

June 1 - September 30, 2018 Practice Schedule

Naperville Waves Swim Club www.waves.clubexpress.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am Naperville Beginner Waves	5:30-6:30am A 6:30-7:30am I Naperville (technique)	5:30-6:30am Seven Bridges (distance)	5:30-6:30am A 6:30-7:30am I Naperville (stroke & sprint)		5:30-6:30am A 6:30 -7:30am BI Seven Bridges (middle dist)	7:30-9am A Naperville 7:30-8:45am I Seven Bridges
OWS in Chicago at Ohio St Beach below	10-11am A 11am-12pm I Naperville (technique)	10-11:15am Naperville I / A 10-11am Seven Bridges BEGINNER		10-11am Naperville BEGINNER 10-11am Seven Bridges I / A	10-11am A 11am-12pm I Naperville Mixed	6 Saturdays Practices will be at Hinsdale Community Pool See below
		5-6pm Naperville Distance		5-6pm Naperville stroke & sprint		
		7-8:30pm Naperville distance	6pm Centennial Beach June 6 to August 15 Then 7B 7:30pm	7 - 8:15pm Naperville Stroke & sprint		

PRACTICES AT HINSDALE COMMUNITY POOL 500 W Hinsdale Ave Hinsdale, IL
 June 16—10:00am-11:15am, June 30—10:00am-11:15am, July 14—10:00am-11:15am, July 28—
 9:30am-10:45am, August 4—9:30am-10:45am, August 11—9:30am-10:45am
(NO Saturday practices at Edward these dates)

OHIO ST BEACH PRACTICES in CHICAGO SUNDAYS 9 - 10:30am - TBA

PRACTICES at CENTENNIAL BEACH will run Wednesdays June 6 to August 15. Starting
 Wednesday August 22 practice will resume at 7 Bridges 7:30-8:30pm

NO PRACTICE: Wednesday July 4th and Monday Sept 3 (Labor Day) 5:30-7:30am
 Questions? Check web site, facebook page or email Coach Sue at coachsuewelker@gmail.com