

2024 Arbor Heights Practice Schedule

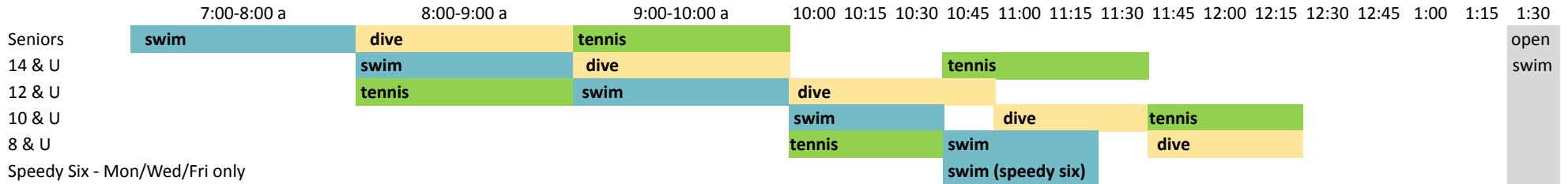
Team Registration is required prior to participation
 To register, login to Membersplash and then use the links below
[AH Membersplash](#) [Swim](#) [Dive](#) [Tennis](#)

Spring

Swim Team	May 13* - Jun 21	Dive Team	May 20 - Jun 21	Tennis Team	May 20 - Jun 21
8U	MTWThF 3:30-4:20	12U or intermediate	MWF 3:30-4:20	12U	MTWTh 3:30-4:20
10U & 12U	MTWThF 4:20-5:10	8U, 10U, or beginner	MWF 4:20-5:10	8U and 10U	MTWTh 4:20-5:10
14U & Seniors	MTWThF 5:10-6:00	14U, Seniors, intermediate+	MWF 5:10-6:00	14U and Seniors	MTWTh 5:10-6:00
Speedy Sixers	TTh 4:30-5:00				

A note about spring practices:
 Some schedules overlap for age groups in the spring, this is unavoidable due to school release times. Spring is preseason and practices are optional. Many athletes attend only part time due to other commitments. Practicing up or down an age group may also be possible, depending on your athlete's ability. Please confirm first with coaches.
 * Starter Swim begins May 28.

Summer



SWIM	
Seniors	7:00-8:00a
14&U	8:00-9:00a
12&U	9:00-10:00a
10&U	10:00-10:45a
8&U	10:45-11:30a
6&U*	10:45-11:30a
*MWF only	

DIVE	
Seniors	8:00-9:00a
14&U	9:00-10:00a
12&U	10:00-11:00a
10&U	11:00-11:45a
8&U	11:45-12:30p

TENNIS	
Seniors	9:00-10:00a
14&U	10:45 - 11:45a
12&U	8:00-9:00a
10&U	11:45-12:30p
8&U	10:00-10:45a

Lessons/Polo schedule is tentative

Lessons	
Lessons Session 1	June 24- Jul 4
Lessons Session 2	July 8 - 19
Lessons Session 3	July 22-Aug 2 (Block 1-2 only)
Water Polo	

