

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
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	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm*	11am-1pm**	

* Yoga 4:45-5:45pm Senior Elite and Senior Group

**** Senior Elite Practice on Saturday will be at Crafton Hills College and will be long course. Dry land will consist of team building activity called lane lines and covers.**

Parent Meeting - on Tuesday November 19th 5:30-6:30pm. For more info please reach out to Stacy (FAC VP)

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)