

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 1	January 2	January 3	January 4	January 5	January 6	January 7
Senior Elite	Happy New Year	4:30-5:20pm dryland 5:30-7:00pm swim	5:45-7:00am swim SSDL Individually	4:30-5:20pm dryland 5:30-7:00pm Swim	4:30-4:50pm dryland 5:00-7:00pm Swim	FAC Home Meet	FAC Home Meet
Senior	Happy New Year	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:00pm Swim 6:10-6:30pm dryland	5:00-7:00pm swim	FAC Home Meet	FAC Home Meet
Senior Fit	Happy New Year	4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim		FAC Home Meet	FAC Home Meet
Junior Elite	Happy New Year	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm Swim	5:00-5:20pm dryland 5:30-7:00pm Swim	FAC Home Meet	FAC Home Meet
Junior + Advanced	Happy New Year	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim 5:10-5:30pm dryland	4:00-5:30pm swim	FAC Home Meet	FAC Home Meet
Senior Development	Happy New Year		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	FAC Home Meet	FAC Home Meet
Junior Development	Happy New Year		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	FAC Home Meet	FAC Home Meet
Pre Team	Happy New Year		PT 1 6:30-7:15pm PT 2		PT 1 6:30-7:15pm PT 2	FAC Home Meet	FAC Home Meet

			7:15-8:00pm		7:15-8:00pm		
Senior Pre Comp	Happy New Year	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm	FAC Home Meet	FAC Home Meet
Junior Pre Comp	Happy New Year	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm	FAC Home Meet	FAC Home Meet
Jr. Novice	Happy New Year	4:00-4:30pm swim	4:00-4:30pm swim	4:00-4:30pm swim		FAC Home Meet	FAC Home Meet
Sr. Novice	Happy New Year	4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim		FAC Home Meet	FAC Home Meet
PT Novice	Happy New Year		4:00-4:45pm swim		4:00-4:45pm swim	FAC Home Meet	FAC Home Meet