

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. Nequua 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 (Ages TBA)		TDG (Ages TBA)	
Monday	2:00-3:00	WV	3:00-4:00	WV
Tuesday				
Wednesday	2:00-3:00	WV	3:00-4:00	WV
Thursday				
Friday	2:00-3:00	WV	3:00-4:00	WV

	10U											
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>									
Monday	5:15-5:45	5:45-7:15	WV	<table border="1"> <thead> <tr> <th colspan="2">Facilities</th> </tr> </thead> <tbody> <tr> <td>Neuqua Valley (NV)</td> <td>2360 95th Street, Naperville</td> </tr> <tr> <td>Waubonsie Valley (WV)</td> <td>2590 Ogden Avenue, Aurora</td> </tr> <tr> <td>FMC Natatorium (FMC)</td> <td>275 Plaza Dr, Westmont</td> </tr> </tbody> </table>	Facilities		Neuqua Valley (NV)	2360 95th Street, Naperville	Waubonsie Valley (WV)	2590 Ogden Avenue, Aurora	FMC Natatorium (FMC)	275 Plaza Dr, Westmont
Facilities												
Neuqua Valley (NV)	2360 95th Street, Naperville											
Waubonsie Valley (WV)	2590 Ogden Avenue, Aurora											
FMC Natatorium (FMC)	275 Plaza Dr, Westmont											
Tuesday												
Wednesday	5:15-5:45	5:45-7:15	WV									
Thursday												
Friday	5:15-5:45	5:45-7:15	WV									
Saturday												
Sunday		10:45-1:15	NV									

Group	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	3:30-4:00	4:00-5:45	WV
Saturday			
Sunday		9:00-10:45	NV

Group	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	4:15-5:00	5:00-7:00p	NV
Tuesday		TBD	FMC		TBD	FMC
Wednesday AM		5:45-8:00a	NV		5:45-8:00a*	NV
Wednesday	4:00-4:45	2:00-4:00p	WV	4:15-5:00	5:00-7:00	NV
Thursday		TBD	FMC		TBD	FMC
Friday AM					5:45-8:00a	NV
Friday	4:00-4:45	2:00-4:00p	WV	4:15-5:00	5:00-7:00p	NV
Sunday		7:00-9:00	NV		9:15-11:30	WV

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

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