

2022 Long Course Schedule - Summer

Facilities

Neuqua Valley (NV) 2360 95th Street, Naperville

Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora

FMC Natatorium 275 Plaza Drive, Westmont

This is a baseline schedule for the summer long course season. The FOX programming and high school availabilities will affect some days. **This schedule will begin the Monday, June 6.** A championship taper schedule will be utilized beginning the week of 7/18.

Group	Stroke Clinic 9/11		Stroke Clinic 12&O	
Monday	3:45-4:45p	WV	4:45-5:45p	WV
Tuesday				
Wednesday	3:45-4:45p	NV	4:45-5:45p	NV
Thursday				
Friday	3:45-4:45p	WV	4:45-5:45p	WV

Group	10&U		11/12		
	<i>Dryland</i>	<i>Swim</i>	<i>Dryland</i>	<i>Swim</i>	
Monday	3:30-4:00p	4:00-5:30p	3:45-4:15p	4:15-6:00p	WV
Tuesday			7:30-8:00a	8:00-9:45a	WV
Wednesday	3:45-4:45p	4:15-5:45p		4:00-5:45p	NV
Thursday			7:30-8:00a	8:00-9:45a	WV
Friday	3:30-4:00p	4:00-5:30p	3:45-4:15p	4:15-6:00p	WV
Saturday					
Sunday		9:15-11:00a		9:00-11:00a	NV

*Beginning 6/28 the Tue/Thu practice will move to NV 11:45a-2:00p

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

*During the Tennessee training trip 13/14 & Senior will practice together with a morning at WV on 6/17 and 6/23