



2026 Winter Practice Schedule

All practice times are subject to change.

Rookie Hawks Gray

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

Rookie Hawks Red

Monday – 5:00-6:00 PM
Tuesday – 5:00-6:00 PM
Saturday – 10:30-11:30 AM

Rookie Hawks White

Tuesday – 5:00-6:00 PM
*Wednesday – 5:30-7:00 PM
Friday – 6:30-7:30 PM
Saturday – 10:30-11:30 AM

Junior Hawks Gray

Monday – 6:30-7:30 PM
Tuesday – 6:00-7:30 PM
Friday – 6:30-8:00 PM
Saturday – 8:30-10:00 AM

Junior Hawks Red

Tuesday – 6:00-7:30 PM
Wednesday – 7:00-8:30 PM
*Thursday – 4:30-6:30 PM
Friday – 6:30-8:00 PM
*Saturday – 8:30-10:30 AM

Junior Hawks White

*Monday – 6:30-8:30 PM
Tuesday – 4:30-6:00 PM
Wednesday – 4:30-6:00 PM
*Thursday – 5:30-7:30 PM
*Friday – 6:00-8:00 PM
Saturday – 10:00-11:30 AM

Varsity Hawks

*Monday – 7:00-8:30 PM
Tuesday – 6:00-7:30 PM (HPER)
Wednesday – 6:30-8:00 PM
Saturday – 7:00-8:30 AM

Senior Prep

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

Senior Hawks

*Monday – 5:30-7:00 AM
*Monday – 4:30-6:30 PM
*Tuesday – 6:00-8:00 PM (HPER)
*Wednesday – 4:00-6:30 PM
*Thursday – 5:30-8:00 PM
*Friday – 5:30-7:00 AM
*Friday – 4:30-6:30 PM
*Saturday – 7:45-10:30 AM

Masters

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

Practice Notes:

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

** - Be prepared for dryland before or after we swim*