



AquaHawks

2022 FALL PRACTICE SCHEDULE

SENIOR HAWGS

Monday	5:30-7:00 AM 4:30-6:30 PM
Tuesday	5:30-7:00 AM 6:00-8:00 PM
Wednesday	4:30-6:30 PM
Thursday	5:30-7:00 AM 6:00-8:00 PM
Friday	5:30-7:00 AM 4:30-6:30 PM
Saturday	7:00-9:30 AM

JUNIOR HAWGS

Monday	5:30-7:00 AM 6:30-8:00 PM
Tuesday	4:30-6:30 PM
Wednesday	6:30-8:00 PM
Thursday	4:30-6:30 PM
Friday	4:30-6:30 PM
Saturday	7:00-9:00 AM

VARSITY HAWGS

Monday	6:30-8:00 PM
Tuesday	5:30-7:00 PM
Wednesday	6:30-8:00 PM
Thursday	6:30-8:00 PM
Saturday	9:30-11:00 AM

BOSS HAWGS

Monday	6:15-8:00 PM
Tuesday	5:30-7:00 PM (HPER)
Wednesday	6:15-8:00 PM
Thursday	4:30-6:00 PM
Saturday	8:30-10:30 AM

HAWGS – WHITE

Monday	4:30-5:30 PM
Tuesday	5:30-7:00 PM (HPER)
Wednesday	4:30-5:30 PM
Saturday	10:30-11:30 AM

HAWGS – RED

Monday	5:30-6:30 PM
Wednesday	5:30-6:30 PM (HPER)
Saturday	9:30-10:30 PM

ROOKIE HAWGS

Tuesday	4:30-5:30 PM
Wednesday	5:30-6:30 PM
Saturday	10:30-11:30 AM

MASTERS

Monday	12:00-1:00 PM
Tuesday	5:30-6:30 AM
Thursday	12:00-1:00 PM
Friday	5:30-6:30 AM

Practices at the University of Arkansas HPER are noted within the schedule (HPER).

All other practices take place at the Jones Center.

Practices will be adjusted as needed and communicated to all affected training groups.