

## 2026 FOX Long Course Senior March Schedule

All Senior 2 and HP swimmers should continue to practice through the month of March until spring break. Practice the week of 3/9 will follow our champ season practice schedule, which will be communicated directly to families. This schedule will start on Monday 3/16 and run through Thursday March 27, plus Monday 4/6. The schedule will switch to follow the "Early Spring Schedule" on Tuesday 4/7. The pools will be closed for maintenance during Spring Break, so ALL swimmers will follow this schedule and then be off from March 27-April 5. Our first double will be Monday 4/13

Group	Senior 2			High Performance		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
<b>Monday</b>	6:30-7:15	7:15-9:15	NV	6:30-7:15	7:15-9:15	WV
<b>Tuesday</b>	6:30-7:15	7:15-9:15	WV	6:30-7:15	7:15-9:15	NV
<b>Wednesday</b>	6:30-7:15	7:15-9:15	NV	6:30-7:15	7:15-9:15	WV
<b>Thursday</b>	6:30-7:15	7:15-9:15	WV	6:30-7:15	7:15-9:15	NV
<b>Friday</b>	4:30-5:15	5:15-7:30	NV	4:30-5:15	5:15-7:30	WV
<b>Saturday</b>		5:45-8:00a	WV		5:45-8:00a	WV
<b>Sunday</b>						

## 2026 FOX Long Course Early Spring Practice Schedule

This is FOX's Early Spring practice schedule, starting Tuesday 4/7. This schedule will run through the end of high school water polo season, Friday 5/15. This is the base schedule but there will be changes due to home high school water polo games, so please be sure to follow the online calendar and Weekly Update emails. Seniors will have their first double on Monday 4/13. There will also be a Late Spring schedule running from the end of water polo to the end school, and a summer schedule once school ends.

Group	8U B/C		8U A/B	
	<i>Swim</i>	<i>Facility</i>	<i>Swim</i>	<i>Facility</i>
<b>Monday</b>	7:15-8:05	NV	8:05-8:55	NV
<b>Tuesday</b>	7:15-8:05	NV	8:05-8:55	NV
<b>Wednesday</b>	7:15-8:05	NV	8:05-8:55	NV
<b>Thursday</b>	7:15-8:05	NV	8:05-8:55	NV
<b>Friday</b>	5:30-6:20	WV	6:20-7:10	WV

	TDG (9-11 Group)		TDG (11&O Group)	
	<i>Swim</i>	<i>Facility</i>	<i>Swim</i>	<i>Facility</i>
<b>Monday</b>	7:15-8:15	WV	8:15-9:15	WV
<b>Tuesday</b>	7:15-8:00	Fry	7:15-8:00	Fry
<b>Wednesday</b>	7:45-8:20	Fry	8:20-9:00	Fry
<b>Thursday</b>	7:15-8:00	Fry	7:15-8:00	Fry
<b>Friday</b>	7:15-8:15	NV	8:15-9:15	NV

	9/10			<b>Facilities</b>
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	
<b>Monday</b>				Neuqua Valley (NV) 2360 95th Street, Naperville
<b>Tuesday</b>	6:30-7:00	8:30-9:30	WV	Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora
<b>Wednesday</b>		7:15-8:15	WV	Fry Family Y (Fry Y) 2120 95th Street, Naperville
<b>Thursday</b>	6:45-7:15	7:15-8:45	NV	Naperville North HS (NN) 899 N Mill St, Naperville
<b>Friday</b>				
<b>Saturday</b>		11:15-12:45	NV	
<b>Sunday</b>		8:00-9:30a	NV	

Group	11/12		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
<b>Monday</b>			
<b>Tuesday</b>	6:45-7:15	7:15-8:30	WV
<b>Wednesday</b>	6:45-7:15	8:15-9:30	WV
<b>Thursday</b>			
<b>Friday</b>	6:45-7:15	7:15-9:00	WV
<b>Saturday</b>		1:15-3:00	NV
<b>Sunday</b>	11:00-11:30a	11:30a-1:15p	NV

Group	13/14			Senior 2		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
<b>Monday AM</b>					5:15-6:45a	NV
<b>Monday</b>				6:30-7:15	7:15-9:15	WV
<b>Tuesday AM</b>		5:15-6:45a	WV			
<b>Tuesday</b>		7:15-9:15	NV			
<b>Wednesday AM</b>					5:15-6:45a	NV
<b>Wednesday</b>						
<b>Thursday</b>	6:30-7:15	7:15-9:15	WV		7:40-9:30	NN
<b>Friday</b>	6:30-7:15	7:15-9:15	NV	4:30-5:15	5:15-7:15	WV
<b>Saturday</b>		11:15-1:15	NV		5:45-8:00a	WV
<b>Sunday</b>	11:30-12:15	9:30-11:30a	NV		TBD	

Group	High Performance			Senior 1		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>		<i>Swim</i>	<i>Pool</i>
<b>Monday AM</b>		5:15-6:45	NV			
<b>Monday</b>	6:30-7:15	7:15-9:15	NV		7:15-8:15	WV
<b>Tuesday</b>						
<b>Wednesday AM</b>		5:15-6:45	NV			
<b>Wednesday</b>	6:30-7:15	7:15-9:15	NV			
<b>Thursday</b>		7:40-9:30	NN			
<b>Friday</b>	4:30-5:15	5:15-7:15	WV		7:10-8:10	WV
<b>Saturday</b>		5:45-8:00a	WV		11:15-12:15	NV
<b>Sunday</b>		TBD			10:00-11:00a	NV

# 2026 FOX Long Course Late Spring Practice Schedule

This schedule will be used from the end of high school water polo season (mid-May) through Friday May 29. Our summer schedule will begin Monday June 1st.

Group	8U B/C		8U A/B	
<b>Monday</b>	6:00-6:50	NV	6:50-7:50	NV
<b>Tuesday</b>	6:00-6:50	NV	6:50-7:50	NV
<b>Wednesday</b>	6:00-6:50	NV	6:50-7:50	NV
<b>Thursday</b>	6:00-6:50	NV	6:50-7:50	NV
<b>Friday</b>	All Combined at WV. Swim 5:45-7:00. Dryland 7:00-7:30			

	TDG (9/11 Group)		TDG (11&O Group)	
<b>Monday</b>	5:50-6:50	WV	6:50-7:50	WV
<b>Tuesday</b>	5:50-6:50	WV	6:50-7:50	WV
<b>Wednesday</b>	5:50-6:50	WV	6:50-7:50	WV
<b>Thursday</b>	5:50-6:50	WV	6:50-7:50	WV

	9/10			
	Dryland	Swim	Pool	Facilities
<b>Monday</b>	5:15-5:45	5:45-7:15	WV	Neuqua Valley (NV) 2360 95th Street, Naperville
<b>Tuesday</b>		5:45-7:15	NV	Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora
<b>Wednesday</b>	5:15-5:45	5:45-7:15	WV	
<b>Thursday</b>	5:15-5:45	5:45-7:15	NV	
<b>Friday</b>				
<b>Saturday</b>		9:00-10:30a	WV	

Group	11/12		
	Dryland	Swim	Pool
<b>Monday</b>	6:50-7:20	7:20-8:55	NV
<b>Tuesday</b>	6:50-7:20	7:20-8:55	WV
<b>Wednesday</b>	6:50-7:20	7:20-8:55	NV
<b>Thursday</b>	6:50-7:20	7:20-8:55	WV
<b>Friday</b>	6:50-7:20	7:20-8:55	NV
<b>Saturday</b>		10:00a-12:00p	NV

Group	13/14			Senior 2		
	Dryland	Swim	Pool	Dryland	Swim	Pool
<b>Monday AM</b>					5:15-6:45a	NV
<b>Monday</b>	4:45-5:30	5:30-7:20	NV	5:30-6:15	3:30-5:30	NV
<b>Tuesday</b>	4:45-5:30	5:30-7:20	WV	5:30-6:15	3:30-5:30	WV
<b>Wednesday AM</b>					5:15-6:45a	NV
<b>Wednesday</b>	4:45-5:30	5:30-7:20	NV	5:30-6:15	3:30-5:30	NV
<b>Thursday</b>	4:45-5:30	5:30-7:20	WV	5:30-6:15	3:30-5:30	WV
<b>Friday</b>	4:45-5:30	5:30-7:20	NV	5:30-6:15	3:30-5:30	NV
<b>Saturday</b>		8:00-10:00a	NV		TBD	FMC

Group	High Performance			Senior 1	
	Dryland	Swim	Pool	Swim	Pool
<b>Monday AM</b>		5:15-6:45a	NV		
<b>Monday</b>	5:45-6:30	3:30-5:45	WV	7:50-8:50	NV
<b>Tuesday</b>	5:45-6:30	3:30-5:45	NV	7:50-8:50	NV
<b>Wednesday AM</b>		5:15-6:45a	NV		
<b>Wednesday</b>	5:45-6:30	3:30-5:45	WV	7:50-8:50	NV
<b>Thursday</b>	5:45-6:30	3:30-5:45	NV	7:50-8:50	NV
<b>Friday</b>	5:45-6:30	3:30-5:45	WV	7:30-8:30	WV
<b>Saturday</b>		TBD	FMC		

## 2026 FOX Long Course Summer Practice Schedule

This schedule will run from Monday, June 1st through the end of the season. The last day of FOX for non-championship swimmers will be Friday July 10th. All championship qualifiers will continue to train through the end of their last FOX championship meet. \*\*\*\*There is a chance that Neuqua will be going down for maintenance following the 4th of July. If this happens, changes to the practice schedule will be communicated as far ahead as possible\*\*\*\*

	TDG		Senior 1	
<b>Monday</b>	2:00-3:00	WV	3:00-4:00	WV
<b>Tuesday</b>				
<b>Wednesday</b>	2:00-3:00	WV	3:00-4:00	WV
<b>Thursday</b>				
<b>Friday</b>	2:00-3:00	WV	3:00-4:00	WV

	10U			
	Dryland	Swim	Pool	
<b>Monday</b>	5:15-5:45	5:45-7:15	WV	
<b>Tuesday</b>				
<b>Wednesday</b>	5:15-5:45	5:45-7:15	WV	
<b>Thursday</b>				
<b>Friday</b>	3:15-3:45	5:45-7:15	WV	
<b>Saturday</b>				
<b>Sunday</b>		11:45a-1:15p	NV	

Group	11/12		
	Dryland	Swim	Pool
<b>Monday</b>	3:30-4:00	4:00-5:45	WV
<b>Tuesday</b>		8:00-9:45a	WV
<b>Wednesday</b>	3:30-4:00	4:00-5:45	WV
<b>Thursday</b>		8:00-9:45a	WV
<b>Friday</b>	3:30-4:00	4:00-5:45	NV
<b>Saturday</b>			
<b>Sunday</b>		10:00-11:45a	NV

Group	13/14			Senior 2		
	Dryland	Swim	Pool	Dryland	Swim	Pool
<b>Monday AM</b>		5:45-8:00a	NV		5:45-8:00a	NV
<b>Monday</b>	4:00-4:45	2:00-4:00p	WV	4:00-4:45p	2:00-4:00p	NV
<b>Tuesday</b>		12:45-2:45p	WV		12:45-2:45p	WV
<b>Wednesday AM</b>		5:45-8:00a	NV		5:45-8:00a	NV
<b>Wednesday</b>	4:00-4:45	2:00-4:00p	WV	4:00-4:45p	2:00-4:00p	NV
<b>Thursday</b>		12:45-2:45p	WV		12:45-2:45p	
<b>Friday AM</b>					5:45-8:00a	NV
<b>Friday</b>	4:00-4:45	2:00-4:00p	WV	3:15-4:00p	4:00-6:00p	NV
<b>Sunday</b>		8:00-10:00a	NV		10:00-12:00p	WV

Group	High Performance		
	Dryland	Swim	Pool
<b>Monday AM</b>		5:45-8:00a	WV
<b>Monday</b>	3:00-3:45p*	1:00-3:00p	SCE
<b>Tuesday</b>		12:45-2:45p	NV
<b>Wednesday AM</b>		5:45-8:00a	WV
<b>Wednesday</b>	3:00-3:45p*	1:00-3:00p	SCE
<b>Thursday</b>		12:45-2:45p	NV
<b>Friday AM</b>		5:45-8:00a	WV
<b>Friday</b>	4:00-4:45p	2:00-4:00p	NV
<b>Sunday</b>		8:00-10:00a	WV

\*HP dryland on M/W afternoon will take place outdoors in the park next to St. Charles East HS after long course practice. Dryland is weather dependent on these days