



NORTHWEST ARKANSAS AQUATICS



2022 Fall Practice Schedule - Walton Life Fitness Center
Begins August 22nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hammerheads	5:30-6:30 PM*		5:30-6:30 PM*		5:45-6:45 PM*		
Great Whites	5:30-6:45 PM*	5:45-6:45 PM*	5:30-6:45 PM*	5:45-6:45 PM*	5:45-6:45 PM*		
Makos			5:30-6:30 AM***			7:30-9:00 AM	
	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**	6:00-8:00 PM**		

All practice will be in Pool #1.

Must be a member of the Walton Life Fitness Center to attend practices at this location.

**Dryland will be completed after the group swims.*

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

****5:30-6:30 AM for the Makos will be at the BCC.*