

EXPRESS SWIM TEAM

November 2021

	(Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 @ DGN RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	2 @ DGS RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	3 @ DGN RX/SN—No Practice BZ 6-7:15 SV— 6-7:30 G/SR/HSB—6-8	4 @ DGN NO POOLS AVAILABLE	5 @ DGS RX/SN 6-6:45 BZ— 6-7:15 SV—No Practice G/SR/HSB— 6-8	6 @ DGS RX/SN—12-12:45 BZ—12-1 SV -12-1:30 G/SR/HSB—12-1:30	
7	8 @ DGN 9 RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	9 @ DGS RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	10 @ DGN RX/SN— No Practice BZ 6-7:15 SV— 6-7:30 G/SR/HSB—6-8	11 @ DGN RX/SN 6-6:45 BZ No Practice SV 6-7:30 G/SR/HSB 6-8	12 @ DGS RX/SN 6-6:45 BZ— 6-7:15 SV—No Practice G/SR/HSB— 6-8 SWIM MEET WC FALL FLING	SWIM MEET West Chicago FALL FLING @ West Chicago HS (NO PRACTICE)	
14	15 @ DGN 16 RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8 SWIM MEET West Chicago FALL FLING @ West Chicago HS	16 @ DGS RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	17 @ DGN RX/SN—No Practice BZ 6-7:15 SV— 6-7:30 G/SR/HSB—6-8	18 @ DGN RX/SN 6-6:45 BZ No Practice SV 6-7:30 G/SR/HSB 6-8	19 SWIM MEET Hinsdale Fall Classic @ Hinsdale Central HS (NO PRACTICE)	20 SWIM MEET Hinsdale Fall Classic @ Hinsdale Central HS (NO PRACTICE)	
21	22 @ DGN RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8 SWIM MEET Hinsdale Fall Classic @ Hinsdale Central HS	23 @ DGS RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	24 @ DGN No School NO POOLS AVAILABLE	25 @ DGN No School Thanksgiving NO POOLS AVAILABLE	26 @ DGS No School NO POOLS AVAILABLE	27 @ DGS RX/SN—12-12:45 BZ—12-1 SV -12-1:30 G/SR/HSB—12-1:30	
28	29 @ DGN RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8	30 @ DGS RX/SN 6-6:45 BZ 6-7:15 SV 6-7:30 G/SR/HSB 6-8			RX-RecExpress SN-SuperNOVA BZ-Bronze SV-Silver G-Gold SR-Senior HSB-High School Boys	Swimexpress.com	