

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 2	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8
Bronze 10U	No practice	4:30-5:15pm 4:30-5:15pm Parent meeting	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	FAC Mock Meet	off
Bronze 11-12	No practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm, 6:00-6:45pm Parent Meeting	6:00-6:45pm	FAC Mock Meet	off
Silver	No practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm, 4:30-5:30pm Parent Meeting	4:30-6:00pm	FAC Mock Meet	off
Gold	No practice	4:30-6:30pm	4:30-6:30pm, 5:30-6:30pm parent meeting	4:30-6:30pm	4:30-6:30pm	FAC Mock Meet	off
Pre Senior	No practice	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm, 6:45-7:45pm Parent Meeting	6:45-7:45pm	FAC Mock Meet	off
Senior	No practice	5:15-7:15pm, 5:15-6:15pm Parent Meeting	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	FAC Mock Meet	off
Senior Elite	No practice	5:30-7:30pm	4:45-7:30pm, 4:30-5:30pm parent meeting	5:30-7:30pm	4:45-7:30pm	FAC Mock Meet	off

No practice on Monday - Labor Day

Mock Meet - Saturday, September 7th. We are starting the warm up at 7am. Each group will have assigned lanes to warm up.

Parent Meetings - All families must attend. Swimmers 13 and over attend with at least one parent.

Tryouts - To schedule a try out please email fontanaseahorse@gmail.com or call Head Coach Renata Martinez 626-222-5063.

Website/Resources - Helpful resources for swimmers and parents at www.fontanaaquatics.org/resources.