

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 18	October 19	October 20	October 21	October 22	October 23	October 24
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	11:00am-1:00pm	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	5:30-7:00pm*	11:00am-1:00pm	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
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

Saturday October 23rd - Senior Elite and Junior Elite practice at Crafton Hills College (LCM)