

Winter
HASA Practice Schedule
 Starting Monday, December 14

	Monday	Tuesday	Wednesday	Thursday	Friday		
Senior	6:00-8:30	6:00-8:30	6:00-8:30	6:00-8:30	6:00-8:30		
<i>SR-dryland</i>	6:00-6:30		6:00-6:30				
Senior Transition	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00		
<i>SRT dryland</i>	6:00-6:30		6:00-6:30				
Age Group 1	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30		
Age Group 2	6:00-7:15	6:00-7:15	6:00-7:15	6:00-7:15	6:00-7:15		
Age Group Transition	7:00-8:00	7:00-8:00	7:00-8:00	OFF	7:00-8:00		
Novice	OFF	6:00-6:45	6:00-6:45	OFF	6:00-6:45		

*Please note: Senior and SRT swimmers should dress appropriately for dryland exercises.
 Schedule is subject to change. Check website for announcements and updates.*