

Waves Summer Season 2008 Weekly Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am Naperville Beginner Waves	5:30-6:30 A 6:30-7:30 I Naperville (technique)	5:30-6:30am <i>Seven Bridges</i> (stroke & sprint)	5:30-6:30 A 6:30-7:30 I Naperville (distance)		5:30-6:30am <i>Seven Bridges</i> (coach choice)	7:30-9am A Naperville 7:30-8:45am I <i>Seven Bridges</i>
	10-11am-A 11am-12pm I Naperville (technique)	10-11:15am Naperville (distance) 10 – 11am 7Bridges Beginner Waves		10-11am <i>Seven Bridges</i> (sprint) 10 – 11am Naperville Beginner Waves	10-11am A 11am-12pm I Naperville (coach choice)	
3 - 4pm Naperville Or Open water practices see schedule				4:45–5:45pm Naperville (stroke & sprint)		
	8-9pm <i>Seven Bridges</i> (technique)	7-8pm I 8-9:15pm A Naperville (distance)	6pm CENTENNIAL BEACH (Open water)	7-8pm I 8-9pm A Naperville (sprint)		

I - Intermediate practices – most practices 1800 – 2200 yards

A- Advanced practices – most practices +/- 3000 yards

Beginner Waves is for our senior swimmers & those newest to the program

If a practice is not coded it is open to all swimmers

Check our web site for the most up to date practice changes

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