



## TENTATIVE FALL/WINTER PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stroke Development Discovery		5:40-6:25p NNAC-North		5:40-6:25p NNAC-North		
Stroke Development Competitive	5:40-6:40p NNAC-North		5:40-6:40p NNAC-North		TBD NNAC-North	11:15a-12:15p NNAC-South
Stroke Development Reach	6:40-8:10p NNAC-North		6:40-8:10p NNAC-North		TBD NNAC-North	11:15a-12:15p NNAC-South
Age Group Competitive		6:45-8:15p NW	6:45-8:15p NW	6:45-8:15p NW		7:00-8:30a NNAC-North
Age Group Performance	6:45-8:15p NW	6:45-8:15p NW	6:45-8:15p NW	6:45-8:15p NW		7:00-8:30a NNAC-North
Senior Competitive	6:45-8:15p NW	6:25-8:15p NNAC-North	7:15-8:30p NNAC-South	6:25-8:15p NNAC-North		
Senior Reach	5:45-7:15p NNAC-South	5:45-7:15p NNAC-South	5:45-7:15p NNAC-South	5:45-7:15p NNAC-South		6:45-8:30a NNAC-South
Senior High Performance	5:45-7:45p NNAC-South SO, JA	5:45-7:45p NNAC-South SO, JA	5:45-7:15p NNAC-South SO, JA	5:45-7:45p NNAC-South SO, JA	TBD NNAC-South	6:45-8:30a NNAC-South

\* Practice times subject to change based on pool availability.

\*\* Friday TBD workouts are based on Niles North and/or Niles West HS meet schedules.

NNAC: Niles North Aquatics Center  
NW: Niles West Pool