

# 2022 Long Course Schedule - Early Spring

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 will run from April 4 to the end of the IHSA Water Polo season (likely May 15).**

Group	8&U B		8&U A		TDG 9-11 NV
Monday	7:00-7:50p	NV	7:50-8:40p	NV	
Tuesday	7:00-7:50p	NV	7:50-8:40p	NV	
Wednesday	7:00-7:50p	NV	7:50-8:40p	NV	
Thursday	7:00-7:50p	NV	7:50-8:40p	NV	
Friday					

	TDG 9-11		TDG 12&O		TDG 13&O
Monday	7:30-8:20p	WV	8:20-9:10p	WV	
Tuesday	7:30-8:20p	WV	8:20-9:10p	WV	
Wednesday	7:30-8:20p	WV	8:20-9:10p	WV	
Thursday	7:30-8:20p	WV	8:20-9:10p	WV	

	9/10			
	<i>Dryland</i>	<i>Swim</i>		
Monday		7:15-8:50p	Fry Y	
Tuesday				
Wednesday		7:15-8:50p	Fry Y	
Thursday		7:15-8:50p	Fry Y	
Friday				
Saturday	Check the online calendar			
Sunday				

Facilities
Neuqua Valley (NV) 2360 95th Street, Naperville
Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora
Fry Family Y (Fry Y) 2120 95th Street, Naperville
FMC Natatorium (FMC) 275 Plaza Drive, Westmont

Group	11/12 Black			11/12 Gold		
	<i>Dryland</i>	<i>Swim</i>		<i>Dryland</i>	<i>Swim</i>	
Monday	6:30-7:00p	7:00-8:45p	NV			
Tuesday		7:15-8:50p	Fry Y	7:00-7:30p	7:30-9:15p	WV
Wednesday				7:00-7:30p	7:30-9:15p	WV
Thursday	7:00-7:30p	7:30-9:15p	WV			
Friday					7:15-8:50p	Fry Y
Saturday	Check online calendar			Check online calendar		
Sunday						

Group	13/14			Senior		
	<i>Dryland</i>	<i>Swim</i>		<i>Dryland</i>	<i>Swim</i>	
Monday				6:45-7:30p	7:30-9:30p	WV
Tuesday AM		5:15-6:45a	WV			
Tuesday PM				6:15-7:00p	7:00-9:00p	NV
Wednesday	6:15-7:00p	7:00-9:00p	NV			
Thursday AM					5:15-6:45a	NV/WV
Thursday PM	6:15-7:00p	7:00-9:00p	NV			
Friday AM					5:15-6:45a	NV/WV
Friday PM	6:45-7:30p	7:30-9:15p	WV	6:15-7:00p	7:00-8:45p	NV
Saturday	Check online calendar			Check online calendar		
Sunday		12:30-2:30p	FMC		12:30-2:30p	FMC

\*Athletes should attend their home school practice in the AM