



NORTHWEST ARKANSAS AQUATICS



2022 Fall Practice Schedule - Bentonville Community Center
Begins August 22nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hammerheads	4:00-5:00 PM*		4:00-5:00 PM*		4:00-5:00 PM*		
Great Whites	4:00-5:15 PM*	4:00-5:00 PM*	4:00-5:15 PM*	4:00-5:00 PM*	4:00-5:00 PM*		
Tiger Sharks	6:00-8:00 PM**	6:15-8:00 PM**	6:00-8:00 PM**	6:15-8:00 PM**	5:15-6:30 PM**	9:30-11:00 AM	
Senior I	5:30-6:30 AM			5:30-6:30 AM		7:30-9:30 AM	
	5:00-7:15 PM*	4:00-6:15 PM*	5:00-7:15 PM*	4:00-6:15*	4:00-5:45 PM**		
Senior II	5:30-6:30 AM***		5:30-6:30 AM***	5:30-6:30 AM***		7:15-9:30 AM	
	4:00-6:30 PM**	4:00-6:45 PM**	4:00-6:30 PM**	4:00-6:45 PM**	4:00-5:45 PM**		

All swimmers will entrance through the West entrance (competition entrance).

Must have a current membership with the Bentonville Community Center to attend practices at this location.

*Dryland will be completed after the group swims.

**Dryland will be completed prior to the group swims.

***Swimmers have the option to remain in the water until 7:15 AM on these days if their schedule allows for it.