



## NORTHWEST ARKANSAS AQUATICS



2024 Winter Practice Schedule - Bentonville Community Center  
Begins Monday, January 8th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hammerheads</b>	4:00-5:00 PM*		4:00-5:00 PM*		4:00-5:00 PM*		
<b>Great Whites</b>	4:00-5:15 PM*	4:00-5:00 PM*	4:00-5:15 PM*	4:00-5:00 PM*	4:00-5:00 PM*		
<b>Tiger Sharks</b>	6:00-8:00 PM**	6:15-8:00 PM**	6:00-8:00 PM**	6:15-8:00 PM**	5:15-6:50 PM**	9:30-11:00 AM	
<b>Makos</b>			5:30-6:30 AM			9:30-11:00 AM	
	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**	5:15-6:50 PM**		
<b>Senior I</b>	5:30-6:30 AM			5:30-6:30 AM		7:30-10:15 AM*	
	5:00-7:15 PM*	5:00-7:15 PM*	5:00-7:15 PM*	5:00-7:15 PM*	3:15-5:45 PM**		
<b>Senior II</b>	5:30-6:30 AM		5:30-6:30 AM	5:30-6:30 AM		7:15-10:15 AM*	
	4:00-6:30 PM**	4:00-6:45 PM**	4:00-6:30 PM**	4:00-6:45 PM**	3:15-5:45 PM**		

**All swimmers will entrance through the West entrance (competition entrance).**

Must have a current membership with the Bentonville Community Center to attend practices at this location.

\*Dryland will be completed after the group swims.

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