



2025 Winter Practice Schedule

All practice times are subject to change.

Hawgs Gray

Wednesday – 6:00-7:00 PM
Saturday – 10:30-11:30 AM

Hawgs Red

Monday – 5:45-7:00 PM (DL)
Thursday – 4:30-5:30 PM
Saturday – 9:30-10:30 AM

Hawgs White

Monday – 5:45-7:00 PM (DL)
Tuesday – 6:00-7:15 PM (HPER)
Thursday – 5:30-6:30 PM
Saturday – 8:15-9:30 AM (DL)

Junior Gray

Monday – 6:45-8:00 PM (DL)
Tuesday – 6:00-7:15 PM (HPER)
Wednesday – 6:00-7:15 PM
Saturday – 9:00-10:30 AM (DL)

Junior Red

Monday – 6:30-7:45 PM
Tuesday – 4:30-6:15 PM (DL)
Wednesday – 6:30-7:45 PM
Thursday – 4:30-6:15 PM (DL)
Saturday – 9:30-11:30 AM (DL)

Junior White

Monday – 6:00-8:00 PM (DL)
Tuesday – 4:30-6:00 PM
Wednesday – 4:30-6:30 PM (DL)
Thursday – 4:30-6:00 PM
Friday – 4:30-6:00 PM
Saturday – 7:00-9:00 AM (DL)

Masters

Tuesday – 5:30-6:30 AM
Thursday – 5:30-6:30 AM
Saturday – 7:00-8:00 AM

Senior Swim Fit

Tuesday – 4:30-6:00 PM
Wednesday – 5:30-7:00 AM
Thursday – 5:30-7:00 PM (DL)
Saturday – 10:00-11:30 AM

Senior Prep

Monday – 4:30-6:30 PM (DL)
Tuesday – 5:30-7:00 AM
Tuesday – 6:30-8:00 PM
Wednesday – 4:30-6:30 PM (DL)
Thursday – 6:30-8:00 PM
Friday – 5:00-7:00 PM
Saturday – 7:00-9:30 AM (DL)
Sunday – 11:00-1:30 PM (HPER)*

Senior Hawgs

Monday – 5:30-7:00 AM
Monday – 4:30-6:30 PM
Tuesday – 5:30-8:00 PM (DL)
Wednesday – 4:30-6:30 PM
Thursday – 5:30-7:00 AM
Thursday – 5:30-8:00 PM (DL)
Friday – 5:00-7:00 PM
Saturday – 7:00-10:00 AM (DL)
Sunday – 11:00-1:30 PM (HPER)*

Practice Notes:

All practices are at the Jones Center. Practices with HPER will be held at the University of Arkansas HPER.

DL indicates that swimmers will have dryland. Junior Hawgs White, Senior Prep, and Senior Hawgs should always be prepared for dryland.

Sunday HPER Practices for Senior Hawgs and Senior Prep will be held January 19, February 2, February 9, February 23, March 2, and March 9