



Northwest Georgia Aquatics



Winter Practice Schedule 2025 (Oct 13, 2025 - Feb 8, 2026)

Green

Monday	5:45pm-7:45pm*
Tuesday	5:45pm-7:45pm*
Wednesday	5:45pm-7:45pm*
Thursday	5:45pm-7:45pm*
Friday	4:00pm-5:30pm
Saturday	8:00am-10:00am

*Dry land at beginning of practice

Navy

Monday	5:00pm-6:30pm
Tuesday	5:00pm-6:30pm
Wednesday	5:00pm-6:30pm
Thursday	5:00pm-6:30pm
Friday	4:00pm-5:30pm
Saturday	8:00am-10:00am

Purple

Monday	5:00pm-6:00pm
Tuesday	5:00pm-6:00pm
Wednesday	5:00pm-6:00pm
Thursday	4:00pm-5:00pm
Friday	4:00pm-5:00pm

Silver (recreational)

Come to “Assigned” group time.

Silver may only attend twice a week during normal practice times.

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