

21/22 Short Course Schedule

This is a baseline schedule for the short course season. The FOX meet schedule and high school programming will affect some days, Saturdays regularly. **Practice begins on September 1st.**

Group	8&U B		8&U A		TDG 9-11 NV	
Monday	5:50-6:40p	NV	6:40-7:30p	NV	7:30-8:30p	NV
Tuesday	5:50-6:40p	NV	6:40-7:30p	NV	7:30-8:30p	NV
Wednesday	5:50-6:40p	NV	6:40-7:30p	NV	7:30-8:30p	NV
Thursday	5:50-6:40p	NV	6:40-7:30p	NV	7:30-8:30p	NV
Friday	6:45-8:30p NV Large Pool (35min dryland to start)					

	TDG 9-11 WV		TDG 11/12		TDG 13&O	
Monday	5:50-6:50p	WV	6:50-7:50p	WV	7:50-8:50p	WV
Tuesday	5:50-6:50p	WV	6:50-7:50p	WV	7:50-8:50p	WV
Wednesday	5:50-6:50p	WV	6:50-7:50p	WV	7:50-8:50p	WV
Thursday	5:50-6:50p	WV	6:50-7:50p	WV	7:50-8:50p	WV

	9/10			Facilities
	Dryland	Swim		
Monday	5:10-5:50p	5:50-7:25p	NV	Neuqua Valley (NV) 2360 95th Street, Naperville Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora Fry Family Y (Fry Y) 2120 95th Street, Naperville
Tuesday	7:05-7:40p	7:40-9:15p	WV	
Wednesday	5:10-5:50p	5:50-7:25p	NV	
Thursday	7:05-7:40p	7:40-9:15p	WV	
Friday				
Saturday		1:30-3:00p	WV	

Group	11/12 Black			11/12 Gold		
	Dryland	Swim		Dryland	Swim	
Monday	7:05-7:40p	7:40-9:15p	WV	6:40-7:15p	7:15-8:50p	Fry Y
Tuesday	6:35-7:15p	7:15-8:50p	Fry Y	5:10-5:50p	5:50-7:25p	NV
Wednesday	7:05-7:40p	7:40-9:15p	WV	6:40-7:15p	7:15-8:50p	Fry Y
Thursday	5:10-5:50p	5:50-7:25p	NV	6:35-7:15p	7:15-8:50p	Fry Y
Friday	6:40-7:15p	7:15-8:35p	Fry Y	6:50-7:25p	7:25-8:45p	WV
Saturday		1:15-3:00p	NV		2:00-3:45p	Fry Y

Group	13/14			Senior		
	Dryland	Swim		Dryland	Swim	
Monday AM					*5:10-6:45a	NV/WV
Monday	4:55-5:50p	5:50-7:40p	WV	6:35-7:25p	7:25-9:15p	NV
Tuesday	6:40-7:25p	7:25-9:15p	NV	4:55-5:50p	5:50-7:40p	WV
Wednesday AM					*5:10-6:45a	NV/WV
Wednesday	4:55-5:50p	5:50-7:40p	WV	6:35-7:25p	7:25-9:15p	NV
Thursday	6:40-7:25p	7:25-9:15p	NV	4:55-5:50p	5:50-7:40p	WV
Friday	4:55-5:50p	5:50-7:25p	WV	5:00-5:50p	5:50-7:20p	NV
Saturday		11:15a-1:15p	NV		6:15-8:30a	WV

*Athletes should attend their home school practice in the AM