



# PRACTICE SCHEDULE

## 2023 Summer Schedule

June 5 - August 2, 2023



### PLAINFIELD SITE

**C.W. Avery Family YMCA:** 15120 Wallin Dr, Plainfield, IL 60544

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zeppelin</b>		5:00-5:45pm @ Avery		5:00-5:45pm @ Avery	5:00-6:00pm @ Avery	
<b>Glider</b>	5:00-6:00pm @ Avery		5:00-6:00pm @ Avery		6:00-7:00pm @ Avery	9:00-10:00am @ Avery
<b>Stunt Pilot</b>	6:00-7:00pm @ Avery	5:45-7:00pm @ Avery	5:15-5:45pm Dryland 6:00-7:00pm @ Avery	5:45-7:00pm @ Avery		10:00-11:00am @ Avery
<b>Mach 1</b>	7:00-8:30pm @ Avery	6:00-6:45pm Dryland 7:00-8:30pm @ Avery	7:00-8:30pm @ Avery	6:00-6:45pm Dryland 7:00-8:30pm @ Avery		7:00-9:00am @ Avery
<b>*Mach 2</b>	7:00-8:30am @ Avery	8:40-9:25am Dryland 7:00-8:30am @ Avery	6:30-8:30am @ Avery	8:40-9:25am Dryland 7:00-8:30am @ Avery	6:30-8:30am @ Avery	7:00-9:00am @ Avery
<b>*Mach 3</b>	6:30-8:30am @ Avery	5:10-5:55pm Dryland 3:00-5:00pm @ Avery	6:30-8:30am @ Avery	5:10-5:55pm Dryland 3:00-5:00pm @ Avery	6:30-8:30am @ Avery	7:00-9:00am @ Avery

**\*Mach 2 and Mach 3 swimmers who are unable to attend their morning practice time may practice during the Mach 1 time in the evenings. Please communicate this arrangement to Coach Dave.**



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June 5 - August 2, 2023



### JOLIET SITE

**Galowich Family YMCA:** 749 Houbolt Rd, Joliet, IL 60431

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zeppelin</b>	5:15-6:00pm @ Galowich		5:15-6:00pm @ Galowich			9:00-10:00am @ Galowich
<b>Zeppelin 2</b>		4:30-5:15pm @ Galowich	5:15-6:00pm @ Galowich	4:30-5:15pm @ Galowich		
<b>Glider</b>		5:15-6:15pm @ Galowich		5:15-6:15pm @ Galowich	5:00-6:00pm @ Galowich	9:00-10:00am @ Galowich
<b>Stunt Pilot</b>	6:00-7:30pm @ Galowich		5:00-5:45pm <i>Dryland</i> 6:00-7:00pm @ Galowich	6:15-7:30pm @ Galowich	6:00-7:00pm @ Galowich	8:00-9:00am @ Galowich
<b>Mach 1</b>	6:00-7:30pm @ Galowich		5:00-5:45pm <i>Dryland</i> 6:00-7:30pm @ Galowich	6:15-7:30pm @ Galowich	6:00-7:30pm @ Galowich	7:15-9:00am @ Galowich