

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 30	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Car Wash Fundraiser	Picture Day
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Car Wash Fundraiser	Picture Day
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Car Wash Fundraiser	Picture Day
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Car Wash Fundraiser	Picture Day
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	Car Wash Fundraiser	Picture Day
Senior	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	Car Wash Fundraiser	Picture Day
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7-10am practice Car Wash Fundraiser	Picture Day

**Welcome Coach Brenda!** Please take a moment to welcome coach Brenda on deck next week. She will be coaching Bronze 10U group.

**Car Wash Fundraiser** - Please come and help raise money for your team! Juice, coffee & snacks to be provided!

**Picture Day** - There will be an all team photo on deck at 11:00! Please bring team suit, black team shirt & black shorts or black long pants! For individual photo sign up, look for information and link on our website under team events.

**Website/Recommended reading** - How to Make Better Goals in The Water ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→FOR SWIMMERS How to Make Better Goals in The Water)

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