

| | 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.