

SUMMER 2021 PRACTICE SCHEDULES

May 10th thru June 18th, 2021

Practice will be Held at Indoor Pool Until the
Weather Permits us to Swim at the Outdoor Pool

HAMMERHEADS | USA

→ Schedules are subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday
Beginner	4:15 – 5:15	5:15 – 6:15	4:15 – 5:15	5:15 – 6:15	4:15 – 5:15
Intermediate	5:00 – 6:15	4:15 – 5:30	5:00 – 6:15	4:15 – 5:30	5:00 – 6:15
Advanced**	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00

HAMMERHEADS | LEAGUE

	Monday	Tuesday	Wednesday	Thursday	Friday
Beginner	4:15 – 5:00	5:15 – 6:00	4:15 – 5:00	5:15 – 6:00	4:15 – 5:00
Intermediate	5:00 – 6:00	4:15 – 5:15	5:00 – 6:00	4:15 – 5:15	5:00 – 6:00
Advanced	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30

Practice is offered 5 days a week. Swimmers can come whenever they can.

*As a reminder, we ask that all swimmers remain open-minded and trust their coaches when corrections are given. Swimmers should always use proper lap etiquette, circle swimming. When passing a swimmer, please do so in a safe manner.

* Arrive 10 minutes before the swimmer's scheduled time so we can begin warm ups on time.

*** We ask that all swimmers under the age of 13 have a parent/guardian with them at all times in case of an emergency.** Please inform the coach(es) of the parent/guardian's whereabouts if they decide to not sit in the Wet-Lounge during the child's scheduled practice time.

HealthQuest Hammerheads

2021 Summer Swim Team

Practice Schedule

June 21st until the end of the season

Monday - Friday

Advanced: 7:15 - 8:45 a.m. (USA until 9:15)

Intermediate: 8:45 - 9:45 a.m. (USA until 10)

Beginner: 9:45 - 10:30 a.m.