

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 8	November 9	November 10	November 11	November 12	November 13	November 14
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		9:30-11:30am	4:00-6:00pm*	FAC MEET	FAC MEET
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	8:30-9:30am	6:00-7:00pm	FAC MEET	FAC MEET
Senior Fit		5:30-7:00pm*	4:45-5:45pm	7:30-8:30am		FAC MEET	FAC MEET
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		9:00-10:30am	6:00-7:00pm*	FAC MEET	FAC MEET
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	FAC MEET	FAC MEET
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	No practice		FAC MEET	FAC MEET
Senior Development	4:00-4:45pm		4:00-4:45pm	No practice	4:00-4:45pm	FAC MEET	FAC MEET
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	FAC MEET	FAC MEET
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	No practice	5:30-7:00pm CANDY MEET		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	No practice	5:30-7:00pm CANDY MEET		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	No practice	5:30-7:00pm CANDY MEET		

November 11th Veterans DAY - adjusted practice times

November 12th - Candy meet for all pre comp groups (Sharks, Dolphins, Whales, Starfish, Seals, Otters)

November 13-14, FAC Home Meet, we are hosting a committee meet. All swimmers are expected to attend and all parents are expected to volunteer!