

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 29	November 30	December 1	December 2	December 3	December 4	December 5
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*	4-5:00pm**	5:30-7:00pm* Holiday Festival	4:00-5:30pm Holiday Festival	Committee Meet Holiday Festival	Committee Meet Holiday Festival
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:30-7:00pm* Holiday Festival	5:45-7:00pm Holiday Festival	Committee Meet Holiday Festival	Committee Meet Holiday Festival
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		Committee Meet	Committee Meet
Junior Elite	4:00-5:30pm*	4:00-5:30pm*	4-5pm**	4:00-5:30pm* Holiday Festival	5:45-7:00pm Holiday Festival	Committee Meet Holiday Festival	Committee Meet Holiday Festival
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:45-5:45pm	Committee Meet	Committee Meet
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*		Committee Meet	Committee Meet
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm	Committee Meet	Committee Meet
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	Committee Meet	Committee Meet
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

\*\* 4-5pm for Arizona swimmers only (SE and JE)