

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	WAG	WAG
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	WAG	WAG
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	WAG	WAG
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:00pm	4:45-6:45pm*	WAG	WAG

Winter Age Group Championship - more information will be sent out during the week. Swimmers that are not competing will attend their group practice.

\*Senior Elite - if not attending wag on Friday, practice will be offered with Senior Group.

Parent meeting - Tuesday December 10th starting at 5:30pm. More info will be sent out on Monday.

**Website/Recommended reading/Videos -[How To Be Mentaly Ready At Your Next Meet](#)**

([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→For Swimmers→[How To Be Mentaly Ready At Your Next Meet](#))