

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: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Senio 7:00-8:00am | | | | | Senio 8:00-9:00am | | | | Senio 9:00-10:00am | | | | Lessons: Swim, Dive, Tennis | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 14&U 8:00-9:00am | | | | | 14&U 9:00-10:00am | | | | 14&U 10:45 - 11:45am | | | | <table border="0"> <tr> <td style="background-color: #e0e0ff;">Swim Lessons</td> <td>Block 1/11:30</td> <td colspan="2"></td> <td colspan="2" style="background-color: #e0ffe0;"></td> <td colspan="12"></td> </tr> <tr> <td></td> <td></td> <td colspan="2" style="background-color: #e0e0ff;">Block 2/12:00</td> <td colspan="2" style="background-color: #e0ffe0;"></td> <td colspan="12"></td> </tr> <tr> <td></td> <td></td> <td colspan="2"></td> <td colspan="2" style="background-color: #e0ffe0;">Block 3/12:30</td> <td colspan="12"></td> </tr> </table> | | | | | | | | | | | | | | | | Swim Lessons | Block 1/11:30 | | | | | | | | | | | | | | | | | | | Block 2/12:00 | | | | | | | | | | | | | | | | | | | | Block 3/12:30 | | | | | | | | | | | | | |
| Swim Lessons | Block 1/11:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Block 2/12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | Block 3/12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 12&U 9:00-10:00am | | | | | 12&U 10:00-11:00am | | | | 12&U 8:00-9:00am | | | | <table border="0"> <tr> <td style="background-color: #ffe0e0;">Syncro Swimming</td> <td colspan="2"></td> <td colspan="2">June 20th - July 9th</td> <td colspan="12"></td> </tr> <tr> <td style="background-color: #ffe0e0;">Syncro Saturday Practices</td> <td colspan="2"></td> <td colspan="2">9:00-11:00 Saturdays</td> <td colspan="12"></td> </tr> </table> | | | | | | | | | | | | | | | | Syncro Swimming | | | June 20th - July 9th | | | | | | | | | | | | | | Syncro Saturday Practices | | | 9:00-11:00 Saturdays | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Syncro Swimming | | | June 20th - July 9th | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Syncro Saturday Practices | | | 9:00-11:00 Saturdays | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 10&U 10:00-10:45am | | | | | 10&U 11:00-11:45am | | | | 10&U 11:45-12:30pm | | | | <table border="0"> <tr> <td style="background-color: #ffe0e0;">Water Polo</td> <td colspan="2"></td> <td colspan="2">Schedule TBD</td> <td colspan="12"></td> </tr> </table> | | | | | | | | | | | | | | | | Water Polo | | | Schedule TBD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water Polo | | | Schedule TBD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8&U 10:45-11:30am | | | | | 8&U 11:45-12:30pm | | | | 8&U 10:00-10:45am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6&U 10:45-11:30am - M W F | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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

Revised 3/01/2022