

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 23	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Mesa Tri Meet	
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Mesa Tri Meet	
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Mesa Tri Meet	
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Mesa Tri Meet	
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	Mesa Tri Meet	
Senior	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	Mesa Tri Meet	
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	Mesa Tri Meet	

**Mesa Tri Meet** - Great opportunity for swimmers get more competitive experience and get closer to their goals. More info will be sent out this week

**Fitter and Faster Clinic** - This weekend in Chino Hills. You still have time to register!

**Website/Recommended reading** - Pick your Target ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→Pick your Target)

**WhatsApp** - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

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

**Instagram** - @fontanaaquatics

**Facebook** - fontana aquatics club