

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
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	4:30-6:30pm	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	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	5:30-7:30pm	9-11am**	

*Happy Veterans Day! Enjoy the day off.

** Senior Elite Practice on Saturday will be at Crafton Hills College and will be long course. No dry land, swim only.

Website/Recommended reading/Videos -[It's Not Just Words: 10 Smart Word Choices](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→ [It's Not Just Words: 10 Smart Word Choices](#))