

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 27	September 28	September 29	September 30	October 1	October 2	October 3
Senior Elite	4:00-6:00pm	6:00-7:00am 5:30-7:00pm*		5:30-7:00pm*	4:00-6:00pm*	10:00-11:30am	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	9:00-10:30am*	
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**

Swimmers are required to wear their FAC cap to all practices and meets. If you don't have one ask your coach to give you one.