

	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.