

	Monday	Tuesday	Wednesday	Thursday*	Friday	Saturday	Sunday
	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
Bronze 10U	4:30-5:15pm	4:30-5:15pm	Halloween Party	Happy Halloween	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	Halloween Party	Happy Halloween	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	Halloween Party	Happy Halloween	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	Halloween Party	Happy Halloween	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	Halloween Party	Happy Halloween	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	Halloween Party	Happy Halloween	4:45-6:45pm		
Senior Elite	4:45-7:30pm**	5:45-7:00am* 5:30-7:30pm	Halloween Party 5-7pm swim	5:45-7:00am Happy Halloween	4:45-7:30pm	Annual Senior Elite Hike 8am-12pm	

**Annual Senior Elite Hike** - more information will be sent out during the week

\* No Practice on Halloween - HAPPY HALLOWEEN!

\*\*No dry land for Senior Elite Group - we are swimming the entire practice this week

Website/Recommended reading/Videos - **A few Suggestions on How to be a Better Swim Parent**

([www.fontanaaquatics.org](http://www.fontanaaquatics.org))→Resources→Recommended Reading→For Parents→ **A few Suggestions on How to be a Better Swim Parent**)