

# EXPRESS SWIM TEAM

## June 2021

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