

## 2022 AH Teams Practice Schedule - Spring

### Spring teams practice start dates:

SWIM: Practices starts - Monday, May 9th

DIVE: Practices starts - Tuesday, May 24th

TENNIS: Practices starts - Monday, May 23th

***Team Registration is required prior to participation.***

***Please follow registration link on teams web page.***

<b>SWIM - MONDAY-FRIDAY</b>	
8U and 10U	3:30-4:20pm
12U	4:20-5:10pm
14U and Seniors	5:10-6pm
Speedy Sixers	4:30-5pm - MON. & WED. in Dive Tank area
<b>DIVE - TUESDAY/THURSDAY/FRIDAY</b>	
8U and 10U	3:30-4:20pm
12U, 14U and seniors	4:20pm-5:30pm
<b>TENNIS - MONDAY-THURSDAY</b>	
12U	3:30-4:20pm
8U and 10U	4:20-5:10pm
14U and Seniors	5:10-6pm

Revised 3/1/2022