

	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	RW Meet PST	RW Meet PST
Bronze 11-12	No practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	RW Meet PST	RW Meet PST
Silver	No practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	RW Meet PST	RW Meet PST
Gold	No practice	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	RW Meet PST	RW Meet PST
Pre Senior	No practice	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	RW Meet PST	RW Meet PST
Senior	No practice	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	RW Meet PST	RW Meet PST
Senior Elite	No practice	4:30-7:30pm*	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](http://www.fontanaaquatics.org) (www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→Eat Right, Swim Faster - Nutritional Guide)