

EXPRESS SWIM TEAM

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Groups— SR—Senior P—Purple B—Blue	Locations - OB—Orchard Brook 5S-5 Seasons West- WEST FMC—FMC	1 SR- 6-7:45 AM @ OB SR—No Practice-PM P—No Practice-PM B—No Practice-PM	2 SR- 6-7:45 AM @ OB SR-7:20-8:50 @ FMC P-7:20-8:50 @FMC B-7:20-8:20 @ FMC	3 SR- 6-7:45 AM @ OB SR-No Practice-PM P—No Practice-PM B—No Practice-PM	4 SR-6-7:45 AM @ OB SR-6-7:30 @ 5S P-6-7:30 @ 5S B-6-7:00@ 5S	5 SWIM MEET LFSC Swim Fest @ RecPlex
6 SWIM MEET LFSC Swim Fest @ RecPlex	7 SR- 6-7:45 AM @ OB SR-8-9:30 @ 5Seasons P—8-9:30 @ 5Seasons B—8-9:00 @ 5Seasons	8 SR- 6-7:45 AM @ OB SR-4:30-6 @ 5S P—4:30-6 @ 5S B—4:30-5:30 @ 5S	9 SR- 6-7:45 AM @ OB SR- 7:20-8:50 @ FMC P—7:20-8:50 @ FMC B-7:20-8:20 @ FMC	10 SR- 6-7:45 AM @ OB SR- 4:30-6 @ 5S P—4:30-6 @ 5S B-4:30-5:30 @ 5S	11 Sr- 6-7:45 AM @ OB SR-4:30-6 @ West P—4:30-6 @ West B—4:30-5:30 @ West SWIM MEET	12 SWIM MEET HSC/FOX Summer Blast @ Munster HS
13 SWIM MEET HSC/FOX Summer Blast @ Munster HS	14 SR- 6-7:45 AM @ OB SR-2:30-4 PM@ West P—2:30-4 PM @ West B—2:30-3:30 PM @ W	15 SR- 6-7:45 AM @ OB SR-4:30-6 @ 5S P—4:30-6 @ 5S B—4:30-5:30 @ 5S	16 SR- 6-7:45 AM @ OB SR- 7:20-8:50 @ FMC P—7:20-8:50 @ FMC B-7:20-8:20 @ FMC	17 SR- 6-7:45 AM @ OB SR-4:30-6 @ 5S P—4:30-6 @ 5S B—4:30-5:30 @ 5S	18 SR- 6-7:45 AM @ OB SR-4:30-6 @ West P—4:30-6 @ West B—4:30-5:30 @ West	19
20	21 SR- 6-7:45 AM @ OB SR-2:30-4 PM@ West P—2:30-4 PM @ West B—2:30-3:30 PM @ W	22 SR- 6-7:45 AM @ OB SR-4:30-6 @ 5S P—4:30-6 @ 5S B—4:30-5:30 @ 5S	23 SR- 6-7:45 AM @ OB SR- 7:20-8:50 @ FMC P—7:20-8:50 @ FMC B-7:20-8:20 @ FMC	24 SR- 6-7:45 AM @ OB SR-4:30-6 @ 5S P—4:30-6 @ 5S B—4:30-5:30 @ 5S	25 SR- 6-7:45 AM @ OB SWIM MEET HSC Mid-Summer @ Hinsdale Com. Pool	26 SWIM MEET HSC Mid-Summer @ Hinsdale Com. Pool
27 SWIM MEET HSC Mid-Summer @ Hinsdale Com. Pool	28 SR-6-7:45 AM @ OB SR-2:30-4 PM@ West P—2:30-4 PM @ West B—2:30-3:30 PM @ W	29 SR-6-7:45 AM @ OB SR-4:30-6 @ 5S P—4:30-6 @ 5S B—4:30-5:30 @ 5S	30 SR-6-7:45 AM @ OB SR- 7:20-8:50 @ FMC P—7:20-8:50 @ FMC B-7:20-8:20 @ FMC			SwimExpress.com