

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9
Bronze 10U	4:30-5:15pm	5:00-5:45pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Committee Champs	Committee Champs
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Committee Champs	Committee Champs
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Committee Champs	Committee Champs
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Committee Champs	Committee Champs
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Committee Champs	Committee Champs
Senior	4:45-6:45pm	5:00-7:00pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Committee Champs	Committee Champs
Senior Elite	4:45-7:30pm	5:00-7:30pm*	4:45-7:30pm	5:15-7:30pm	4:45-7:30pm	Committee Champs	Committee Champs

Tuesday Feb 4th - Practices for some groups will be adjusted due to water polo game on Tuesday that will most likely end at around 5pm. Groups starting at 4:30 will begin with dry land.

February 8-9 - Eastern Committee Championship Meet. Congratulations to all swimmers that qualified to represent FAC at this championship meet. GO FAC!

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](#))