



NORTHWEST ARKANSAS AQUATICS



2024 Winter Practice Schedule - Walton Family Whole Health & Fitness
Begins January 29th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hammerheads	5:45-6:45 PM*		5:45-6:45 PM*		5:45-6:45 PM*		
Great Whites	5:45-7:00 PM*	6:00-7:00 PM*	5:45-7:00 PM*	6:00-7:00 PM*	5:45-6:45 PM*		

All practice will be in the recreation pool.

Must be a member of the Walton Family Whole Health & Fitness to attend practices at this location.

**Dryland will be completed after the group swims.*