

NOVA Short Course Season Practice Schedule

Start: Tuesday September 5, 2023

G = NOVA Aquatic Center Gayton R = NOVA Aquatic Center Regency

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Novice Bronze	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G			
Novice Silver	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G 5:30 - 6:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G 5:30 - 6:30pm G	3:30 - 4:30pm R		
Novice Gold	3:00 - 4:00pm G 4:00 - 5:00pm G 5:30 - 6:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G 5:30 - 6:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:30 - 4:30pm R		
Age Group Development Bronze	3:15 - 4:30pm R 5:00 - 6:15pm G	3:15 - 4:30pm R 5:00 - 6:15pm G	3:15 - 4:30pm R 5:00 - 6:15pm G	3:15 - 4:30pm R 5:00 - 6:15pm G	3:15 - 4:30pm R		
Age Group Development Silver	3:00 - 4:15pm G 4:15 - 5:30pm G	3:00 - 4:15pm G 4:15 - 5:30pm G	3:00 - 4:15pm G 4:15 - 5:30pm G	3:00 - 4:15pm G 4:15 - 5:30pm G	3:15 - 4:30pm R		
Age Group Development Gold	4:15 - 5:45pm R	4:15 - 5:45pm R	4:15 - 5:45pm R	4:15 - 5:45pm R	3:30 - 5:00pm G	10:00 - 11:30am R	
Age Group Bronze	5:00 - 6:30pm G	5:00 - 6:30pm G	5:00 - 6:30pm G	5:00 - 6:30pm G	4:30 - 6:00pm R	10:00 - 11:30am R	
Age Group Silver	6:15 - 8:00pm G	6:15 - 8:00pm G	6:15 - 8:00pm G	6:15 - 8:00pm G	4:30 - 6:15pm R	10:00 - 11:45am R	
Age Group Gold	6:00 - 7:45pm R	6:00 - 7:45pm R	6:00 - 7:45pm R	6:00 - 7:45pm R	5:00 - 6:45pm G	10:00am - 12:00pm R	
Senior Development Bronze	6:30 - 8:15pm R	6:30 - 8:15pm R	6:30 - 8:15pm R	6:30 - 8:15pm R	4:30 - 6:15pm R	8:00 - 10:00am R	
Senior Development Silver	6:30 - 8:15pm R	6:30 - 8:15pm R	6:30 - 8:15pm R	6:30 - 8:15pm R	5:00 - 6:45pm G	9:00 - 10:00am R	
Senior Development Gold	4:30 - 6:30pm R	4:30 - 6:30pm R	4:30 - 6:30pm R	4:30 - 6:30pm R	4:30 - 6:15pm G	7:30 - 9:30am R	
Senior Bronze AM	5:00 - 7:00am G	5:00 - 7:00am G	5:00 - 7:00am G	5:00 - 7:00am G	5:00 - 7:00am G	8:00 - 10:00am R	
Senior Bronze PM	6:30 - 8:15pm R	6:30 - 8:15pm R	6:30 - 8:15pm R	6:30 - 8:15pm R		8:00 - 10:00am R	
Senior Silver	5:00 - 7:00am G	5:00 - 7:00am G 4:30 - 6:00pm R	5:00 - 7:00am G	5:00 - 7:00am G 4:30 - 6:00pm R	5:00 - 7:00am G	5:30 - 7:30am R	
Senior Gold	5:00 - 7:00am R	5:00 - 7:00am R 4:30 - 6:00pm R	5:00 - 7:00am R	5:00 - 7:00am R 4:30 - 6:00pm R	5:00 - 7:00am R	5:30 - 7:30am R	
National	5:00 - 7:00am R 4:30 - 6:00pm R	5:00 - 7:00am R	5:00 - 7:00am R 4:30 - 6:00pm R	5:00 - 7:00am R	5:00 - 7:00am R 4:30 - 6:00pm R	5:30 - 7:30am R	

* Subject to Change

** Check Coach emails & website for practice changes and cancellations

*** Thanksgiving Break, Winter Break & Spring Break: Practice schedules will NOT follow this schedule and will be released at a later date.