

# 2023 FOX Long Course Summer Practice Schedule

This schedule will run from Tuesday, June 6th through the end of the season. This schedule is TENTATIVE as the high schools are still finalizing their schedules for the summer. Neuqua Valley High School is likely to be closed for maintenance after the 4th of July so changes to this schedule are likely for the month of July.

TDG (Group TBD)		
Monday	2:00-3:00	WV
Tuesday		
Wednesday	2:00-3:00	WV
Thursday		
Friday	2:00-3:00	WV

10U			
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday	5:15-5:45	5:45-7:15	WV
Tuesday			
Wednesday	5:15-5:45	5:45-7:15	WV
Thursday			
Friday	3:15-3:45	3:45-5:15	NV
Saturday			
Sunday		10:45a-12:15p	NV

Facilities
Neuqua Valley (NV) 2360 95th Street, Naperville
Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora
FMC Natatorium (FMC) 275 Plaza Dr, Westmont

11/12			
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday	3:30-4:00	4:00-5:45	WV
Tuesday		8:00-9:45a	WV
Wednesday	3:30-4:00	4:00-5:45	WV
Thursday		8:00-9:45a	WV
Friday	3:45-4:15	2:00-3:45	NV
Saturday			
Sunday		9:00-10:45a	NV

13/14				Senior		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday AM		5:45-8:00a	NV		5:45-8:00a*	NV
Monday	4:00-4:45	2:00-4:00p	WV	3:15-4:00	4:00-6:00p	NV
Tuesday		5:45-8:00a*	NV		5:45-8:00a*	NV
Wednesday AM		5:45-8:00a	NV		5:45-8:00a*	NV
Wednesday	4:00-4:45	2:00-4:00p	WV	3:15-4:00	4:00-6:00p	NV
Thursday		12:30-2:30p	FMC		12:30-2:30p	FMC
Friday AM					5:45-8:00a	NV
Friday	2:30-3:15**	12:30-2:30p	FMC	2:30-3:15**	12:30-2:30p	FMC
Sunday		7:00-9:00a	NV		9:15-11:30a	WV

High Performance			
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday AM		5:45-8:00a*	WV
Monday	4:00-4:45	2:00-4:00p	NV
Tuesday		5:45-8:00a*	WV
Wednesday AM		5:45-8:00a*	WV
Wednesday	4:00-4:45	2:00-4:00p	NV
Thursday		12:30-2:30p	FMC
Friday AM		5:45-8:00a	WV
Friday	2:30-3:15**	12:30-2:30p	FMC
Sunday		7:00-9:15a	WV

\*Senior/HP Mornings will be split as "Boys/Girls" as opposed to by groups. Girls will swim at NV, boys will swim at WV

\*\*Friday 13/14, SR and HP dryland will be weather permitting, outside at Ty Warner Park, across the street from FMC