

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 12	December 13	December 14	December 15	December 16	December 17	December 18
Senior Elite	4:45-5:30pm dry land 5:30-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:00am Swim SSDL individually 5:00-7:30pm FAC Christmas Party	4:45-5:30pm dry land 5:30-7:00pm swim	5:00-7:00pm swim SSDL individually	Sectionals	Sectionals
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:45pm dryland 5:45-7:00pm swim	5:00-7:30pm FAC Christmas Party	5:00-6:00pm swim 6:00-6:30pm dryland	5:00-5:30pm dryland 5:30-7:00pm swim	Sectionals	Sectionals
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	5:00-7:30pm FAC Christmas Party	4:00-5:30pm swim		9:30-10:30am swim	
Junior Elite	4:00-5:30pm swim 5:30-6:00pm dryland	4:00-5:30pm swim 5:30-6:00pm dryland	SSDL individually 5:00-7:30pm FAC Christmas Party	4:45-5:30pm dry land 5:30-7:00pm swim	4:00-5:30pm swim 5:30-6:00pm dryland		
Junior + Advanced	4:00-5:30pm swim	4:30-5:00pm dryland 5:00-5:45pm swim	5:00-7:30pm FAC Christmas Party	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim		
Senior Development	5:30-6:15pm dryland 6:15-7:00pm swim		5:00-7:30pm FAC Christmas Party	5:30-6:00pm dryland 6:00-7:00pm swim	5:30-6:30pm swim		
Junior Development	4:00-4:45pm Swim		5:00-7:30pm FAC Christmas Party		4:00-5:00pm swim	10:30-11:30am swim	
Pre Team	6:30-7:00pm	6:30-7:00pm	5:00-7:30pm	6:30-7:00pm	Sharks		

	Sharks 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	Starfish	FAC Christmas Party	Starfish	7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		
Senior Pre Comp	6:00-6:30pm Dolphins 7:00-7:30pm Swordfish	6:00-6:30pm Seals	5:00-7:30pm FAC Christmas Party	6:00-6:30pm Seals	6:00-6:30pm Dolphins 7:00-7:30pm Swordfish		
Junior Pre Comp	5:30-6:00pm Whales 7:00-7:30pm Stingrays	5:30-6:00pm Otters	5:00-7:30pm FAC Christmas Party	5:30-6:00pm Otters	5:30-6:00pm Whales 7:00-7:30pm Stingrays		

**Wednesday December 14th - 5-7:30pm Christmas Party, come and stay the whole time or just stop by to say hi
Monday December 19th - Christmas Break begins, no swim practice**

Tuesday January 3rd - First practice in 2023