



NORTHWEST ARKANSAS AQUATICS



2026 Winter Practice Schedule - Bentonville Community Center
Begins Monday, January 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hammerheads	4:00-5:00 PM*		4:00-5:00 PM*		4:00-5:00 PM*		
Great Whites	4:00-5:15 PM*	5:45-6:45 PM*	4:00-5:15 PM*	5:45-6:45 PM*	4:00-5:00 PM*		
Tiger Sharks	6:00-8:00 PM**	6:15-8:00 PM**	6:00-8:00 PM**	6:15-8:00 PM**	5:00-6:50 PM**	9:30-11:00 AM	
Makos			5:30-6:30 AM			9:30-11:30 AM	
	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**	5:00-6:50 PM**		
Senior Development	6:30-8:00 PM**	5:45-7:15 PM*	6:30-8:00 PM**	5:45-7:15 PM*		10:30 A-12:00 P**	
Senior	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**	4:00-6:30 PM*	4:00-6:30 PM**	4:00-6:30 PM*	4:00-6:15 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.