

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|-------------|----------------------------|-------------|-------------|-------------|--------------------------|-----------|
| | Dec 2 | Dec 3 | Dec 4 | Dec 5 | Dec 6 | Dec 7 | Dec 8 |
| Bronze 10U | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | Mesa Meet | Mesa Meet |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | Mesa Meet | Mesa Meet |
| Silver | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | Mesa Meet | Mesa Meet |
| Gold | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | Mesa Meet | Mesa Meet |
| Pre Senior | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | Mesa Meet | Mesa Meet |
| Senior | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | Mesa Meet | Mesa Meet |
| Senior Elite | 4:45-7:30pm | 5:45-7:00am 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-6:45pm | Mesa Meet Individual* | Mesa Meet |

Last Ditch Mesa Meet - Last meet where swimmers can get qualified for WAG and Senior Meet later in the month

*Senior Elite Swimmers that are not swimming at the meet on Saturday will complete posted practice individually. More info will be sent out.

Board meeting - Thursday December 5th starting at 5:30pm at Jessie Turner Center. All parents are welcomed.

Website/Recommended reading/Videos -[You don't have to go to practice today. You Get To.](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→**You don't have to go to practice today. You Get To.**)