

2023 Spring-Summer Team Information

Updated April 12, 2023

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 up to 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

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Competitive Swim Team

- Registration for Current Members: March 13-25, 2023
 - Start Dates:
 - April 10: Senior, Age Group Elite, Age Group Gold, Age Group Silver
 - May 1: Age Group Bronze
- Registration for Non Members: March 31-April 7, 2023
 - Swimmers currently on a competitive team must attend a two day 45 minute tryout prior to training group placement. Swimmers that have never been on a competitive swim team must go through the Pre Competitive Developmental Swim Program prior to being invited on to the team.

Competitive Team Practice Groups and Fees

Registration Fee	\$75 (non refundable)
USA-Swimming Fee	\$80 (paid directly to USA-Swimming) ~ If not registered for 2023

Senior @ DTCC

Swimmers grades 9-12

14yo (Freshmen) at least 3 [MA Silver Champ Times](#)

15&Over at least 2 [MA Silver Champ Times](#)

Spring/Summer Dues \$950

Pre Senior @ DTCC

Swimmers grades 6-10 having [Silver Champ Times](#) (11-12 at least 3, 13-14 at least 2)

Spring/Summer Dues \$800

Age Group Gold @ DTCC

Swimmers Grade 4-8 having [Silver Champ times](#) (9-10 at least 3, 11-12 at least 2, 13-14 at least)

Spring/Summer Dues \$725

Age Group Silver @ VISTA

Swimmers Grade 1-5 being able to legally swim all four strokes

Spring/Summer Dues \$650

Age Group Bronze @ VISTA

Swimmers Grade PK-4 (5 years and older) being able swim a 25 backstroke and freestyle un assisted in deep water

Spring/Summer Dues \$400

Collegiate Swimmers @ DTCC

HAC Collegiate swimmers are encouraged to come back and train with HAC. What they bring can be valuable to the Senior Program. Also, it'll keep you in shape which most coaches would like. Any attendees are to do the practice provided.

Summer Dues \$200.

Competitive Swim Team Tryouts

Swimmers interested in joining Hershey Aquatics Club's competitive swim team that are currently on a competitive swim program.

This is a two day evaluation process placing attendees in a practice situation. After the second session, we should have a good feel of the swimmers ability and what group best suits their individual needs.

Dates: March 27 & 29 or March 28 & 30
Time: 5:45-6:30
Location: Derry Township Community Center
Fee: \$25

For registration, contact Coach Greg Fastrich (fasty4@aol.com) by March 25, 2023

Developmental Swim Program

Program is for Swimmers ages 5-10 years old who can swim 25 yards unassisted and interested in competitive swimming.

Dates: April 9th - April 27th
Days: Monday/Wednesday or Tuesday/Thursday
Time: 4:45-5:30
Location: Derry Township Community Center
Fees: \$125 + \$25 Registration Fee

Mandatory Skill Evaluation Day:

All members - are required to attend the following mandatory Skill Evaluation Day:
Mandatory Skill Evaluation will be held on **April 4 5:30-6:30 at the DTCC Pool.**

Registration will open on March 13

Middle School Swim Clinic

Clinic is directed towards students entering grades 6th through 8th (2023-2024 school year) interested in competitive swimming. Participants will learn all four competitive strokes as well as an introduction to swim training terminology.

Instructor: Ashley Zagaceta ~ Swim competitively from youth to collegiate. Has taught swimming from beginner to advanced of all ages.

Date: June 6-July 26 (No class the week of July 4th) on Tuesday and Wednesdays (14 Classes)

Time: 5:30-6:30

Fee: \$200

Team Practice Schedule

April 10-30, 2023 ~ Updated 4-11-23

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 2, 2023

Derry Township Community Center

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 5:45-6:45 pm	Mon, Tues, Wed Friday	
AG-Bronze	6:30-7:30 pm 5:45-6:45 pm	Tues, Thur Friday	

June 5-July 28, 2023

Derry Township Community Center

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
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			