



2026 Practice Schedule - week of January 5th

Broomfield Community Center

	Monday January 5	Tuesday January 6	Wednesday January 7	Thursday January 8	Friday January 9	Saturday January 10	Sunday January 11
Developmental 1		5:00-5:45pm @ BCC		5:00-5:45pm @ BCC			
Developmental 2		5:45-6:30pm @ BCC		5:45-6:30pm @ BCC			
Advanced Developmental 1	5:00-5:45pm @ BCC		5:00-5:45pm @ BCC		Pizza Meet		
Advanced Developmental 2	5:45-6:30pm @ BCC		5:45-6:30pm @ BCC		Pizza Meet		
Red Group	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC			
Maroon Group	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	Pizza Meet		
Silver Group	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	6:30-7:30pm @ BCC	Pizza Meet		
White Group	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	5:00-6:30pm @ BCC	Pizza Meet		

*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 January 5	Tuesday January 6	Wednesday January 7	Thursday January 8	Friday January 9	Saturday January 10	Sunday January 11
Gray AM							
Gray PM	6:30-8:30pm @VMAC (N)	6:30-8:30pm @VMAC (N)	6:30-8:30pm @VMAC (S)	6:30-8:30pm @ VMAC (N)	6:30-8:30pm @VMAC (M)	3:30-5:30pm@VMAC (S)	
Gold AM	5:30-6:45am @ MOB		5:30-6:45am @ MOB				
Gold PM	5:30-7:30pm @VMAC (M)	5:30-7:30pm @VMAC (M)	5:45-7:45pm @VMAC (M)	5:45-7:45pm @VMAC (M)	5:30-7:30 @VMAC (S)	3:30-5:30pm @VMAC (S)	
Black 1 AM	5:30-6:45am @ MOB		5:30-6:45am @ MOB				
Black 1 PM	5:30-7:00pm @VMAC (N)	5:30-7:00pm @VMAC (M)	5:30-7:00pm @VMAC (S)	5:45-7:15pm @VMAC (M)	5:30-7:30pm @VMAC (SwG)	3:30-5:00pm @VMAC (M)	
Black 2 AM		5:30-6:45am @ MOB		5:30-6:45am @ MOB			
Black 2 PM	5:30-7:45pm @VMAC (M)	5:30-7:45pm @VMAC (M)	5:30-8:00pm @VMAC (M)	5:45-8:00pm @VMAC (M)	5:30-7:45pm @VMAC (M)	3:15-5:30pm @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.