

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
Bronze 10U	No Practice	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	No Practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	No Practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	No Practice	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	No Practice	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	No Practice	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	No Practice	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-9:00am	

**Monday no practice for all groups, the pool will be closed in observance of Presidents' Day.**

BRW meet February 29 - March 1 registration deadline is today, please declare your swimmers.

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

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