

FOX VALLEY SWIMMING - 2021 Long Course **JUNE 6TH-JULY 25TH**

Schedule Subject to Change. The General Online Calendar is the PRIMARY Source for ALL Practices

GROUP	MON	TUE	WED	THUR	FRI	SAT	SUN
10U Age Group	6:15-7:45pm Neuqua		6:15-7:45pm Neuqua		6:15-7:45pm Neuqua		9:15-10:45am Waubonsie
10U Dryland	5:45-6:15pm Neuqua		5:45-6:15pm Neuqua		5:45-6:15pm Neuqua		
11/12 Age Group	4:15-6:00pm NTC		4:15-6:00pm NTC		7:00-8:45am NTC		8:15-10:00am NTC
11/12 Dryland	6:00-6:30pm NTC		6:00-6:30pm NTC		8:45-9:15am NTC		
11/12 + Age Group	4:15-6:00pm Neuqua	8:00-9:45am Waubonsie	4:15-6:00pm Neuqua	8:00-9:45am Waubonsie	4:15-6:00pm Neuqua		9:15-11:00am Neuqua
11/12 + Dryland	6:00-6:30pm Neuqua	7:30-8:00am Waubonsie	6:00-6:30pm Neuqua	7:30-8:00am Waubonsie	6:00-6:30pm Neuqua		
13/14 Age Group	5:30-7:45am Waubonsie	5:30-7:45am Waubonsie	4:00-6:00pm Waubonsie	5:30-7:45am Waubonsie	4:00-6:00pm Waubonsie		7:00-9:00am Waubonsie
13/14 Dryland		7:45-8:15am Waubonsie	6:00-6:45 Waubonsie	7:45-8:15am Waubonsie	6:00-6:45 Waubonsie		
13/14 + Age Group	5:30-7:45am Waubonsie	5:30-7:45am Waubonsie	5:30-7:45am Waubonsie	5:30-7:45am Waubonsie			7:00-9:00am Waubonsie
and							
13/14 + Age Group	4:00-6:00pm Waubonsie		4:00-6:00pm Waubonsie		4:00-6:00pm Waubonsie		
13/14 + Dryland	6:00-6:45pm Waubonsie	7:45-8:15am Waubonsie	6:00-6:45pm Waubonsie	7:45-8:15am Waubonsie	6:00-6:45pm Waubonsie		
Seniors	5:15-7:30am NTC	5:15-7:30am NTC	5:15-7:30am NTC	5:15-7:30am NTC	5:30-7:45am Neuqua		6:00-8:00am NTC
Seniors Dryland	7:30-8:00am NTC		7:30-8:00am NTC		7:45-8:15am Neuqua		
Seniors +	5:30-7:45am Neuqua	5:30-7:45am Neuqua	5:30-7:45am Neuqua	5:30-7:45am Neuqua	5:30-7:45am Waubonsie		7:00-9:00am Neuqua
and							
Seniors +	2:00-4:00pm Neuqua		2:00-4:00pm Neuqua		2:00-4:00pm Neuqua		
Seniors + Dryland	4:00-4:45pm Neuqua	7:45-8:15am Neuqua	4:00-4:45pm Neuqua	7:45-8:15am Neuqua	4:00-4:45pm Neuqua		
Stroke Clinic I 9-13yrs	6:15-7:45pm NTC		6:15-7:45pm NTC				10:15-11:45am NTC
Stroke Clinic II 9-13yrs	7:45-8:45am NTC		7:45-8:45am NTC				
Stroke Clinic III 8U		7:45-8:45am NTC		7:45-8:45am NTC			