

24/25 FOX Short Course Practice Schedule-Starting 9/3/24

This is a TENTATIVE practice schedule for our Short Course season. Senior swimmers will start practice on Monday, August 28th while all other groups will start on Tuesday, September 3rd. This schedule is subject to change following the completion of Girl's high school season and changing HS practice schedules for the Boy's season starting on 11/25.

Group	8UC		8UB		8UA	
Monday	5:30-6:20p	NV	6:20-7:10p	NV	7:10-8:10p	NV
Tuesday	5:30-6:20p	NV	6:20-7:10p	NV	7:10-8:10p	NV
Wednesday	5:30-6:20p	NV	6:20-7:10p	NV	7:10-8:10p	NV
Thursday	5:30-6:20p	NV	6:20-7:10p	NV	7:10-8:10p	NV
Friday	7:00-8:45p WV Large Pool (30 min dryland to start)					

	TDG 9/10		TDG 11/12		TDG 13+	
Monday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Tuesday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Wednesday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Thursday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV

	9/10			Facilities
	Dryland	Swim	Pool	
Monday	5:00-5:30p	5:30-7:00p	WV	Neuqua Valley (NV) 2360 95th Street, Naperville Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora Fry Family Y (Fry Y) 2120 95th Street, Naperville
Tuesday		7:30-9:00p	NV	
Wednesday	7:00-7:30p	7:30-9:00p	NV	
Thursday	5:00-5:30p	5:30-7:00p	WV	
Friday				
Saturday		11:30-1:00p	NV	

Group	11/12 Black			Group	11/12 Gold		
	Dryland	Swim	Pool		Dryland	Swim	Pool
Monday	5:00-5:30 PM	5:30-7:05 PM	NV	Monday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Tuesday	6:50-7:20 PM	7:20-8:55 PM	WV	Tuesday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Wednesday	5:00-5:30 PM	5:30-7:05 PM	WV	Wednesday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Thursday	6:50-7:20 PM	7:20-8:55 PM	NV	Thursday	6:30-7:00 PM	7:10-8:45 PM	Fry Y
Friday	5:00-5:30 PM	5:30-7:05 PM	NV	Friday	5:00-5:30 PM	5:30-7:05 PM	NV
Saturday		1:00-2:45 PM	WV	Saturday		1:00-2:45 PM	WV

Group	13/14			Senior 1		
	Dryland	Swim	Pool	Dryland	Swim	Pool
Monday	6:20-7:05	7:05-8:55 PM	NV		8:10-9:05	NV
Tuesday	4:45-5:30	5:30-7:20 PM	WV		8:10-9:05	NV
Wednesday	6:20-7:05	7:05-8:55 PM	WV		8:10-9:05	NV
Thursday	4:45-5:30	5:30-7:20 PM	NV		8:10-9:05	NV
Friday	6:20-7:05	7:05-8:55 PM	NV		5:45-7:00	WV
Saturday		11:00 AM- 1:00 PM	WV			

Group	Senior 2			High Performance		
	Dryland	Swim	Pool	Dryland	Swim	Pool
Monday AM		*5:15-6:45 AM	NV		*5:15-6:45 AM	NV
Monday	6:15-7:00 PM	7:00-9:00 PM	WV	6:15-6:45 PM	6:45-9:00 PM	WV
Tuesday	4:45-5:30 PM	5:30-7:30 PM	NV	4:45-5:30 PM	5:30-7:45 PM	NV
Wednesday AM		*5:15-6:45 AM	NV		*5:15-6:45 AM	NV
Wednesday	4:45-5:30 PM	5:30-7:30 PM	NV	4:45-5:30 PM	5:30-7:30 PM	NV
Thursday	6:15-7:00 PM	7:00-9:00 PM	WV	6:15-6:45 PM	6:45-9:00 PM	WV
Friday	4:45-5:30 PM	5:30-7:30 PM	WV	4:45-5:30 PM	5:30-7:30 PM	WV
Saturday		5:45-8:00 AM	WV		5:45-8:00 AM	WV

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