

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Happy Thanksgiving	No Practice		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Happy Thanksgiving	No Practice		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Happy Thanksgiving	No Practice		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Happy Thanksgiving	No Practice		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Happy Thanksgiving	No Practice		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Happy Thanksgiving	No Practice		
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	Happy Thanksgiving	No Practice	No Practice	

November 28 - December 1 - Thanksgiving Break

Website/Recommended reading/Videos -[Find Your Marigolds: The One Essential Rule](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→ Find Your Marigolds: The One Essential Rule)