



2023 Spring/Summer Practice Schedule

April 10-30, 2023

Derry Township Community Center

Senior	3:00-4:45 pm 3:00-4:30 pm 7:00-9:00 am	Mon-Thurs Friday Saturday	6:00-7:00 am Weights M/R
Pre Sr	5:30-6:45 pm 4:30-5:45 pm 9:00-10:30 am	Mon-Thurs Friday Saturday	4:45-5:15 pm Dryland M/W
AG-Gold	6:45-7:45 pm	Mon-Thurs	6:00-6:30 pm Dryland T/R
AG-Silver	6:45-7:45 pm	Mon-Thurs	
AG-Bronze	Starts May 1		
DSP	4:45-5:30 pm	Mon/Wed or Tues/Thur	

May 1-June 9, 2023 @ Derry Township Community Center

Updated 5-8-23

Senior	3:00-5:00 pm 3:00-4:30 pm 7:00-9:00 am	Mon-Thurs Friday Saturday	6:00-7:00 am Weights M/R
Pre Senior	5:00-6:30 pm 4:30-5:45 pm 9:00-10:30 am	Mon-Thur Friday Saturday	4:15-4:50 pm Dry Land M/W
AG-Gold	6:30-7:45 pm 4:30-5:45 pm	Mon, Wed, Thur Friday	6:00-6:20 Dry Land M/W
AG-Silver	6:30-7:30 pm 5:45-6:30 pm	Mon, Tues, Wed Friday	
AG-Bronze	6:30-7:30 pm 5:45-6:30 pm	Tues, Thur Friday	

June 12-July 28, 2023 @ Derry Township Community Center

Outdoor Pool ~ 6 Lanes

Senior	6:15-8:15 am	Monday thru Friday	8:30-9:00	Dry Land	Tues/Thurs
Pre Senior	8:15-9:45 am	Monday thru Friday	7:30-8:00	Dry Land	Mon/Wed

Indoor Pool ~ 6 Lanes

AG-Gold	9:45-10:45 am	Monday thru Friday	9:00-9:30	Dry Land	Tues/Thur
AG-Silver	10:45-11:45 am 9:45-10:45 am	Mon, Tues, Thur, Fri Wed			
AG-Bronze	10:45-11:45 am	Mon, Tues, Thur, Fri			
MS Clinic	5:30-6:30 pm	Tues/Wed ~ 1 Lane			

Notes:

- Inclement weather: move indoors into 4 Lanes
- Starting blocks available indoors in 4 lanes
- Friday Snack Days outside on the picnic tables ~ HAC disposes trash ~ out by 12:00 ~ end practice 10 minutes early