

## 2020-2021 HAC Training Schedule

GROUPS			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 4  Darren Ward	AM	Activation						TBD	
		Pool						7:30-8:52 Central	
	PM	Activation	TBD	TBD	TBD	TBD	TBD		
Pool		4:30-5:53 Central	4:30-6:00 HP	6:30-8:00 SWL	5:00-6:37 JTP	5:30-6:45 Hill Park			
Dryland		TBD	TBD	TBD	TBD	TBD			
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Level 3  Sam Forrester	AM	Activation						TBD	
		Pool						9:07-10:00 Central	
	PM	Activation	TBD	TBD	TBD		TBD		
Pool		6:08-7:23 Central	6:15-7:15 HP	8:07-9:00 SWL		6:52-8:30 JTP			
Dryland									
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Level 2  Darryl Borland	AM	Activation							TBD
		Pool						9:08-10:30 Central	
	PM	Activation		TBD			TBD		
Pool			7:30-9:00 HP			5:00-6:37 JTP			
Dryland									
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Level 1  Lisa Hodge Mike Butler	AM	Activation							TBD
		Pool						8:00-8:53 Central	
	PM	Activation	TBD			TBD			
Pool		7:38-9:00 Central			6:45-8:15 JTP				
Dryland		TBD			TBD				
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Novice Black	AM	Activation							
		Pool							
	PM	Activation							
Pool					6:23-7:30 SWC	6:07-7:00 SWC			
Dryland									
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Novice Gold	AM	Activation							
		Pool							
	PM	Activation				TBD		TBD	
Pool					5:00-6:08 SWC		8:30-9:23 SWL		
Dryland									
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Novice Silver	AM	Activation							
		Pool							
	PM	Activation					TBD	TBD	
Pool						5:00-5:53 SWC	9:38-10:30 SWL		
Dryland									
			<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Junior Masters  Theresa Malar	AM	Activation							
		Pool							
	PM	Activation				TBD			
Pool					8:30-9:30 JTP				
Dryland					TBD				