

22/23 FOX Short Course Practice Schedule

This is a tentative baseline schedule for the short course season, though week-to-week specifics may vary based on high school pool schedules. The FOX meet schedule and high school programming will affect some days, Saturdays regularly. Depending on enrollment numbers, the Fry YMCA pool may be used on weeknights for additional programming. **Senior and 13/14 practice begins on August 29th. All 12 and Under and TDG groups start on September 6th.**

Group	8UC		8UB		8UA	
Monday	5:40-6:30p	NV	6:30-7:20p	NV	7:20-8:20p	NV
Tuesday	5:40-6:30p	NV	6:30-7:20p	NV	7:20-8:20p	NV
Wednesday	5:40-6:30p	NV	6:30-7:20p	NV	7:20-8:20p	NV
Thursday	5:40-6:30p	NV	6:30-7:20p	NV	7:20-8:20p	NV
Friday	6:55-8:20p WV Large Pool (35min dryland to start)					

	TDG 9/10		TDG 10/12 (older 10's)		TDG 12&O (older 12's)	
Monday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Tuesday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Wednesday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Thursday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV

	9/10			
	Dryland	Swim	Pool	
Monday	5:05-5:35	5:35-7:05 PM	WV	Facilities Neuqua Valley (NV) 2360 95th Street, Naperville Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora Fry Family Y (Fry Y) 2120 95th Street, Naperville
Tuesday		7:35-9:05	NV	
Wednesday	6:05-6:35	6:35-8:05	NV	
Thursday	5:05-5:35	5:35-7:05 PM	WV	
Friday				
Saturday		Variable	Variable	

Group	11/12 Black			Group	11/12 Gold		
	Dryland	Swim	Pool		Dryland	Swim	Pool
Monday	5:05-5:35 PM	5:35-7:10 PM	NV	Monday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Tuesday	6:55-7:25 PM	7:25-9:00 PM	WV	Tuesday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Wednesday	5:05-5:35 PM	5:35-7:10 PM	WV	Wednesday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Thursday	6:55-7:25 PM	7:25-9:00 PM	NV	Thursday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Friday	5:05-5:35 PM	5:35-6:55 PM	NV	Friday	5:05-5:35 PM	5:35-6:55 PM	NV
Saturday		Variable	Variable	Saturday		Variable	Variable

Group	13/14			Senior		
	Dryland	Swim	Pool	Dryland	Swim	Pool
Monday AM		*5:15-6:45 AM	WV		*5:15-6:45 AM	NV/WV
Monday	6:25-7:10	7:10-9:00 PM	NV	6:20-7:05 PM	7:05-9:05 PM	WV
Tuesday	4:50-5:35	5:35-7:25 PM	WV	4:50-5:35 PM	5:35-7:35 PM	NV
Wednesday AM					*5:15-6:45 AM	NV/WV
Wednesday	6:25-7:10	7:10-9:00 PM	WV	3:50-4:35 PM	4:35-6:35 PM	NV
Thursday	4:50-5:35	5:35-7:25 PM	NV	6:20-7:05 PM	7:05-9:05 PM	WV
Friday	6:10-6:55	6:55-8:30 PM	NV	4:50-5:35 PM	5:35-7:20 PM	WV
Saturday		Variable	Variable		6:40-8:55 AM	WV
	*8th graders are welcome to double on Monday, with AM practice at WV			*Athletes should attend their home school practice in the AM		