

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 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	Spring JO's 4:30-6:00pm	Spring JO's	Spring JO's
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	Spring JO's 4:30-6:00pm	Spring JO's	Spring JO's
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	Spring JO's 4:45-6:45pm	Spring JO's	Spring JO's
Senior Elite	4:45-7:30pm	5:45-7:00am* 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	Spring JO's 4:45-7:30pm*	Spring JO's 7-9am posted pr.	Spring JO's

Spring JO's Championship Meet at Rosebowl Thursday March 12 - Sunday March 15

Senior Elite:

Tuesday morning practice for non JO swimmers only

Friday night combined with Senior group (JO swimmers at JO's)

Saturday posted practice for non JO swimmers only

Gold Group:

Friday practice adjusted due to JO's

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](#))