

## 2022 AH Summer Practice Schedule

■ Swim Team   
 ■ Tennis Team   
 ■ Dive Team

Summer Schedule		7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	1:00	1:15	1:30	1:45	2:00			
Seniors																																	
14 & U																																	
12 & U																																	
10 & U																																	
8 & U																																	
6 & U																																	

SWIM	DIVE	TENNIS	Other Notes:	Swim Lessons	Tennis Lessons	Pool Opens
Senio 7:00-8:00am	Senio 8:00-9:00am	Senio 9:00-10:00am	Lessons: Swim, Dive, Tennis	Block 1/11:30		
14&U 8:00-9:00am	14&U 9:00-10:00am	14&U 10:45 - 11:45am		Syncro Swimming	Block 2/12:00	
12&U 9:00-10:00am	12&U 10:00-11:00am	12&U 8:00-9:00am	Syncro Saturday Practices	June 20th - July 9th	Block 3/12:30	
10&U 10:00-10:45am	10&U 11:00-11:45am	10&U 11:45-12:30pm	Water Polo	9:00-11:00 Saturdays		
8&U 10:45-11:30am	8&U 11:45-12:30pm	8&U 10:00-10:45am	Water Polo	July 11th - Sept. 1st		
6&U 10:45-11:30am - M W F				12-1:30pm		
				Saturdays after early bird		

**Team Registration is required prior to participation.**  
**Please follow registration link on teams web page.**