

## NOVA Masters / College / NOVAFit Winter Break Practice Schedule

[Updated 12/16/25]

\*\*COLLEGE SWIMMERS: PLEASE REACH OUT TO A NOVA COACH FOR ADDITIONAL PRACTICE OPTIONS\*\*

Effective 12/22/25 - 1/4/26 (Return to Normal Schedule 1/5/26)

	Friday 12/19	Saturday 12/20	Sunday 12/21	Monday 12/22	Tuesday 12/23	Wednesday 12/24	Thursday 12/25	Friday 12/26	Saturday 12/27
NOVAFit	9:00am - 3:00pm G	10:00am - 4:00pm G	10:00am - 4:00pm G	10:00am - 4:00pm R	10:00am - 4:00pm R	OFF	OFF	10:00am - 4:00pm R	10:00am - 4:00pm R
Masters	6:00 - 7:30am G 8:30 - 9:45am G	OFF	OFF	6:00 - 7:30am G 8:30 - 9:45am G	6:00 - 7:30am G 8:30 - 9:45am G	OFF	OFF	8:00 - 9:30am G	OFF
College	8:30 - 10:00am R	OFF	OFF	6:00 - 7:30am G	6:00 - 7:30am G	OFF	OFF	8:00 - 9:30am G	OFF

	Sunday 12/28	Monday 12/29	Tuesday 12/30	Wednesday 12/31	Thursday 1/1	Friday 1/2	Saturday 1/3	Sunday 1/4	Monday 1/5
NOVAFit	10:00am - 4:00pm G	10:00am - 4:00pm R	10:00am - 4:00pm R	10:00am - 4:00pm R	OFF	10:00am - 4:00pm R	10:00am - 4:00pm R	10:00am - 4:00pm G	Return to Regular Hours
Masters	OFF	6:00 - 7:30am G 8:30 - 9:45am G	6:00 - 7:30am G OFF	6:00 - 7:30am G 8:30 - 9:45am G	OFF	6:00 - 7:30am G 8:30 - 9:45am G	OFF OFF	OFF	Return to Regular Practice Schedule
College	OFF	6:00 - 7:30am G	6:00 - 7:30am G	6:00 - 7:30am G	OFF	6:00 - 7:30am G	OFF	OFF	

\*\*Subject to change\*\*