

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
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	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm		
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*	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

Morning practice starts this week for senior elite group

Board Meeting is going to be held on Monday at 5:30pm at Jessie Turner

Website/Recommended reading/Videos - [Leadership vs Management](#) (www.fontanaaquatics.org)→Resources→Recommended Reading→[Leadership vs Management](#))

Connect with your team on social media:

Instagram - @fontanaaquatics

Facebook - fontana aquatics club