



Northwest Georgia Aquatics



Fall Practice Schedule 2026 (Aug 10, 2026 – Oct 17, 2026)

Green

Monday	5:15pm-7:30pm*
Tuesday	5:15pm-7:30pm*
Wednesday	5:15pm-7:30pm*
Thursday	5:15pm-7:30pm*
Friday	4:00pm-5:30pm
Saturday	7:30am-9:30am
*Includes Dryland	

Navy

Monday	4:30pm-6:00pm
Tuesday	4:30pm-6:00pm
Wednesday	4:30pm-6:00pm
Thursday	4:30pm-6:00pm
Friday	4:00pm-5:30pm
Saturday	7:30am-9:30am

Purple

Monday	3:45m-4:45pm
Tuesday	
Wednesday	3:45m-4:45pm
Thursday	
Friday	3:45m-4:45pm

Silver (recreational)

Come to "Assigned" group time.
Silver may only attend twice a week during normal practice times.

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