

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	BR STAR Meet	BR STAR Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	BR STAR Meet	BR STAR Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	BR STAR Meet	BR STAR Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	BR STAR Meet	BR STAR Meet
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	BR STAR Meet	BR STAR Meet
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Senior Q/BR	Senior Q/BR
Senior Elite	4:45-7:30pm	4:45-7:30pm*	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	Senior Q	Senior Q

\*Senior Elite no Tuesday AM practice, get extra sleep, practice in the PM will start 4:45pm with 15 min shoulder stability and core exercises and 5-7:30pm swim

BR STAR Meet (Hemet) - more info will be sent out during the week  
 Senior Q Meet (Hemet) - more info will be sent out during the week

**Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)**

([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→For Parents→A few Suggestions on How to be a Better Swim Parent)