

**HASA Practice Schedule**  
Starting Monday, March 1

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>Senior</b> <i>SR-dryland</i>	3:15-5:45	4:00-6:30	4:00-6:30	3:15-5:45	4:00-6:30		
<b>Senior Transition</b> <i>SRT dryland</i>	3:15-5:15	4:00-6:00	4:00-6:00	3:15-5:15	4:00-6:00		
<b>Age Group 1</b>	3:15-4:45	4:00-5:30	4:00-5:30	3:15-4:45	4:00-5:30		
<b>AG1 (elementary)</b>	4:30-5:45			4:30-5:45			
<b>Age Group 2</b>	4:30-5:45	5:15-6:30	5:15-6:30	4:30-5:45	5:15-6:30		
<b>Age Group Transition</b>	OFF	5:30-6:30	5:30-6:30	4:45-5:45	5:30-6:30		
<b>Novice</b>	OFF	4:45-5:30	4:45-5:30	OFF	4:45-5:30		

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