



## 2026 Practice Schedule - week of February 23rd

### Broomfield Community Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 23	February 24	February 25	February 26	February 27	February 28	March 1
<b>Developmental 1</b>		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC			
<b>Developmental 2</b>		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC			
<b>Adv. Developmental 1</b>	5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		
<b>Adv. Developmental 2</b>	5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		
<b>Red Group</b>	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC			
<b>Maroon Group</b>	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC		
<b>Silver Group</b>	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC		
<b>White Group</b>	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC		

\*All BCC workouts will be conducted at the Broomfield Community Center: 280 Spader Way, Broomfield, 80020

\*please note some practices will be held in the smaller warm pool.

### Veterans Memorial Aquatic Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 23	February 24	February 25	February 26	February 27	February 28	March 1
<b>Gray AM</b>				AG State 4:45-5:45pm@VMAC (S)		8:00-9:45am @VMAC (M)	
<b>Gray PM</b>	6:15-8:15pm @VMAC (N)	6:15-8:15pm @VMAC (N)	6:15-8:15pm @VMAC (S)	6:15-8:15pm @VMAC (N)	5:30-7:15pm @VMAC (S)		
<b>Gold AM</b>	5:30-6:45am @ MOB		5:30-6:45am @ MOB			8:00-9:45am @VMAC (M)	
<b>Gold PM</b>	5:30-7:30pm @VMAC (M)	5:30-7:30pm @VMAC (M)	5:30-7:30pm @VMAC (M)	5:30-7:30pm @VMAC (M)	5:30-7:15pm @VMAC (M)		
<b>Black 1 AM</b>	5:30-6:45am @ MOB		5:30-6:45am @ MOB			8:00-9:45am @VMAC (M)	
<b>Black 1 PM</b>	5:15-6:45pm @VMAC (N)	5:15-6:45pm @VMAC (N)	5:15-6:45pm @VMAC (S)	5:15-6:45pm @VMAC (N)	5:30-7:00pm @VMAC (S)		
<b>Black 2 AM</b>		5:30-6:45am @ MOB		5:30-6:45am @ MOB		8:00-10:00am @VMAC (S)	
<b>Black 2 PM</b>	5:15-7:45pm @VMAC (M)	5:30-7:45pm @VMAC (M)	5:15-7:45pm @VMAC (M)	5:30-7:45pm @VMAC (M)	5:30-7:45pm @VMAC (M)		

\*All VMAC workouts will be held at Veterans Memorial Aquatic Center: 5310 E 136th Ave, Thornton 80241

\*Gold Group, Black 1 Group, and Black 2 Group strength workouts will be held at Crossfit Mob: 3750 E 120th Ave 80233

\*practices may conclude earlier than the allotted time at the beginning of the season.