

HASA Summer Practice Schedule A and C
Schedule A: June 15-26 AND Schedule C: July 13-24

	Monday	Tuesday	Wednesday	Thursday	Friday
Senior-AM	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00
SR-dryland	4:00-4:30	4:00-4:30		4:00-4:30	
Senior-PM	4:45-6:15	4:45-6:15		4:45-6:15	
Senior Transition-AM	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00
SRT dryland	4:00-4:30			4:00-4:30	
Senior Transition-PM	4:45-6:15			4:45-6:15	
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Age Group 1-AM	6:00-7:30		6:00-7:30		6:00-7:30
Age Group 1-PM	4:15-5:45	4:15-5:45		4:15-5:45	
Age Group 2	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15	5:00-6:15
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Age Group Transition	5:00-6:00	5:00-6:00	5:00-6:00	OFF	5:00-6:00
Novice	OFF	4:15-5:00	4:15-5:00	OFF	4:15-5:00

*Please note: Senior, SRT, and AG1 swimmers should dress appropriately for dryland exercises.
Schedule is subject to change. Check website for announcements and updates.*

HASA Summer Practice Schedule B and D
Schedule B: June 29-July 10 AND Schedule D: July 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
Senior-AM	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00
SR-dryland	3:30-4:00	3:30-4:00		3:30-4:00	
Senior-PM	4:15-5:45	4:15-5:45	OFF	4:15-5:45	OFF
Senior Transition-AM	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00
SRT dryland	3:30-4:00			3:30-4:00	
Senior Transition-PM	4:15-5:45	OFF	OFF	4:15-5:45	OFF
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Age Group 1-AM	6:00-7:30		6:00-7:30		6:00-7:30
Age Group 1-PM	4:15-5:45	4:15-5:45		4:15-5:45	
Age Group 2	4:15-5:30	4:15-5:30	4:15-5:30	4:15-5:30	4:15-5:30
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Age Group Transition	4:55-5:45	4:55-5:45	4:55-5:45	OFF	4:55-5:45
Novice	OFF	4:15-4:55	4:15-4:55	OFF	4:15-4:55