30 pm	Advanced 5:00-7:00 pm		Advanced 8:00-10:00 am

- FUNdamentals swim up to 2x's per week
- Novice A swim up to 3x's per week
- Juniors swim up to 3x's per week
- Intermediate swim up to 3x's per week
- Advanced swim up to 4x's per week