



TENTATIVE FALL/WINTER PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stroke Development: Discovery	5:15-6:00p NNAC-North	5:15-6:00p NNAC-North		5:15-6:00p NNAC-North		
Stroke Development: Competitive	6:00-7:00p NNAC-North	6:00-7:00p NNAC-North		6:00-7:00p NNAC-North		10:00-11:00a NNAC-South
Stroke Development: Reach	7:00-8:30p NNAC-North	7:00-8:30p NNAC-North		7:00-8:30p NNAC-North		10:00-11:30a NNAC-South
Age Group: Competitive	6:00-7:30p NW	5:30-7:00p NNAC-South	6:00-7:30p NW	5:30-7:00p NNAC-South	5:30-7:00p NNAC-North	6:30-8:00a NNAC-North
Age Group: Performance	6:00-8:00p NW	5:30-7:00p Sw 7:15-8:00p Dry NNAC-South	6:00-8:00p NW	5:30-7:00p Sw 7:15-8:00p Dry NNAC-South	5:30-7:00p NNAC-North	6:30-8:00a NNAC-North
Senior: Competitive	6:00-6:45p Dry 7:00-8:30p Sw NNAC-South	7:00-8:30p Sw NNAC-South	6:00-6:45p Dry 7:00-8:30p Sw NNAC-South	7:00-8:30p Sw NNAC-South	7:00-8:30p Sw NNAC-North	6:30-8:00a NNAC-South
Senior: Reach	5:30-7:00p Sw NNAC-South	6:00-6:45p Dry 7:00-8:30p Sw NNAC-South	5:30-7:00p Sw NNAC-South	6:00-6:45p Dry 7:00-8:30p Sw NNAC-South	6:00-8:00p NNAC-South	6:00-8:00a NNAC-South
Senior: High Performance	5:30-7:00p Sw 7:15-8:00p Dry NNAC-South	6:00-8:00p NW	5:30-7:00p Sw 7:15-8:00p Dry NNAC-South	6:00-8:00p NW	6:00-8:00p NNAC-South	6:00-8:00a NNAC-South

* Practice times subject to change based on pool availability and high school swim meet schedules.

* There will be no practice scheduled when team is away at swim meets. (This includes Friday Night Sessions)

NNAC: Niles North Aquatics Center
NW: Niles West Pool