

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	November 10	November 11	November 12	November 13	November 14	November 15	November 16
Senior Elite	5:00-5:30 pm yoga 5:30-7:30pm swim	Veterans Day No swim	5:30-7:00am swim 5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	FAC Home Meet	FAC Home Meet	FAC Home Meet
Senior	6:30-6:55pm yoga 7:00-8:30pm swim	Veterans Day No swim	5:30-7:00am swim 6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	FAC Home Meet	FAC Home Meet	FAC Home Meet
Junior Elite	5:00-5:30pm yoga 5:30-7:00pm swim	Veterans Day No swim	5:30-7:30pm swim	5:30-5:50pm dryland 6:00-7:30pm swim	FAC Home Meet	FAC Home Meet	FAC Home Meet
Junior Advanced	4:30-6:00pm swim 6:05-6:30pm yoga	Veterans Day No swim	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	FAC Home Meet	FAC Home Meet	FAC Home Meet
Junior Development	4:30-5:30pm swim 5:35-6:00pm yoga	Veterans Day No swim	4:00-4:20pm dryland 4:30-5:45pm swim		FAC Home Meet	FAC Home Meet	FAC Home Meet
Junior Mini	5:00-6:00pm swim 6:05-6:30pm yoga (optional)	Veterans Day No swim	6:00-7:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	FAC Home Meet	FAC Home Meet	FAC Home Meet