

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29
Senior Elite	3:45-5:15pm	3:45-5:30pm		No swim	No swim	No swim	No swim
Senior	5:45-7:00pm	6:00-7:00pm		No swim	No swim	No swim	No swim
Pre Senior		5:00-6:00pm	6:00-7:00pm	No swim	No swim	No swim	No swim
Junior	3:45-4:45pm		3:45-5:00pm	No swim	No swim	No swim	No swim
Gold	4:45-5:45pm		5:00-6:00pm	No swim	No swim	No swim	No swim
Silver		4:15-5:00pm	5:00-6:00pm	No swim	No swim	No swim	No swim
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	No swim	No swim	No swim	No swim
Bronze 10U	5:15-5:45pm		4:30-5:00pm	No swim	No swim	No swim	No swim

No Swim Practice during Thanksgiving.

**Physical activity for at least 1h is highly recommended for all FAC athletes.
FAC Senior Athletes are expected to workout for 1-2h daily.**