

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26
Bronze 10U	No practice	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	<b>RW Meet PST</b>	<b>RW Meet PST</b>
Bronze 11-12	No practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	<b>RW Meet PST</b>	<b>RW Meet PST</b>
Silver	No practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	<b>RW Meet PST</b>	<b>RW Meet PST</b>
Gold	No practice	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	<b>RW Meet PST</b>	<b>RW Meet PST</b>
Pre Senior	No practice	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	<b>RW Meet PST</b>	<b>RW Meet PST</b>
Senior	No practice	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	<b>RW Meet PST</b>	<b>RW Meet PST</b>
Senior Elite	No practice	<b>4:30-7:30pm*</b>	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

**No practice on Monday due to MLK and the pool being closed we will see you back on deck on Tuesday.**

\*Senior Elite no Tuesday AM practice, get extra sleep, practice in the PM will start 4:30pm with 10 min shoulder stability and core exercises and 4:45-7:30pm swim

RW Meet in Palm Springs - meet info and reminders will be sent out during the week

**Website/Recommended reading/Videos - [Eat Right, Swim Faster - Nutritional Guide](#) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→For Parents→Eat Right, Swim Faster - Nutritional Guide)**