

## 2020 Short Course Schedule

To begin on October 5, 2020

| Group     | 8&U         |           |
|-----------|-------------|-----------|
| Monday    | 7:00-7:50p  | Rush      |
| Tuesday   |             |           |
| Wednesday | 4:10-5:00p  | LifeStart |
| Thursday  | 4:10-5:00p  | LifeStart |
| Friday    |             |           |
| Saturday  | 9:00-10:00a | LifeStart |
| Sunday    |             |           |

DuPage Swim Center, 520 N. Oakhurst, Aurora

FMC, 700 Blackhawk Dr, Westmont

Lifestart, 3333 Warrenville Rd., Lisle

Rush-Copley Healthplex, 1900 Ogden Ave, Aurora

Superior Training, 7580 S. Quincy St., Willowbrook

Note: Although subject to slight changes, this schedule should be relatively firm. The appropriate way to add dryland is still being determined.

| Group     | 9/10 Black        |           | 9/10 Gold         |           |
|-----------|-------------------|-----------|-------------------|-----------|
| Monday    |                   |           |                   |           |
| Tuesday   | 7:00-7:50p        | Rush      | 4:10-5:00p        | LifeStart |
| Wednesday | 7:00-7:50p        | Rush      | 7:15-8:05p        | DuPage    |
| Thursday  | 7:00-7:50p        | Rush      | 7:15-8:05p        | DuPage    |
| Friday    | 4:10-5:00p        | LifeStart | 4:30-5:20p        | Rush      |
| Saturday  | <b>4:30-5:55p</b> | Rush      | <b>6:05-7:30p</b> | Rush      |
| Sunday    |                   |           |                   |           |

| Group     | 13/14 Black        |        | 13/14 Gold        |        |
|-----------|--------------------|--------|-------------------|--------|
| Monday    | 8:35-9:45p         | DuPage | 7:15-8:25p        | DuPage |
| Tuesday   | <b>8:00-10:00p</b> | Rush   | 5:00-7:00a        | DuPage |
| Wednesday | 8:15-9:45p         | DuPage |                   |        |
| Thursday  |                    |        | 8:15-9:45p        | DuPage |
| Friday    | 5:00-7:00a         | DuPage | <b>5:30-7:30p</b> | Rush   |
| Saturday  | 4:00-5:55p         | DuPage | 6:05-8:00p        | DuPage |
| Sunday    | 12:30-2:15p        | FMC    | 12:30-2:15p       | FMC    |

| Group     | 11/12 Black       |          | 11/12 Gold        |          |
|-----------|-------------------|----------|-------------------|----------|
| Monday    |                   |          |                   |          |
| Tuesday   | 7:15-8:25p        | DuPage   | 8:35-9:45p        | DuPage   |
| Wednesday |                   |          |                   |          |
| Thursday  | 6:30-8:30p        | Superior | 6:30-8:30p        | Superior |
| Friday    | 7:15-8:25p        | DuPage   | 8:35-9:45p        | DuPage   |
| Saturday  | 5:00-6:25a        | DuPage   | 6:35-8:00a        | DuPage   |
| Sunday    | <b>4:30-5:55p</b> | Rush     | <b>6:05-7:30p</b> | Rush     |

| Group     | Senior Black       |        | Senior Gold        |        |
|-----------|--------------------|--------|--------------------|--------|
| Monday    | <b>8:00-10:00p</b> | Rush   | 5:00-7:00a         | DuPage |
| Tuesday   |                    |        |                    |        |
| Wednesday | 5:00-7:00a         | DuPage | <b>8:00-10:00p</b> | Rush   |
| Thursday  | 5:00-7:00a         | DuPage | <b>8:00-10:00p</b> | Rush   |
| Friday    |                    |        |                    |        |
| Saturday  | 12:30-2:15p        | FMC    | 12:30-2:15p        | FMC    |
| Sunday AM | <b>7:35-9:30a</b>  | DuPage | <b>5:30-7:25a</b>  | DuPage |
| Sunday PM | 4:15-6:15p         | Norris | 4:15-6:15p         | Norris |