

2023 AH Summer Practice Schedule

■ Swim Team
 ■ Tennis Team
 ■ Dive Team

Summer Schedule		7:00-8:00 AM	8:00-9:00 AM	9:00-10:00 AM	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	
Seniors																					
14 & U																					
12 & U																					
10 & U																					
8 & U																					
6 & U																					

Speedy Sixer(M.W.F.)

SWIM

Seniors 7:00-8:00am
14&U 8:00-9:00am
12&U 9:00-10:00am
10&U 10:00-10:45am
8&U 10:45-11:30am
6&U 10:45-11:30am - M W F

DIVE

Seniors 8:00-9:00am
14&U 9:00-10:00am
12&U 10:00-11:00am
10&U 11:00-11:45am
8&U 11:45-12:30pm

TENNIS

Seniors 9:00-10:00am
14&U 10:45 - 11:45am
12&U 8:00-9:00am
10&U 11:45-12:30pm
8&U 10:00-10:45am

Other Notes:

Lessons: Swim, Tennis
 Session 1 June 19-30
 Session 2 July 3-14
 Session 3 July 17-28 (Limited to two blocks)

Swim Lessons

Block 1/11:30

Block 2/12:00

Tennis Lessons

Block 3/12:30

Block 4/1:00

Pool Opens

Water POLO - ,July 17th-28th --> 12:30-1:30
 Water POLO - August, Schedule is TBD

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