



# NORTHWEST ARKANSAS AQUATICS



2024 Summer Practice Schedule - BCC & MFAC  
 Summer Practice Schedule - Begins June 3rd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hammerheads		7:00-8:00 AM* MFAC		7:00-8:00 AM* MFAC			
	4:00-5:00 PM* BCC	4:00-5:00 PM* BCC	4:00-5:00 PM* BCC	4:00-5:00 PM* BCC			
Great Whites		7:00-8:15 AM* MFAC		7:00-8:15 AM* MFAC	7:00-8:15 AM* MFAC		
	4:00-5:15 PM* BCC	4:00-5:15 PM* BCC	4:00-5:15 PM* BCC	4:00-5:15 PM* BCC			
Tiger Sharks	7:45-10:00 AM** MFAC		7:45-10:00 AM** MFAC		7:45-10:00 AM** MFAC	9:00-10:30 AM MFAC	
		3:30-5:30 PM* BCC		3:30-5:30 PM* BCC			
Makos	7:45-10:15 AM** MFAC	7:45-10:15 AM** MFAC	7:45-10:15 AM** MFAC	7:45-10:15 AM** MFAC	7:45-10:15 AM** MFAC	9:00-11:00 AM MFAC	
	3:30-5:00 PM BCC		3:30-5:00 PM BCC				
Senior I	6:15-8:15 AM MFAC	6:15-8:15 AM MFAC	6:15-8:15 AM MFAC	6:15-8:15 AM MFAC	5:30-8:15 AM** MFAC	7:00-9:45 AM* MFAC	
	2:00-4:15 PM*** BCC	2:00-4:15 PM*** BCC	2:00-4:15 PM*** BCC	2:00-4:15 PM*** BCC			
Senior Elite	6:15-8:15 AM MFAC	6:15-8:15 AM MFAC	6:15-8:15 AM MFAC	6:15-8:15 AM MFAC	5:30-8:15 AM** MFAC	7:00-9:45 AM* MFAC	
	2:00-4:15 PM* BCC	2:00-4:15 PM* BCC	2:00-4:15 PM* BCC	2:00-4:15 PM* BCC			

BCC: Bentonville Community Center - All swimmers will enter through the West entrance (competition entrance).

MFAC: Melvin Ford Aquatic Center - All swimmers will enter through the locker rooms in the pool house.

All swimmers must have a current membership with the Bentonville Community Center to attend practices at these locations.

\*Dryland will be completed after the group swims. \*\*Dryland will be completed prior to the group swims.

\*\*\*Senior I will be split into M/W and T/TH groups in the water, but they should still attend SSDL each day, M-TH. SSDL will be 3:30-4:15pm.

Senior I PM Workouts will be split either Monday/Wednesday or Tuesday/Thursday, not all four in water. SSDL will take place Monday-Thursday PM.

HH & GW - Tuesday/Thursday practices are either AM or PM, not both. They will be predetermined who will attend each based on preference.