

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Practice Group Definitions FUN – Fundamental DEV– Developmental INT- Intermediate ADV – Advanced BLU – Blue Group WHT – White Group						
			1 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	2 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	3 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	4 7:00-8:45 BLU 8:00-10:00 WHT 8:45-10:15 ADV
5	6 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	7 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	8 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	9 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	10 FOX Meet @ NVHS	11 FOX Meet @ NVHS
12 FOX Meet @ NVHS	13 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	14 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	15 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	16 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV	17 4:15-5:00 FUN 5:00-7:00 WHT 5:00-6:15 INT 6:15-7:15 DEV 7:00-8:45 BLU 7:15-8:45 ADV <i>Last Day of Practice Feed the Fire Only Swimmers</i>	18 Feed the Fire Meet @ OEHS
19 Feed the Fire Meet @ OEHS Swimmers with Regional or State cuts continue practice →	20 5:00-7:00 WHT *6:00-7:15 INT *6:00-7:00 DEV 7:00-8:45 BLU 7:15-8:45 ADV	21 5:00-7:00 WHT *6:00-7:15 INT *6:00-7:00 DEV 7:00-8:45 BLU 7:15-8:45 ADV	22 5:00-7:00 WHT *6:00-7:15 INT *6:00-7:00 DEV 7:00-8:45 BLU 7:15-8:45 ADV	23 5:00-7:00 WHT *6:00-7:15 INT *6:00-7:00 DEV 7:00-8:45 BLU 7:15-8:45 ADV <i>Last Day of Practice Regional Only Swimmers</i>	24 Regional Meet @ NVHS	25 Regional Meet @ NVHS
26 Regional Meet @ NVHS Swimmers with State cuts continue practice →	27 4:00-6:00 WHT 6:00-7:30* Age Group State Swimmers	28 4:00-6:00 WHT 6:00-7:30* Age Group State Swimmers	29 4:00-6:00 WHT 6:00-7:30* Age Group State Swimmers	*State Swimmers are those swimmers attending the Age Group State Meet for individual or relay events. However, swimmers will not practice longer than the length of their normal group practice and as the days go on, they will get out of practice earlier because they are resting for the meet.		
<p style="text-align: center;"> Call the Delta hotline at 630-636-2456 for updates and changes to the daily practice schedule. Don't forget to check out www.deltaaquatics.com for all your swimming needs! </p>						

2012