



PRACTICE SCHEDULE

2023 Spring Schedule

April 11 - June 4, 2023



PLAINFIELD SITE

C.W. Avery Family YMCA: 15120 Wallin Dr, Plainfield, IL 60544

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zeppelin		5:00-5:45pm @ Avery		5:00-5:45pm @ Avery	5:00-6:00pm @ Avery	
Glider	5:00-6:00pm @ Avery		5:00-6:00pm @ Avery		6:00-7:00pm @ Avery	9:00-10:00am @ Avery
Stunt Pilot	6:00-7:00pm @ Avery	5:45-7:00pm @ Avery	5:15-5:45pm Dryland 6:00-7:00pm @ Avery	5:45-7:00pm @ Avery		10:00-11:00am @ Avery
Mach 1*		5:10-5:55pm Dryland 3:30-5:00pm @ Avery	3:30-5:00pm @ Avery	3:30-5:00pm @ Avery	5:10-5:55pm Dryland 3:30-5:00pm @ Avery	7:00-9:00am @ Avery
Mach 2	7:00-8:45pm @ Avery	6:00-6:45pm Dryland 7:00-8:30pm @ Avery	7:00-8:45pm @ Avery	7:00-8:30pm @ Avery	6:00-6:45pm Dryland 7:00-8:30pm @ Avery	7:00-9:00am @ Avery
Mach 3*	3:00-5:00pm @ Avery	5:10-5:55pm Dryland 3:00-5:00pm @ Avery	3:00-5:00pm @ Avery	3:00-5:00pm @ Avery	5:10-5:55pm Dryland 3:00-5:00pm @ Avery	7:00-9:00am @ Avery

***Mach 1 and Mach 3 swimmers who are unable to arrive at Avery by 3:00 or 3:30pm for their practice time may practice during the Mach 2 time. Please communicate this arrangement to Coach Dave.**



PRACTICE SCHEDULE

2023 Spring Schedule

April 11 - June 4, 2023



JOLIET SITE

Galowich Family YMCA: 749 Houbolt Rd, Joliet, IL 60431

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zeppelin	5:15-6:00pm @ Galowich		5:15-6:00pm @ Galowich			9:00-10:00am @ Galowich
Glider		5:15-6:15pm @ Galowich		5:15-6:15pm @ Galowich	5:00-6:00pm @ Galowich	9:00-10:00am @ Galowich
Stunt Pilot		6:15-7:30pm @ Galowich	6:00-7:00pm @ Galowich	6:15-7:30pm @ Galowich	5:00-5:45pm Dryland 6:00-7:00pm @ Galowich	8:00-9:00am @ Galowich
Mach 1	6:00-7:30pm @ Galowich		6:00-7:30pm @ Galowich	6:15-7:30pm @ Galowich	5:00-5:45pm Dryland 6:00-7:30pm @ Galowich	7:15-9:00am @ Galowich