

	Monday	Tuesday	Wednesday	Thursday*	Friday	Saturday	Sunday
	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Home Meet	Home Meet	Home Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Home Meet	Home Meet	Home Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Home Meet	Home Meet	Home Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Home Meet	Home Meet	Home Meet
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Home Meet	Home Meet	Home Meet
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Home Meet	Home Meet	Home Meet
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30-7:30pm	5:30-7:30pm	Home Meet	Home Meet	Home Meet

Home Meet - all swimmers swim, all parents volunteer. No practice on Friday. Information about check in times and other details will be sent out during the week.

Board Meeting - Thursday, November 7th 5:30-8:30pm at JTC. Opened to all members. If interested please let us know so we have agenda printed out for you.

**Website/Recommended reading/Videos - [Your Body Language Shapes Who You Are](http://www.fontanaaquatics.org) (www.fontanaaquatics.org)→Resources→Videos→
Your Body Language Shapes Who You Are (Amy Cuddy))**