

PRELIMINARY GENERAL FALL PRACTICE SCHEDULE (SEPTEMBER – NOVEMBER)

A finalized practice schedule will be available after registration has completed for the Fall/Winter. The most accurate, daily practice schedule is posting on the website. Practices are held at FMC Natatorium (Westmont) and 5 Seasons (Burr Ridge).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUPER NOVA	No Practice	FMC 8:05-9:00 P	No Practice	No Water Dryland & Team Building TBA	5 Seasons 4:30-5:15 P	5 Seasons 9:00-10:15 AM	FMC 1:30-2:15
BRONZE	5 Seasons 8:15-9:30 P	No Practice	5 Seasons 8:15-9:30 P	No Water Dryland & Team Building TBA	No Practice	FMC 12:30-1:45 P	FMC 12:30-1:30 P
SILVER	No Practice	FMC 8:05-9:30 P	5 Seasons 8:15-9:30 P	No Water Dryland & Team Building TBA	5 Seasons 4:30-6:00 P	FMC 12:30-2:00 P	FMC 12:30-1:30 P
GOLD	5 Seasons 8:15-9:30 P	FMC 8:05-9:50 P	FMC 6:00-7:15 AM	No Water Dryland & Team Building TBA	TBD	FMC 12:30-2:15 P	FMC 12:30-2:15 P
SENIOR	5 Seasons 8:15-9:30 P	FMC 8:05-9:50 P	FMC 6:00-7:15 AM	No Water Dryland & Team Building TBA	TBD	FMC 12:30-2:15 P	FMC 12:30-2:15 P
REC EXPRESS	No Practice	No Practice	No Practice	No Water Dryland & Team Building TBA	5 Seasons 5:15-6:00 P	5 Seasons 9:00-10:15 AM	FMC 1:30-2:15 P
CLINIC						FMC 1:45-2:15 P	

Updated 8/30/20