

2022-2023 Team Information



HAC Competitive Swim Team

[Hershey Aquatic Club](#) provides a high-quality swim program that offers a safe, healthy, and positive environment for athletes and enables participants to achieve success in and out of the water.

HAC is a year round swim program competing at all [USA-Swimming](#) levels as well as competing in the [Mid Penn Swim League](#) (MPSL) during the summer season. HAC's Local Swim Committee (LSC) is [Middle Atlantic Swimming](#). HAC offers several practice groups based on ability then age. Coaches of each practice group work toward the advancement of each participant. For more registration information please contact Doris Herbein dorisherbein@gmail.com.

Facilities

Derry Township Community Center (DTCC) 605 Cocoa Avenue, Hershey PA 17033

- Indoor 9 or 10 lane competition pool ~ HAC may utilize upto 6 lanes
- 12 Foot deep end and 7 foot shallow end

VISTA School 1021 Springboard Drive, Hershey PA 17033

- Indoor 4 Lane teaching pool
- 5 feet deep end and 4 feet shallow end
- 84-86 degree water temperature

Team Registration

- Current Members August 12th
- Non Members August 26th with an evaluation.
 - Swimmers currently on a competitive team must all be evaluated prior to training group placement. Swimmer that have never been on a competitive swim team must go through the Pre Competitive Developmental Swim Program.
 - **Team Evaluations:** August 24 & 25-**5:00-6:30** 15minute sign up blocks

Pre Competitive Developmental Program

Purpose: Program is the onboarding to the competitive swim team. It will teach the fundamentals of the competitive swimming strokes Butterfly, Backstroke, Breaststroke, and Freestyle. The strokes covered will be determined by the swimmers ability. It will also be utilized to observe a participant's readiness for the competitive swim team.

Who: This is for participants who have never been on a competitive swim team. If you are currently on a competitive team and would like to join Hershey Aquatic Club, please refer to the information regarding team evaluations.

- Location: Derry Township Community Center
- Dates: September 12 thru October 1 4:45-5:30 Monday/Wednesday or Tuesday/Thursday
- Prerequisites
 - Participants entering grades K-5 may participate
 - Must be able to complete one 25 yard length of the pool unassisted.
- Fees: Registration Fee \$25 (Non Refundable) Class Fee \$125
- Registration Opens: August 12
- Evaluations: August 31 6:00pm **end by 6:30**

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Training Groups



Senior @ DTCC

- Swimmers grades 9-12
 - 14yo (Freshmen) at least 3 [MA Silver Champ Times](#)
 - 15&Over at least 2 [MA Silver Champ Times](#)
- Monday-Thursday 3:00-5:00 and Friday 3:00-4:30
- Saturday (4 Lanes) 7:00-9:00 ~ [Senior Champ Qualifying Time Standard](#)
- Registration Fee \$100
- USA-Swimming Fee \$80 (paid directly to USA-Swimming)
- Fall/Winter Fees \$1050

Pre Senior @ DTCC

- Swimmers grades 6-10 having
 - [Silver Champ Times](#) 11-12 at least 3, 13-14 at least 2
- Monday-Thursday 5:00-6:30 and Friday 4:30-6:00
- Saturday (4 Lanes) 9:00-10:30 ~ 12&Older w/ [Silver Champ Times](#)
- Registration Fee \$100
- USA-Swimming Fee \$80 (paid directly to USA-Swimming)
- Fall/Winter Fees \$1250

Age Group Gold @ DTCC

- Swimmers Grade 4-8
 - [Silver Champ times](#) 9-10 at least 3, 11-12 at least 2, 13-14 at least
- Monday-Thursday 6:30-7:45
- Registration Fee \$100
- USA-Swimming Fee \$80 (paid directly to USA-Swimming)
- Fall/Winter Fees \$825

Age Group Silver @ VISTA

- Swimmers Grade 1-5
 - Be able to legally swim all four strokes
- Monday / Wed 5:30-6:30, Tuesday / Thur 6:30-7:30, Friday 6:00-6:45 @ DTCC
- Registration Fee \$100
- USA-Swimming Fee \$80 (paid directly to USA-Swimming)
- Fall/Winter Fees \$700

Age Group Bronze @ VISTA

- Swimmers Grade PK-4 (5years and older)
 - Be able swim a 25 backstroke and freestyle un assisted in deep water
- Monday / Wed 6:30-7:30 **OR** Tuesday / Thur 5:30-6:30 and Friday 6:00-6:45 @ DTCC
- Registration Fee \$100
- USA-Swimming Fee \$80 (paid directly to USA-Swimming)
- Fall/Winter Dues \$375