

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	PDSC Meet	PDSC Meet
Bronze 11-12	6:00-6:45pm	5:30-6:15pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	PDSC Meet	PDSC Meet
Silver	4:30-6:00pm	4:30-5:30pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	PDSC Meet	PDSC Meet
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	PDSC Meet	PDSC Meet
Pre Senior	6:45-7:45pm	6:00-7:00pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	PDSC Meet	PDSC Meet
Senior	5:15-7:15pm	5:15-7:00pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	PDSC Meet	PDSC Meet
Senior Elite	4:45-7:30pm	5:00-7:00pm	4:45-7:30pm	5:30-7:30pm	4:45-6:45pm*	PDSC Meet	PDSC Meet

\*Senior Elite will be combined with Senior Group on Friday as some swimmers are attending PDSC Meet on Friday.

**PDSC Meet** - Palm Desert Meet, detailed information will be sent during the week.

**Website/Recommended reading/Videos** - Winning the workout ([www.fontanaaquatics.org](http://www.fontanaaquatics.org))→Resources→Videos→Win the workout (V.Gambeta))

**Connect with your team on social media:**

Instagram - @fontanaaquatics

Facebook - fontana aquatics club