

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2
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	4:30-6:30pm	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	4:30-7:30pm*	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

*Senior Elite no Tuesday AM practice, get extra sleep, practice in the PM will start 4:30pm with 10 min shoulder stability and core exercises and 4:45-7:30pm swim

Board meeting - Thursday, January 30 at JTC

Website/Recommended reading/Videos - [Eat Right, Swim Faster - Nutritional Guide](#) (www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→Eat Right, Swim Faster - Nutritional Guide)