

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	5:30-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

Happy New Year FAC!

Board Meeting Wednesday, January 8th 5:30-7:30pm

Website/Recommended reading/Videos - [Find Your Marigolds: The One Essential Rule](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→For Swimmers→**Find Your Marigolds: The One Essential Rule**)