

## 2023 AH Teams Practice Schedule - Spring

### Spring teams practice start dates:

SWIM: Practices starts - Monday, May 15th  
DIVE: Practices starts - Tuesday, May 23rd  
TENNIS: Practices starts - Monday, May 22nd

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

SWIM - MONDAY-FRIDAY	
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
DIVE - TUESDAY/THURSDAY/FRIDAY	
8U and 10U	3:30-4:20pm
12U, 14U and seniors	4:20pm-5:30pm
TENNIS - MONDAY-THURSDAY	
12U	3:30-4:20pm
8U and 10U	4:20-5:10pm
14U and Seniors	5:10-6pm

Revised 5/22/2023

***During the spring season, some practice times do overlap when playing multiple sports, please attend practices of your choice during the spring season. (mixing up the days)***