

NOVA Fall / Winter Season Practice Schedule

Effective: September 2, 2025 - March 28, 2026

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 6:30 - 7:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G 6:30 - 7:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:30 - 4:30pm R		
Novice Silver	3:00 - 4:00pm G 4:00 - 5:00pm G 6:30 - 7:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:00 - 4:00pm G 4:00 - 5:00pm G 6:30 - 7:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	3:30 - 4:30pm R		
Novice Gold	3:00 - 4:00pm G 4:00 - 5:00pm G	4:00 - 5:00pm G 6:30 - 7:30pm G	3:00 - 4:00pm G 4:00 - 5:00pm G	4:00 - 5:00pm G 6:30 - 7:30pm 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 G		
Dryland		4:35 - 4:55pm G		4:35 - 4:55pm G			
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		
Dryland		3:50 - 4:10pm G & 4:15 - 4:35pm G		3:55 - 4:15pm G & 4:15 - 4:35pm G			
Age Group Development Gold	4:15 - 5:45pm R	4:15 - 5:45pm R	4:15 - 5:45pm R	4:15 - 5:45pm R	3:00 - 4:30pm R	10:00 - 11:30am R	
Dryland		5:55 - 6:15pm R		5:55 - 6:15pm 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	
Dryland		4:35 - 4:55pm G		4:35 - 4:55pm G			
Age Group Silver	6:30 - 8:15pm G	6:00 - 7:45pm R	6:30 - 8:15pm G	6:30 - 8:15pm G	4:30 - 6:15pm R	10:00 - 11:45am R	
Dryland		5:35 - 5:55pm R		6:00 - 6:20pm G			
Age Group Gold	6:00 - 7:45pm R	6:30 - 8:15pm G	6:00 - 7:45pm R	6:00 - 7:45pm R	4:30 - 6:15pm R	10:00am - 12:00pm R	
Dryland		5:55 - 6:30pm G		5:30 - 5:55pm R		During Practice	
Senior Development Bronze	6:30 - 8:15pm G	6:30 - 8:15pm G	6:30 - 8:15pm G	6:30 - 8:15pm G	4:30 - 6:15pm R	8:00 - 10:00am R	
Dryland	6:00 - 6:25pm G		6:00 - 6:25pm G				
Senior Development Silver	6:30 - 8:15pm R 5:45 - 6:30pm R	6:30 - 8:15pm R	6:30 - 8:15pm R 5:45 - 6:30pm R	6:30 - 8:15pm R	4:30 - 6:15pm G	8:00 - 10:00am R 10:05 - 10:35pm R	
Senior Development Gold	4:30 - 6:30pm R 6:35 - 7:05pm R	4:30 - 6:30pm R	4:30 - 6:30pm R 6:35 - 7:05pm R	4:30 - 6:30pm R	4:30 - 6:15pm G	8:00 - 10:00am R 10:05 - 10:35pm R	
Senior 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 G	8:00 - 10:00am R	
Dryland	5:45 - 6:30pm R		5:45 - 6:30pm R				
Senior Silver	5:00 - 7:00am R 4:30 - 6:00pm 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	6:00 - 8:00am 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	6:00 - 8:00am 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 G	6:00 - 8:00am R	
Masters	6:00 - 7:30am G 8:30 - 10:00am R	6:00 - 7:30am G	6:00 - 7:30am G 8:30 - 10:00am R	6:00 - 7:30am G 8:30 - 10:00am R	6:00 - 7:30am G 8:30 - 10:00am G		

Version: 8/28/25

* 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.