

YMCA = Indian Boundary YMCA
 DGS = Downers Grove South
 DGN = Downers Grove North
 SUP = Superior Training Facility
 Yellow Dates indicates a conflict, make sure to check schedule!

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January 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2	3	4	5	6	7	8
	Mini-Hornets (YMCA) 6:45-7:30 Jr Hornets (YMCA) 6:45-7:45 8 & Under (DGS) 6:00-7:00 Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00 Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30 Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45 Sr. Performance (DGS) Swim: 7:00-9:00	8 & Under (DGN) 6:00-7:00 Bronze (DGN) 6:00-7:00 Silver (YMCA) 6:45-8:00 Gold (DGN) Swim: 7:00-8:30 Senior (DGN) Swim: 7:00-8:45 Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00	Mini-Hornets (YMCA) 6:45-7:30 Jr Hornets (YMCA) 6:45-7:45 8 & Under (SUP) 6:00-7:00 Bronze (SUP) 6:00-7:00 Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00 Gold (SUP) 7:00-8:30 Sr. Performance (SUP) 7:00-9:00 Sr. Performance (SUP) 7:00-9:00	Mini-Hornets (YMCA) 6:45-7:30 Jr Hornets (YMCA) 6:45-7:45 8 & Under (DGS) 6:00-7:00 Bronze (DGS) 6:00-7:00 Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00 Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30 Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45 Sr. Performance (DGS) Swim: 7:00-9:00	8 & Under () X Bronze () X Silver (YMCA) 5:00-6:15 Gold (YMCA) 5:00-6:15 Senior (SUP) 7:30-9:00 Sr. Performance (SUP) 7:30-9:00	No Practice HWSA Winter Splash

9	10	11	12	13	14	15
HWSA Winter Splash	Mini-Hornets (YMCA) 6:45-7:30		Mini-Hornets (YMCA) 6:45-7:30	Mini-Hornets (YMCA) 6:45-7:30		
	Jr Hornets (YMCA) 6:45-7:45		Jr Hornets (YMCA) 6:45-7:45	Jr Hornets (YMCA) 6:45-7:45		
	8 & Under (DGS) 6:00-7:00	8 & Under (DGN) 6:00-7:00	8 & Under (DGS) 6:00-7:00	8 & Under (DGS) 6:00-7:00	8 & Under (SUP) 6:00-7:00	8 & Under (DGN) 5:30-6:30
	Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45	Bronze (DGN) 6:00-7:00	Bronze (DGS) Swim: 6:00-7:00 Dryland: 7:15-7:45	Bronze (DGS) 6:00-7:00	Bronze (SUP) 6:00-7:00	Bronze (DGN) 5:30-6:30
	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) 6:45-8:00	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) 5:00-6:15	Silver (DGN) 5:00-6:15
	Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30	Gold (DGN) Swim: 7:00-8:30	Gold (DGS) Swim: 7:00-8:30	Gold (DGS) Dryland 6:00-6:45 Swim: 7:00-8:30	Gold (YMCA) 5:00-6:15	Gold (DGN) 3:00-5:00
	Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45	Senior (DGN) Swim: 7:00-8:45	Senior (DGS) Swim: 7:00-8:45	Senior (DGS) Dryland 6:00-6:45 Swim: 7:00-8:45	Sr. Performance (SUP) 7:00-9:00	Senior (DGN) 3:00-5:00
Sr. Performance (DGS) Swim: 7:00-9:00	Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00	Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	Sr. Performance (DGS) Swim: 7:00-9:00	Sr. Performance (SUP) 7:00-9:00	Sr. Performance (DGN) 3:00-5:30	

16	17	18	19	20	21	22
<p>NOTE: This week we switch D99 schools we are at nightly. Starting on 1/17, we are at DGN on Mon/Wed/Thurs, and DGS on Tues/Fri</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 & Under () X</p> <p>Bronze () X</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold () X</p> <p>Senior (SUP) 7:45-9:15</p> <p>Sr. Performance (SUP) 7:45-9:15</p>	<p>8 & Under (DGS) 6:00-7:00</p> <p>Bronze (DGS) 6:00-7:00</p> <p>Silver (YMCA) 6:45-8:00</p> <p>Gold (DGS) Swim: 7:00-8:30</p> <p>Senior (DGS) Swim: 7:00-8:45</p> <p>Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 & Under (DGN) 6:00-7:00</p> <p>Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGN) Swim: 7:00-8:30</p> <p>Senior (DGN) Swim: 7:00-8:45</p> <p>Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 & Under (DGN) 6:00-7:00</p> <p>Bronze (DGN) 6:00-7:00</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGN) Dryland 6:00-6:45 Swim: 7:00-8:30</p> <p>Senior (DGN) Dryland 6:00-6:45 Swim: 7:00-8:45</p> <p>Sr. Performance (DGN) Swim: 7:00-9:00</p>	<p>8 & Under () X</p> <p>Bronze () X</p> <p>Silver (YMCA) 5:00-6:15</p> <p>Gold (YMCA) 5:00-6:15</p> <p>Senior (SUP) 7:45-9:15</p> <p>Sr. Performance (SUP) 7:45-9:15</p>	<p>HWSA Distance Meet (Silver, Gold, Senior, Senior Perf. Swimmers only. Bronze by coach approval).</p>

23	24	25	26	27	28	29
	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 & Under (DGN) 6:00-7:00</p> <p>Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGN) Swim: 7:00-8:30</p> <p>Senior (DGN) Swim: 7:00-8:45</p> <p>Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>8 & Under (DGS) 6:00-7:00</p> <p>Bronze (DGS) 6:00-7:00</p> <p>Silver (YMCA) 6:45-8:00</p> <p>Gold (DGS) Swim: 7:00-8:30</p> <p>Senior (DGS) Swim: 7:00-8:45</p> <p>Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 & Under (DGN) 6:00-7:00</p> <p>Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGN) Swim: 7:00-8:30</p> <p>Senior (DGN) Swim: 7:00-8:45</p> <p>Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00</p>	<p>Mini-Hornets (YMCA) 6:45-7:30</p> <p>Jr Hornets (YMCA) 6:45-7:45</p> <p>8 & Under (DGN) X</p> <p>Bronze (DGN) X</p> <p>Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00</p> <p>Gold (DGN) X</p> <p>Senior (SUP) 7:45-9:15</p> <p>Sr. Performance (SUP) 7:45-9:15</p>	<p>8 & Under (DGS) 6:00-7:00</p> <p>Bronze (DGS) 6:00-7:00</p> <p>Silver (YMCA) 5:00-6:15</p> <p>Gold (YMCA) 5:00-6:15</p> <p>Senior (DGS) Swim: 7:00-8:45</p> <p>Sr. Performance (DGS) Swim: 7:00-9:00</p>	<p>Circle City Classic @ IUPUI Natatorium</p> <p>LWSA Winter Washout @ Lincoln Way Central</p>

30	31	1	2	3	4	5
Circle City Classic @ IUPUI Natatorium	Mini-Hornets (YMCA) 6:45-7:30		Mini-Hornets (YMCA) 6:45-7:30	Mini-Hornets (YMCA) 6:45-7:30		
LWSA Winter Washout @ Lincoln Way Central	Jr Hornets (YMCA) 6:45-7:45		Jr Hornets (YMCA) 6:45-7:45	Jr Hornets (YMCA) 6:45-7:45		
	8 & Under (DGN) 6:00-7:00	8 & Under (DGS) 6:00-7:00	8 & Under (DGN) 6:00-7:00	8 & Under (DGN) 6:00-7:00	8 & Under (SUP) 6:00-7:00	8 & Under (DGN) 5:30-6:30
	Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45	Bronze (DGS) 6:00-7:00	Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45	Bronze (DGN) 6:00-7:00	Bronze (SUP) 6:00-7:00	Bronze (DGN) 5:30-6:30
	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) 6:45-8:00	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) Dryland: 7:00-7:30 Swim: 7:45-9:00	Silver (YMCA) 5:00-6:15	Silver (DGN) 5:00-6:15
	Gold (DGN) Swim: 7:00-8:30	Gold (DGS) Swim: 7:00-8:30	Gold (DGN) Swim: 7:00-8:30	Gold (DGN) Dryland 6:00-6:45 Swim: 7:00-8:30	Gold (YMCA) 5:00-6:15	Gold (DGN) 3:00-5:00
	Senior (DGN) Swim: 7:00-8:45	Senior (DGS) Swim: 7:00-8:45	Senior (DGN) Swim: 7:00-8:45	Senior (DGN) Dryland 6:00-6:45 Swim: 7:00-8:45	Senior (SUP) 7:30-9:00	Senior (DGN) 3:00-5:00
	Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00	Sr. Performance (DGS) Dryland 6:00-6:45 Swim: 7:00-9:00	Sr. Performance (DGN) Dryland 6:00-6:45 Swim: 7:00-9:00	Sr. Performance (DGN) Swim: 7:00-9:00	Sr. Performance (SUP) 7:30-9:00	Sr. Performance (DGN) 3:00-5:30