

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16
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		
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
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		
Senior Elite	4:45-7:30pm	5:00-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	Senior Q Challenge	Senior Q Challenge

Senior Elite, Tuesday Feb 11 no morning practice, afternoon begins at 5pm

*Monday is supposed to be very windy, we will inform you if there are any changes to your group's practice

Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→**A few Suggestions on How to be a Better Swim Parent**)