

NOVA Masters / College / NOVAFit Winter Break Practice Schedule

[Updated 12/2/24]

****ALL NOVAFIT AND MASTERS HOURS WILL BE LOCATED AT NOVA AQUATIC CENTER - GAYTON [POOL 2]****

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

Effective 12/21/24 - 1/5/25 (Return to Normal Schedule 1/6/25)

****Subject to change****

	Friday 12/20	Saturday 12/21	Sunday 12/22	Monday 12/23	Tuesday 12/24	Wednesday 12/25	Thursday 12/26	Friday 12/27	
NOVAFit	9:00am - 3:00pm G	10:00am - 4:00pm G	10:00am - 4:00pm G	8:30am - 4:00pm G	OFF	OFF	9:00am - 4:00pm G	9:00am - 3:00pm G	
Masters	6:00 - 7:30am R 8:30 - 9:30am R	OFF	OFF	6:00 - 7:30am G 8:30 - 9:30am G	6:00 - 7:30am G	OFF	6:00 - 7:30am G 8:30 - 9:30am G	6:00 - 7:30am G 8:30 - 9:30am G	
College	8:30 - 10:00am R	OFF	OFF	6:00 - 7:30am G	OFF	OFF	6:00 - 7:30am G	6:00 - 7:30am G	
	Saturday 12/28	Sunday 12/29	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	Friday 1/3	Saturday 1/4	Sunday 1/5
NOVAFit	10:00am - 4:00pm G	10:00am - 4:00pm G	8:30am - 4:00pm G	OFF	OFF	9:00am - 4:00pm G	9:00am - 3:00pm G	10:00am - 4:00pm G	10:00am - 4:00pm G
Masters	9:00 - 10:30am G	OFF	6:00 - 7:30am G 8:30 - 9:30am G	6:00 - 7:30am G	OFF	6:00 - 7:30am G 8:30 - 9:30am G	6:00 - 7:30am G 8:30 - 9:30am G	OFF	OFF
College	9:00 - 10:30am G	OFF	6:00 - 7:30am G	6:00 - 7:30am G	OFF	6:00 - 7:30am G	6:00 - 7:30am G	OFF	OFF