

# Express Swim Team

## December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Practice Locations</b>	<b>Fountain View Fitness (FV)</b> 910 N Gary Ave, Carol Stream, IL 60188	<b>WEST Superior Training (WEST)</b> 580 S. Quincy St. Willowbrook, IL 60527	<b>Downers Grove NORTH HS (DGN)</b> 4436 Main St. Downers Grove, IL 60515		
15	16 No Changes	17 No Changes	18 No Changes	19 No Changes	20 No Changes	21 No Changes
22	23 SR-4-6 PM @ FV G- 6-7:30 @ WEST SV-6-7:30 @ WEST BZ-6-7:15 @ WEST SN-6-6:45 @ WEST	24 SR-9-11 AM @ FV G- No Practice SV—No Practice BZ- No Practice SN—No Practice	25 <b>MERRY CHRISTMAS!!</b>	26 SR-4-6 PM @ FV G-6-7:30 @ WEST SV-6-7:30 @ WEST BZ-6-7:15 @ WEST SN-6-6:45 @ WEST	27 SR-5-7 @ DGN G-5-7 @ DGN SV—5-6:30 @ DGN BZ-5-6:15 @ DGN SN-5-5:45 @ DGN	28 SR-10-12 @ DGN G-10-12 @ DGN SV-10-11:30 @ DGN BZ-10-11:15 @ DGN SN-10-10:45 @ DGN
29	30 SR-5-7 @ DGN G-5-7 @ DGN SV-5-6:30 @ DGN BZ-5-6:15 @ DGN SN-5-5:45 @ DGN	31 SR-9-11 AM @ FV G-11-12:30 @ WEST SV-11-12:30@WEST BZ-11-12:15@WEST SN-11-11:45@WEST	1 <b>HAPPY NEW YEAR !!</b>	2 SR-4-6 PM @ FV G-11-12:30 @ WEST SV-11-12:30@WEST BZ-11-12:15@WEST SN-11-11:45@WEST	3 SR-5-7 @ DGN G-5-7@ DGN SV-5-6:30 DGN BZ-5-6:15 @ DGN SN- 5-5:45 @ DGN	4 <b>Swim Meet</b> <b>ATHLETICO @ UIC</b>