

Heartland Hurricanes Swim Club

Fall / Winter Swim 2020-2021

Start Date: Monday, August 31st

Practice Schedule

Senior	4:15 stretching / 4:30 – 6:30 water	M -T – W – TH – F
	7:00 stretching / 7:15 – 9:30 water	S
Pre-Senior	4:15 stretching / 4:30 – 6:30 water	M -T – W – TH – F
Age Group 2	4:15 stretching / 4:30 – 6:00 water	M -T – W – TH - F
Age Group 1	4:15 stretching / 4:30 – 6:00 water	M – T - TH
Novice	4:15 stretching / 4:30 – 5:30 water	M – T – TH
High School	3:15 stretching / 3:30 – 4:30 water	M -T – W – TH – F
Swim-4-Fitness	3:15 – 4:15 water	M – T - TH

(Pre-Senior, Age Group 2 or High School are welcome on Saturday Morning)

Senior = 15/O or High School age

Pre-Senior = 11/12 and 13/14 or Jr. High School age

Age Group 2 = 9/10 and 11/12 depending on ability

Age Group 1 = 9/10 and 7/8 depending on ability

Novice = 8 and under or new to competitive swimming

(In order to move on to Age Group 1 each swimmer must be able to do all 4 competitive strokes legally)

All swimmers (excluding Novice) will need their own equipment