

25/26 FOX Short Course Practice Schedule-Starting 9/2/25

This is a TENTATIVE practice schedule for our Short Course season. Senior swimmers will start practice on Monday, August 26th while all other groups will start on Tuesday, September 2nd.

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 10/11		TDG 12+	
Monday	5:40-6:40p	WV	6:40-7:40p	WV	7:40-8:40p	WV
Tuesday	7:45-8:50	Fry	7:45-8:50	Fry		
Wednesday			7:45-8:50	Fry	7:45-8:50	Fry
Thursday	7:45-8:45	Fry			7:45-8:50	Fry
Friday	5:40-6:40p	NV	6:40-7:40p	NV	7:40-8:40p	NV

	9/10			
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	
Monday	5:00-5:30p	5:30-7:00p	WV	Facilities 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	NV	
Friday				
Saturday		12:15-1:45p	WV	

Group	11/12		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
Monday	5:00-5:30 PM	5:30-7:05 PM	NV
Tuesday	6:50-7:20 PM	7:20-8:55 PM	WV
Wednesday	5:00-5:30 PM	5:30-7:05 PM	WV
Thursday	6:50-7:20 PM	7:20-8:55 PM	WV
Friday	5:00-5:30 PM	5:30-7:05 PM	NV
Saturday		1:00-2:45 PM	NV

Group	13/14			Senior 1		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
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	WV		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	NV			

Group	Senior 2			High Performance		
	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>	<i>Dryland</i>	<i>Swim</i>	<i>Pool</i>
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	NV	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		10:00a-12:15p	WV		10:00a-12:15p	WV
	*All mornings will be at NV			*All mornings will be at NV		