

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday  |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------|---------|
|                    | March 28                | March 29                | March 30                | March 31                | April 1                 | April 2      | April 3 |
| Senior Elite       | 5:00-7:00pm*            | 5:00-7:00pm*            |                         | 5:00-7:00pm*            | 5:00-7:00pm*            | 9:00-11:00am |         |
| Senior             | 5:45-7:00pm             | 5:00-7:00pm*            | 5:30-7:00pm             | 5:00-7:00pm*            | 5:45-7:00pm             |              |         |
| Senior Fit         |                         | 5:30-7:00pm*            | 5:30-7:00pm*            | 5:30-7:00pm*            |                         | 7:30-9:00am  |         |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*            |                         | 4:00-5:30pm*            | 4:00-5:30pm*            | 9:00-11:00am |         |
| Junior Advanced    | 4:30-5:45pm*            |                         | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 7:30-9:00am  |         |
| Junior             | 4:45-5:30pm             | 4:45-6:15pm*            | 4:45-6:15pm*            | 4:45-5:45pm             | 4:45-6:00pm*            |              |         |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |         |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |         |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |         |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |         |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |         |

|                    | Monday                       | Tuesday                     | Wednesday                | Thursday                     | Friday                       | Saturday                      | Sunday                  |
|--------------------|------------------------------|-----------------------------|--------------------------|------------------------------|------------------------------|-------------------------------|-------------------------|
|                    | March 21                     | March 22                    | March 23                 | March 24                     | March 25                     | March 26                      | March 27                |
| Senior Elite       | 4:00-7:00pm                  | 4:00-6:00pm<br>5:30-6:00 DL |                          | 4:00-6:00pm<br>5:30-6:00 DL  | 4:00-7:00pm                  | 11:00am-1:00pm<br>Long course |                         |
| Senior             | 5:45-7:00pm                  | 5:00-7:00pm*<br>5-5:30 DL   | 5:30-7:00pm              | 5:00-7:00pm*<br>5-5:30 DL    | 5:45-7:00pm                  | PDSC<br>Winter Festival       | PDSC<br>Winter Festival |
| Senior Fit         |                              | 5:00-7:00pm*<br>5-5:30 DL   | 5:30-7:00pm              | 5:00-7:00pm*<br>5-5:30 DL    |                              | PDSC<br>Winter Festival       | PDSC<br>Winter Festival |
| Junior Elite       | 4:00-6:00pm                  | 4:00-6:00pm<br>5:30-6:00 DL |                          | 4:00-6:00pm*<br>5:30-6:00 DL | 4:00-6:00pm                  | 11:00am-1:00pm<br>Long course |                         |
| Junior Advanced    | 4:15-5:45pm*<br>4:15-4:45 DL |                             | 4:00-5:30pm<br>Swim only |                              | 4:15-5:45pm*<br>4:15-4:45 DL | PDSC<br>Winter Festival       | PDSC<br>Winter Festival |
| Junior             | 4:45-6:00pm*                 | 4:45-5:45pm                 | 4:45-6:15pm*             | 4:45-5:45pm                  | 4:45-6:00pm*                 | PDSC<br>Winter Festival       | PDSC<br>Winter Festival |
| Senior Development | 4:00-4:45pm                  |                             | 4:00-4:45pm              | 4:00-4:45pm                  | 4:00-4:45pm                  | PDSC<br>Winter Festival       | PDSC<br>Winter Festival |
| Junior Development | 4:00-4:45pm                  | 4:00-4:45pm                 | 4:00-4:45pm              |                              | 4:00-4:45pm                  | PDSC<br>Winter Festival       | PDSC<br>Winter Festival |
| Pre Team           | 6:30-7:00pm<br>Sharks        | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks    | 6:30-7:00pm<br>Starfish      | 6:30-7:00pm<br>Sharks        |                               |                         |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins      | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins  | 6:00-6:30pm<br>Seals         | 6:00-6:30pm<br>Dolphins      |                               |                         |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales        | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales    | 5:30-6:00pm<br>Otters        | 5:30-6:00pm<br>Whales        |                               |                         |

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday   |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------|----------|
|                    | March 14                | March 15                | March 16                | March 17                | March 18                | March 19     | March 20 |
| Senior Elite       | 5:00-7:00pm*            | 5:00-7:00pm*            |                         | 5:00-7:00pm*            | 5:00-7:00pm*            | 9:30-11:30am |          |
| Senior             | 5:45-7:00pm             | 5:00-7:00pm*            | 5:30-7:00pm             | 5:00-7:00pm*            | 5:45-7:00pm             |              |          |
| Senior Fit         |                         | 5:30-7:00pm*            | 5:30-7:00pm*            | 5:30-7:00pm*            |                         | 7:30-8:30am  |          |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*            |                         | 4:00-5:30pm*            | 4:00-5:30pm*            | 9:00-10:30am |          |
| Junior Advanced    | 4:30-5:45pm*            |                         | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am  |          |
| Junior             | 4:45-6:00pm*            | 4:45-5:45pm             | 4:45-6:15pm*            | 4:45-5:45pm             | 4:45-6:00pm*            |              |          |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |          |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |          |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |          |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |          |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |          |

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday   |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------|----------|
|                    | March 7                 | March 8                 | March 9                 | March 10                | March 11                | March 12     | March 13 |
| Senior Elite       | 5:00-7:00pm*            | 5:00-7:00pm*            |                         | 5:00-7:00pm*            | 5:00-7:00pm*            | 9:30-11:30am |          |
| Senior             | 5:45-7:00pm             | 5:00-7:00pm*            | 5:30-7:00pm             | 5:00-7:00pm*            | 5:45-7:00pm             |              |          |
| Senior Fit         |                         | 5:30-7:00pm*            | 5:30-7:00pm*            | 5:30-7:00pm*            |                         | 7:30-8:30am  |          |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*            |                         | 4:00-5:30pm*            | 4:00-5:30pm*            | 9:00-10:30am |          |
| Junior Advanced    | 4:30-5:45pm*            |                         | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am  |          |
| Junior             | 4:45-6:00pm*            | 4:45-5:45pm             | 4:45-6:15pm*            | 4:45-5:45pm             | 4:45-6:00pm*            |              |          |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |          |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |          |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |          |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |          |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |          |

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                    | Saturday                 | Sunday                   |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|---------------------------|--------------------------|--------------------------|
|                    | February 28             | March 1                 | March 2                 | March 3                 | March 4                   | March 5                  | March 6                  |
| Senior Elite       | 5:00-7:00pm             | 5:30-7:00pm             |                         | 5:30-7:00pm             | Sectionals<br>5:30-7:00pm | Sectionals<br>Last Ditch | Sectionals<br>Last Ditch |
| Senior             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm               | Last Ditch               | Last Ditch               |
| Senior Fit         |                         | 6:00-7:00pm             | 5:45-7:00pm             | 6:00-7:00pm             |                           | Last Ditch               | Last Ditch               |
| Junior Elite       | 4:00-5:15pm             | 4:00-5:15pm             |                         | 4:00-5:00pm             | 4:00-5:15pm               | Last Ditch               | Last Ditch               |
| Junior Advanced    | 4:45-5:45pm             |                         | 4:45-5:45pm             |                         | 4:45-5:45pm               | Last Ditch               | Last Ditch               |
| Junior             | 4:45-5:30pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:30pm               | Last Ditch               | Last Ditch               |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm               | Last Ditch               | Last Ditch               |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm               | Last Ditch               | Last Ditch               |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks     |                          |                          |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins   |                          |                          |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales     |                          |                          |

**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**

|                    | <b>Monday</b>                 | <b>Tuesday</b>          | <b>Wednesday</b>        | <b>Thursday</b>         | <b>Friday</b>           | <b>Saturday</b>    | <b>Sunday</b>      |
|--------------------|-------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------------|--------------------|
|                    | <b>February 21</b>            | <b>February 22</b>      | <b>February 23</b>      | <b>February 24</b>      | <b>February 25</b>      | <b>February 26</b> | <b>February 27</b> |
| Senior Elite       | 9:30-11:30am                  | 5:30-7:00pm             |                         | 5:30-7:00pm             | 5:00-7:00pm             | 9:30-11:30am       |                    |
| Senior             | 7:30-8:30am                   | 5:00-6:30pm             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             |                    |                    |
| Senior Fit         |                               | 6:00-7:00pm             | 5:45-7:00pm             | 6:00-7:00pm             |                         | 7:30-8:30am        |                    |
| Junior Elite       | 8:30-9:45am                   | 4:00-5:15pm             |                         | 4:00-5:00pm             | 4:00-5:15pm             | 9:00-10:30am       |                    |
| Junior Advanced    | 8:30-9:30am                   |                         | 4:45-5:45pm             |                         | 4:45-5:45pm             | 8:30-9:30am        |                    |
| Junior             | 10:30-11:30am                 | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:30pm             |                    |                    |
| Senior Development | 9:45-10:30am                  |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                    |                    |
| Junior Development | Presidents Day<br>No practice | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm             |                    |                    |
| Pre Team           | Presidents Day<br>No practice | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                    |                    |
| Senior Pre Comp    | Presidents Day<br>No practice | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                    |                    |
| Junior Pre Comp    | Presidents Day<br>No practice | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |                    |                    |

**Monday February 21st - Presidents Day, practice in the AM or no practice**

**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday      |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------|-------------|
|                    | February 14             | February 15             | February 16             | February 17             | February 18             | February 19  | February 20 |
| Senior Elite       | 5:00-7:00pm             | 5:30-7:00pm             |                         | 5:30-7:00pm             | 5:00-7:00pm             | 9:30-11:30am |             |
| Senior             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             |              |             |
| Senior Fit         |                         | 6:00-7:00pm             | 5:45-7:00pm             | 6:00-7:00pm             |                         | 7:30-8:30am  |             |
| Junior Elite       | 4:00-5:15pm             | 4:00-5:15pm             |                         | 4:00-5:00pm             | 4:00-5:15pm             | 9:00-10:30am |             |
| Junior Advanced    | 4:45-5:45pm             |                         | 4:45-5:45pm             |                         | 4:45-5:45pm             | 8:30-9:30am  |             |
| Junior             | 4:45-5:30pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:30pm             |              |             |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |             |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |             |

**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday      |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|--------------|-------------|
|                    | February 7              | February 8              | February 9              | February 10             | February 11             | February 12  | February 13 |
| Senior Elite       | 5:00-7:00pm             | 5:30-7:00pm             |                         | 5:30-7:00pm             | 5:00-7:00pm             | 9:30-11:30am |             |
| Senior             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             |              |             |
| Senior Fit         |                         | 6:00-7:00pm             | 5:45-7:00pm             | 6:00-7:00pm             |                         | 7:30-8:30am  |             |
| Junior Elite       | 4:00-5:15pm             | 4:00-5:00pm             |                         | 4:00-5:00pm             | 4:00-5:15pm             | 9:00-10:30am |             |
| Junior Advanced    | 4:45-5:45pm             |                         | 4:45-5:45pm             |                         | 4:45-5:45pm             | 8:30-9:30am  |             |
| Junior             | 4:45-5:30pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:30pm             |              |             |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |             |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |             |

**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**



|                    | Monday                  | Tuesday                    | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday     |
|--------------------|-------------------------|----------------------------|-------------------------|-------------------------|-------------------------|--------------|------------|
|                    | January 24              | January 25                 | January 26              | January 27              | January 28              | January 29   | January 30 |
| Senior Elite       | 5:00-7:00pm             | 6:00-7:00am<br>5:30-7:00pm |                         | 5:30-7:00pm             | 5:00-7:00pm             | 9:30-11:30am |            |
| Senior             | 5:45-7:00pm             | 5:00-6:30pm                | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             |              |            |
| Senior Fit         |                         | 6:00-7:00pm                | 5:45-7:00pm             | 6:00-7:00pm             |                         | 7:30-8:30am  |            |
| Junior Elite       | 4:00-5:15pm             | 4:00-5:00pm                |                         | 4:00-5:00pm             | 4:00-5:15pm             | 9:00-10:30am |            |
| Junior Advanced    | 4:45-5:45pm             |                            | 4:45-5:45pm             |                         | 4:45-5:45pm             | 8:30-9:30am  |            |
| Junior             | 4:45-5:30pm             | 4:45-5:45pm                | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:30pm             |              |            |
| Senior Development | 4:00-4:45pm             |                            | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |            |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm                | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |            |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish    | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |            |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals       | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |            |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters      | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |            |

**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**

|                    | Monday     | Tuesday                    | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday     |
|--------------------|------------|----------------------------|-------------------------|-------------------------|-------------------------|--------------|------------|
|                    | January 17 | January 18                 | January 19              | January 20              | January 21              | January 22   | January 23 |
| Senior Elite       |            | 6:00-7:00am<br>5:30-7:00pm |                         | 5:30-7:00pm             | 5:00-7:00pm             | 9:30-11:30am |            |
| Senior             |            | 5:00-6:30pm                | 5:45-7:00pm             | 5:00-6:30pm             | 5:45-7:00pm             |              |            |
| Senior Fit         |            | 6:00-7:00pm                | 5:45-7:00pm             | 6:00-7:00pm             |                         | 7:30-8:30am  |            |
| Junior Elite       |            | 4:00-5:00pm                |                         | 4:00-5:00pm             | 4:00-5:15pm             | 9:00-10:30am |            |
| Junior Advanced    |            |                            | 4:45-5:45pm             |                         | 4:45-5:45pm             | 8:30-9:30am  |            |
| Junior             |            | 4:45-5:45pm                | 4:45-5:45pm             | 4:45-5:45pm             | 4:45-5:30pm             |              |            |
| Senior Development |            |                            | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |            |
| Junior Development |            | 4:00-4:45pm                | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |            |
| Pre Team           |            | 6:30-7:00pm<br>Starfish    | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |            |
| Senior Pre Comp    |            | 6:00-6:30pm<br>Seals       | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |            |
| Junior Pre Comp    |            | 5:30-6:00pm<br>Otters      | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |            |

**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday     |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|--------------|------------|
|                    | January 10              | January 11                  | January 12              | January 13              | January 14              | January 15   | January 16 |
| Senior Elite       | 5:00-7:00pm*            | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 5:00-7:00pm*            | 9:30-11:30am |            |
| Senior             | 5:45-7:00pm             | 5:00-7:00pm*                | 5:30-7:00pm             | 5:00-7:00pm*            | 5:45-7:00pm             |              |            |
| Senior Fit         |                         | 5:30-7:00pm*                | 5:30-7:00pm*            | 5:30-7:00pm*            |                         | 7:30-8:30am  |            |
| Junior Elite       | 4:00-5:15pm             | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 4:00-5:15pm             | 9:00-10:30am |            |
| Junior Advanced    | 4:30-5:45pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am  |            |
| Junior             | 4:45-6:00pm*            | 4:45-5:45pm                 | 4:45-6:15pm*            | 4:45-5:45pm             | 4:45-6:00pm*            |              |            |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             |              |            |
| Junior Development | 4:00-4:45pm             | 4:00-4:45pm                 | 4:00-4:45pm             |                         | 4:00-4:45pm             |              |            |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |            |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |            |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |              |            |

\* dryland included, your coaches will give you more details about specific schedule for each group

January 8-9 - EC Meet hosted by Elite Otters (Palm Springs), email with details will be sent out during the week



|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday                | Sunday    |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----------|
|                    | January 3               | January 4                   | January 5               | January 6               | January 7               | January 8               | January 9 |
| Senior Elite       | 5:00-7:00pm*            | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 5:00-7:00pm*            | 9:30-11:30am            |           |
| Senior             | 5:45-7:00pm             | 5:00-7:00pm*                | 5:30-7:00pm             | 5:00-7:00pm*            | 5:45-7:00pm             | EC Meet                 |           |
| Senior Fit         |                         | 5:30-7:00pm*                | 5:30-7:00pm*            | 5:30-7:00pm*            |                         | EC Meet                 |           |
| Junior Elite       | 4:00-5:15pm             | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 4:00-5:15pm             | 9:00-10:30am<br>EC Meet |           |
| Junior Advanced    | 4:30-5:45pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | EC Meet                 |           |
| Junior             | 4:45-6:00pm*            | 4:45-5:45pm                 | 4:45-6:15pm*            | 4:45-5:45pm             | 4:45-6:00pm*            | EC Meet                 |           |
| Senior Development | 4:00-4:45pm             | 4:00-4:45pm                 | 4:00-4:45pm             |                         | 4:00-4:45pm             | EC Meet                 |           |
| Junior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 4:00-4:45pm             | 4:00-4:45pm             | EC Meet                 |           |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                         |           |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                         |           |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   |                         |           |

\* dryland included, your coaches will give you more details about specific schedule for each group

January 8-9 - EC Meet hosted by Elite Otters (Palm Springs), email with details will be sent out during the week

[illegible]

[illegible]

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday  | Friday                        | Saturday    | Sunday      |
|--------------------|-------------------------|-------------------------|-------------------------|---|-------------------------------|-------------|-------------|
|                    | December 13             | December 14             | December 15             | December 16                                     | December 17                   | December 18 | December 19 |
| Senior Elite       | 4:00-6:00pm             | 5:00-7:00pm*            |                         | 4-5:30pm swim<br>5:30-7pm<br>Holiday potluck    | 5:45-7:00pm<br><br>Sectionals | Sectionals  | Sectionals  |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*            | 5:30-7:00pm*            | 5:30-7pm<br>Holiday potluck                     | 5:45-7:00pm                   |             |             |
| Senior Fit         |                         | 5:30-7:00pm*            | 4:45-5:45pm             | 5:30-7pm<br>Holiday potluck                     |                               |             |             |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*            |                         | 4:00-5:30pm swim<br>5:30-7pm<br>Holiday potluck | 6:00-7:00pm                   |             |             |
| Junior Advanced    | 4:30-6:00pm*            |                         | 4:30-5:45pm*            | 5:30-7pm<br>Holiday potluck                     | 4:30-5:45pm                   |             |             |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*            | 5:45-6:45pm             | 5:30-7pm<br>Holiday potluck                     |                               |             |             |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 5:30-7pm<br>Holiday potluck                     | 4:00-4:45pm                   |             |             |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*            | 4:00-4:45pm*            | 5:30-7pm<br>Holiday potluck                     | 5:30-6:00pm                   |             |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 5:30-7pm<br>Holiday potluck                     | 6:30-7:00pm<br>Sharks         |             |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 5:30-7pm<br>Holiday potluck                     | 6:00-6:30pm<br>Dolphins       |             |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-7pm<br>Holiday potluck                     | 5:00-5:30pm<br>Whales         |             |             |



**\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

**December 19-January 2nd Winter Break, Have a HAPPY HOLIDAYS!**

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                 | Saturday    | Sunday      |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|------------------------|-------------|-------------|
|                    | December 6              | December 7              | December 8              | December 9              | December 10            | December 11 | December 12 |
| Senior Elite       | 4:00-6:00pm             | 5:00-7:00pm*            |                         | 5:30-7:00pm*            | 4:00-5:30pm<br>WAG     | WAG         | WAG         |
| Senior             | 6:00-7:00pm             | 5:00-6:30pm*            | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm<br>WAG     | WAG         | WAG         |
| Senior Fit         |                         | 5:30-7:00pm*            | 4:45-5:45pm             | 5:30-7:00pm*            |                        |             |             |
| Junior Elite       | 4:00-5:00pm             | 4:00-5:30pm*            |                         | 4:00-5:30pm*            | 5:45-7:00pm<br>WAG     | WAG         | WAG         |
| Junior Advanced    | 5:00-6:00pm             |                         | 4:30-5:45pm*            |                         | 4:45-5:45pm<br>WAG     | WAG         | WAG         |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*            | 5:45-6:45pm             | 4:00-5:30pm*            | WAG                    | WAG         | WAG         |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm            |             |             |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*            | 4:00-4:45pm*            |                         | 5:30-6:00pm            |             |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 5:30-7pm<br>CANDY MEET |             |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 5:30-7pm<br>CANDY MEET |             |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-7pm<br>CANDY MEET |             |             |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                         | Friday                          | Saturday                           | Sunday                             |
|--------------------|-------------------------|-----------------------------|-------------------------|----------------------------------|---------------------------------|------------------------------------|------------------------------------|
|                    | November 29             | November 30                 | December 1              | December 2                       | December 3                      | December 4                         | December 5                         |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* | 4-5:00pm**              | 5:30-7:00pm*<br>Holiday Festival | 4:00-5:30pm<br>Holiday Festival | Committee Meet<br>Holiday Festival | Committee Meet<br>Holiday Festival |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:30-7:00pm*<br>Holiday Festival | 5:45-7:00pm<br>Holiday Festival | Committee Meet<br>Holiday Festival | Committee Meet<br>Holiday Festival |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*                     |                                 | Committee Meet                     | Committee Meet                     |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*                | 4-5pm**                 | 4:00-5:30pm*<br>Holiday Festival | 5:45-7:00pm<br>Holiday Festival | Committee Meet<br>Holiday Festival | Committee Meet<br>Holiday Festival |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                                  | 4:45-5:45pm                     | Committee Meet                     | Committee Meet                     |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*                     |                                 | Committee Meet                     | Committee Meet                     |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*                     | 4:00-4:45pm                     | Committee Meet                     | Committee Meet                     |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                                  | 5:30-6:00pm                     | Committee Meet                     | Committee Meet                     |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish          | 6:30-7:00pm<br>Sharks           |                                    |                                    |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals             | 6:00-6:30pm<br>Dolphins         |                                    |                                    |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters            | 5:00-5:30pm<br>Whales           |                                    |                                    |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

\*\* 4-5pm for Arizona swimmers only (SE and JE)

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday    | Friday      | Saturday    | Sunday      |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------|-------------|-------------|-------------|
|                    | November 22             | November 23                 | November 24             | November 25 | November 26 | November 27 | November 28 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* | 4:00-5:45pm             | No practice | No practice | No practice |             |
| Senior             | 6:00-7:00pm             | 5:30-7:00pm*                | 5:45-7:00pm             | No practice | No practice | No practice |             |
| Senior Fit         |                         | 5:30-7:00pm*                | 5:45-7:00pm             | No practice | No practice | No practice |             |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*                | 4:45-5:45pm             | No practice | No practice | No practice |             |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:30pm             | No practice | No practice | No practice |             |
| Junior             | 5:30-6:30pm             | 4:00-5:00pm                 | 4:30-5:30pm             | No practice | No practice | No practice |             |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | No practice | No practice | No practice |             |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:30pm             | No practice | No practice | No practice |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | No practice | No practice |             |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | No practice | No practice |             |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | No practice | No practice |             |             |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

November 26-29 No practice for all groups, HAPPY THANKSGIVING!

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday       | Sunday      |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|----------------|-------------|
|                    | November 15             | November 16                 | November 17             | November 18             | November 19             | November 20    | November 21 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 4:00-6:00pm*            | 11:00am-1:00pm |             |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             |                |             |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*            |                         | 7:30-8:30am    |             |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 5:30-7:00pm*            | 11:00am-1:00pm |             |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am    |             |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         |                |             |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             |                |             |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             |                |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |                |             |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

November 20th, Saturday - Senior Elite and Junior Elite LCM practice at Crafton Hills College

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday     | Friday                    | Saturday    | Sunday      |
|--------------------|-------------------------|-----------------------------|-------------------------|--------------|---------------------------|-------------|-------------|
|                    | November 8              | November 9                  | November 10             | November 11  | November 12               | November 13 | November 14 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 9:30-11:30am | 4:00-6:00pm*              | FAC MEET    | FAC MEET    |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 8:30-9:30am  | 6:00-7:00pm               | FAC MEET    | FAC MEET    |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 7:30-8:30am  |                           | FAC MEET    | FAC MEET    |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*                |                         | 9:00-10:30am | 6:00-7:00pm*              | FAC MEET    | FAC MEET    |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |              | 4:30-5:45pm*              | FAC MEET    | FAC MEET    |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | No practice  |                           | FAC MEET    | FAC MEET    |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | No practice  | 4:00-4:45pm               | FAC MEET    | FAC MEET    |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |              | 5:30-6:00pm               | FAC MEET    | FAC MEET    |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | No practice  | 5:30-7:00pm<br>CANDY MEET |             |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | No practice  | 5:30-7:00pm<br>CANDY MEET |             |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | No practice  | 5:30-7:00pm<br>CANDY MEET |             |             |

**November 11th Veterans DAY - adjusted practice times**

**November 12th - Candy meet for all pre comp groups (Sharks, Dolphins, Whales, Starfish, Seals, Otters)**

**November 13-14, FAC Home Meet, we are hosting a committee meet. All swimmers are expected to attend and all parents are expected to volunteer!**

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday     |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|--------------|------------|
|                    | November 1              | November 2                  | November 3              | November 4              | November 5              | November 6   | November 7 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 4:00-6:00pm*            | 9:30-11:30am |            |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             |              |            |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*            |                         | 7:30-8:30am  |            |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 5:30-7:00pm*            | 9:00-10:30am |            |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am  |            |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         |              |            |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             |              |            |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             |              |            |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |            |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |            |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |              |            |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

November 3, Wednesday - FAC Monthly Board Meeting 7:30-9:00pm, we would like to have at least one parent represent each group. If you have not participated yet now is a great opportunity.

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday     | Sunday     |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|--------------|------------|
|                    | October 25              | October 26                  | October 27              | October 28              | October 29              | October 30   | October 31 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 4:00-6:00pm*            | 9:30-11:30am |            |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             |              |            |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*            |                         | 7:30-8:30am  |            |
| Junior Elite       | 4:00-5:30pm*            | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 5:30-7:00pm*            | 9:00-10:30am |            |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am  |            |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         |              |            |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             |              |            |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             |              |            |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |              |            |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |              |            |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |              |            |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes



|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday       | Sunday     |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|----------------|------------|
|                    | October 18              | October 19                  | October 20              | October 21              | October 22              | October 23     | October 24 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 4:00-6:00pm*            | 11:00am-1:00pm |            |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             |                |            |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*            |                         | 7:30-8:30am    |            |
| Junior Elite       | 4-5:30pm*               | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 5:30-7:00pm*            | 11:00am-1:00pm |            |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am    |            |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         |                |            |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             |                |            |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             |                |            |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                |            |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                |            |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |                |            |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

Saturday October 23rd - Senior Elite and Junior Elite practice at Crafton Hills College (LCM)

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday   | Sunday     |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|------------|------------|
|                    | October 11              | October 12                  | October 13              | October 14              | October 15              | October 16 | October 17 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 4:00-6:00pm*            | EC MEET    | EC MEET    |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             | EC MEET    | EC MEET    |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*            |                         | EC MEET    | EC MEET    |
| Junior Elite       | 4-5:00pm                | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 5:30-7:00pm*            | EC MEET    | EC MEET    |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | EC MEET    | EC MEET    |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         | EC MEET    | EC MEET    |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             | EC MEET    | EC MEET    |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             | EC MEET    | EC MEET    |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |            |            |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |            |            |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |            |            |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

EC MEET - hosted by RAA in Riverside, meet info will be sent out during the week

**Fontana Aquatics Club****October 4 - 10, 2021**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|                    | <b>Monday</b>           | <b>Tuesday</b>                     | <b>Wednesday</b>        | <b>Thursday</b>         | <b>Friday</b>           | <b>Saturday</b>                | <b>Sunday</b>     |
|--------------------|-------------------------|------------------------------------|-------------------------|-------------------------|-------------------------|--------------------------------|-------------------|
|                    | <b>October 4</b>        | <b>October 5</b>                   | <b>October 6</b>        | <b>October 7</b>        | <b>October 8</b>        | <b>October 9</b>               | <b>October 10</b> |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br><b>5:00-7:00pm*</b> |                         | <b>5:00-7:00pm*</b>     | 4:00-6:00pm*            | <b>7-8:30am<br/>FFT Clinic</b> |                   |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                       | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             | <b>FFT Clinic</b>              |                   |
| Senior Fit         |                         | <b>5:30-7:00pm*</b>                | 4:45-5:45pm             | <b>5:30-7:00pm*</b>     |                         | <b>FFT Clinic<br/>EC Meet</b>  |                   |
| Junior Elite       | 4-5pm                   | 4:00-5:30pm*                       |                         | 4:00-5:30pm*            | 6:00-7:00pm             | <b>7-8:30am<br/>FFT Clinic</b> |                   |
| Junior Advanced    | 4:30-6:00pm*            |                                    | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | <b>FFT Clinic<br/>EC Meet</b>  |                   |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                       | 5:45-6:45pm             | 4:00-5:30pm*            |                         | <b>FFT Clinic<br/>EC Meet</b>  |                   |
| Senior Development | 4:00-4:45pm             |                                    | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             | <b>FFT Clinic<br/>EC Meet</b>  |                   |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                       | 4:00-4:45pm*            |                         | 5:30-6:00pm             | <b>EC Meet</b>                 |                   |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish            | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                                |                   |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals               | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                                |                   |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters              | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |                                |                   |

**\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

**FFT Clinic - must be registered to attend, more information will be sent out from FFT organizers**

**Senior Fit - adding dry land before swim, great opportunity for all swimmers to get stronger**

|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                  | Saturday      | Sunday    |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|---------------|-----------|
|                    | September 27            | September 28                | September 29            | September 30            | October 1               | October 2     | October 3 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:30-7:00pm* |                         | 5:30-7:00pm*            | 4:00-6:00pm*            | 10:00-11:30am |           |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             |               |           |
| Senior Fit         |                         | 6:00-7:00pm                 | 4:45-5:45pm             | 6:00-7:00pm             |                         | 7:30-8:30am   |           |
| Junior Elite       | 4-5pm                   | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 6:00-7:00pm             | 9:00-10:30am* |           |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am   |           |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         |               |           |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             |               |           |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             |               |           |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |               |           |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |               |           |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |               |           |

\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

Swimmers are required to wear their FAC cap to all practices and meets. If you don't have one ask your coach to give you one.



|                    | Monday                  | Tuesday                     | Wednesday               | Thursday                | Friday                    | Saturday       | Sunday       |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|---------------------------|----------------|--------------|
|                    | September 20            | September 21                | September 22            | September 23            | September 24              | September 25   | September 26 |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:30-7:00pm* |                         | 5:30-7:00pm*            | 4:00-6:00pm*              | 11:00am-1:00pm |              |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm               |                |              |
| Senior Fit         |                         | 6:00-7:00pm                 | 4:45-5:45pm             | 6:00-7:00pm             |                           | 7:30-8:30am    |              |
| Junior Elite       | 4-5pm                   | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 6:00-7:00pm               | 11:00am-1:00pm |              |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*              | 8:30-9:30am    |              |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                           |                |              |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm               |                |              |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm               |                |              |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 5:45-6:45pm<br>Candy Meet |                |              |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 5:45-6:45pm<br>Candy Meet |                |              |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters*      | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:45-6:45pm<br>Candy Meet |                |              |

**Friday September 24 - Candy Meet 5:45-6:45pm all Pre Comp Division (Sharks, Dolphins, Whales, Starfish, Seals, Otters), arrive between 5:30-5:40pm so we can account for all swimmers**

**\*Otters - we will keep Tuesday practice time 5:30-6pm moving forward**

**Saturday September 25 - SE and JE practice 11am-1pm at Crafton Hills College LCM pool**

|                    | Monday                  | Tuesday                       | Wednesday               | Thursday                | Friday                         | Saturday       | Sunday         |
|--------------------|-------------------------|-------------------------------|-------------------------|-------------------------|--------------------------------|----------------|----------------|
|                    | September 13            | September 14                  | September 15            | September 16            | September 17                   | September 18   | September 19   |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:30-7:00pm*   |                         | 5:30-7:00pm*            | 4:00-6:00pm*<br><b>EC Meet</b> | <b>EC Meet</b> | <b>EC Meet</b> |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                  | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm                    | <b>EC Meet</b> | <b>EC Meet</b> |
| Senior Fit         |                         | 6:00-7:00pm                   | 4:45-5:45pm             | 6:00-7:00pm             |                                | <b>EC Meet</b> | <b>EC Meet</b> |
| Junior Elite       | 4-5pm                   | 4:00-5:30pm*                  |                         | 4:00-5:30pm*            | 6:00-7:00pm                    | <b>EC Meet</b> | <b>EC Meet</b> |
| Junior Advanced    | 4:30-6:00pm*            |                               | 4:30-5:45pm*            |                         | 4:30-5:45pm*                   | <b>EC Meet</b> | <b>EC Meet</b> |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                  | 5:45-6:45pm             | 4:00-5:30pm*            |                                | <b>EC Meet</b> | <b>EC Meet</b> |
| Senior Development | 4:00-4:45pm             |                               | 4:00-4:45pm             | <b>5:00-6:00pm*</b>     | 4:00-4:45pm                    | <b>EC Meet</b> | <b>EC Meet</b> |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                  | 4:00-4:45pm*            |                         | 5:30-6:00pm                    | <b>EC Meet</b> | <b>EC Meet</b> |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish       | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks          |                |                |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals          | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins        |                |                |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | <b>5:30-6:00pm<br/>Otters</b> | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales          |                |                |

**September 18-19 - EC meet in Eastvale (hosted by CCAQ)**

|                    | Monday        | Tuesday                     | Wednesday                   | Thursday                | Friday                  | Saturday                     | Sunday       |
|--------------------|---------------|-----------------------------|-----------------------------|-------------------------|-------------------------|------------------------------|--------------|
|                    | September 6   | September 7                 | September 8                 | September 9             | September 10            | September 11                 | September 12 |
| Senior Elite       | Labor day off | 6:00-7:00am<br>5:30-7:00pm* | 7:30-8:00pm<br>Zoom meeting | 5:30-7:00pm*            | 4:00-6:00pm*            | 8:30-10:00am<br>Pali retreat | Pali retreat |
| Senior             | Labor day off | 5:00-6:30pm*                | 5:30-7:00pm*                | 5:00-6:30pm*            | 5:45-7:00pm             |                              |              |
| Senior Fit         | Labor day off | 6:00-7:00pm                 | 4:45-5:45pm                 | 6:00-7:00pm             |                         | 7:00-8:30am                  |              |
| Junior Elite       | Labor day off | 4:00-5:30pm*                | 7:30-8:00pm<br>Zoom meeting | 4:00-5:30pm*            | 6:00-7:00pm             | 8:30-10:00am<br>Pali retreat | Pali retreat |
| Junior Advanced    | Labor day off |                             | 4:30-5:45pm*                |                         | 4:30-5:45pm*            | 7:00-8:30am                  |              |
| Junior             | Labor day off | 4:00-5:30pm*                | 5:45-6:45pm                 | 4:00-5:30pm*            |                         |                              |              |
| Senior Development | Labor day off |                             | 4:00-4:45pm                 | 5:15-6:00pm*            | 4:00-4:45pm             |                              |              |
| Junior Development | Labor day off | 5:15-6:00pm*                | 4:00-4:45pm*                |                         | 5:30-6:00pm             |                              |              |
| Pre Team           | Labor day off | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks       | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                              |              |
| Senior Pre Comp    | Labor day off | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins     | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                              |              |
| Junior Pre Comp    | Labor day off | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales       | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |                              |              |

**Monday September 6th - Happy Labor Day! No practice, the pool is closed.**

**Tuesday September 7th - Senior Elite begins morning practice only on Tuesday at this time. Be on time!**

**Wednesday September 8th - Zoom meeting for all swimmers that are attending Pali retreat. At least one parent must be present with their swimmer.**

**Saturday September 11th - change of practice time due the city event.**

**Saturday and Sunday - Senior Elite and Junior Elite retreat at Pali.**



|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday        | Sunday      |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------|-------------|
|                    | August 30               | August 31               | September 1             | September 2             | September 3             | September 4     | September 5 |
| Senior Elite       | 4:00-6:00pm             | 5:30-7:00pm*            |                         | 5:30-7:00pm*            | Intrasquad Meet         | Intrasquad Meet |             |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*            | 5:30-7:00pm             | 5:00-6:30pm*            | Intrasquad Meet         | Intrasquad Meet |             |
| Senior Fit         |                         | 6:00-7:00pm             | 4:45-5:45pm             | 6:00-7:00pm             | Intrasquad Meet         | Intrasquad Meet |             |
| Junior Elite       | 4-5pm                   | 4:00-5:30pm*            |                         | 4:00-5:30pm*            | Intrasquad Meet         | Intrasquad Meet |             |
| Junior Advanced    | 4:30-6:00pm*            |                         | 4:30-5:45pm*            |                         | Intrasquad Meet         | Intrasquad Meet |             |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*            | 5:45-6:45pm             | 4:00-5:30pm*            | Intrasquad Meet         | Intrasquad Meet |             |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 5:15-6:00pm*            | Intrasquad Meet         | Intrasquad Meet |             |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*            | 4:00-4:45pm*            |                         | Intrasquad Meet         | Intrasquad Meet |             |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                 |             |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                 |             |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 4:30-5:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |                 |             |

**\*Dryland included, bring athletic shoes, shorts and FAC t-shirt**

## Fontana Aquatics Club

|                    | Monday                  | Tuesday                 | Wednesday               | Thursday                | Friday                  | Saturday      | Sunday    |
|--------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|---------------|-----------|
|                    | August 9                | August 10               | August 11               | August 12               | August 13               | August 14     | August 15 |
| Senior Elite       | 4:00-6:00pm             | 5:30-7:00pm*            |                         | 5:30-7:00pm*            | 4:00-6:00pm*            | 10:00-11:30am |           |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*            | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             |               |           |
| Senior Fit         |                         | 6:00-7:00pm             | 4:45-5:45pm             | 6:00-7:00pm             |                         | 7:30-8:30am   |           |
| Junior Elite       | 4-5pm                   | 4:00-5:30pm*            |                         | 4:00-5:30pm*            | 6:00-7:00pm             | 9:00-10:30am  |           |
| Junior Advanced    | 4:30-6:00pm*            |                         | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | 8:30-9:30am   |           |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*            | 5:45-6:45pm             | 4:00-5:30pm*            |                         |               |           |
| Senior Development | 4:00-4:45pm             |                         | 4:00-4:45pm             | 5:15-6:00pm*            | 4:00-4:45pm             |               |           |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*            | 4:00-4:45pm*            |                         | 5:30-6:00pm             |               |           |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |               |           |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |               |           |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |               |           |

\*Dryland included, bring athletic shoes, shorts and FAC t-shirt

## Short Course Season

**Schedule 2021-2022**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|                    | <b>Monday</b>           | <b>Tuesday</b>              | <b>Wednesday</b>        | <b>Thursday</b>             | <b>Friday</b>           | <b>Saturday</b>  | <b>Sunday</b>    |
|--------------------|-------------------------|-----------------------------|-------------------------|-----------------------------|-------------------------|------------------|------------------|
|                    | <b>August 9</b>         | <b>August 10</b>            | <b>August 11</b>        | <b>August 12</b>            | <b>August 13</b>        | <b>August 14</b> | <b>August 15</b> |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:30-7:00pm* |                         | 6:00-7:00am<br>5:30-7:00pm* | 4:00-5:30pm             | 10:00-11:30am    |                  |
| Senior             | 6:00-7:00pm             | 5:30-7:00pm*                | 5:30-7:00pm             | 5:00-6:30pm*                | 5:45-7:00pm             |                  |                  |
| Senior Fit         |                         | 6:00-7:00pm                 | 4:45-5:45pm             | 6:00-7:00pm                 |                         | 7:30-8:30am      |                  |
| Junior Elite       | 5:30-6:30pm             | 4:00-5:30pm*                |                         | 4:00-5:30pm*                | 5:00-6:00pm             | 9:00-10:00am     |                  |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                             | 4:30-5:45pm*            | 8:30-9:30am      |                  |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*                |                         |                  |                  |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:15-6:00pm*                | 4:00-4:45pm             |                  |                  |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                             | 5:30-6:00pm             |                  |                  |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   |                  |                  |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins |                  |                  |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:00-5:30pm<br>Whales   |                  |                  |

**\*Dryland included, bring athletic shoes, shorts and FAC t-shirt**

|              | Monday                         | Tuesday          | Wednesday                      | Thursday         | Friday                         | Saturday    | Sunday  |
|--------------|--------------------------------|------------------|--------------------------------|------------------|--------------------------------|-------------|---------|
|              | July 12                        | July 13          | July 14                        | July 15          | July 16                        | July 17     | July 18 |
| Senior Elite | 8:30-10:30am<br>4:30-6:00pm*** | 9:30-11:00am     | 8:30-10:30am<br>4:30-6:00pm*** | 9:30-11:00am     | 8:30-10:30am<br>4:30-6:00pm*** |             |         |
| Senior       | 7:30-8:45am<br>4:30-6:00pm***  | 8:30-9:30am      | 7:30-8:45am<br>4:30-6:00pm***  | 8:30-9:30am      | 7:30-8:45am<br>4:30-6:00pm***  |             |         |
| Pre Senior   |                                | 4-5pm or 5-6pm** | 10:15-11:30am                  | 4-5pm or 5-6pm** |                                |             |         |
| Junior       | 10:30-11:30am                  | 11:00am-12:00pm  | 8:30-10:30am                   | 11:00am-12:00pm  | 10:30-11:30am                  |             |         |
| Gold         | 8:45-9:45am                    | 9:30-10:30am     |                                | 9:30-10:30am     | 8:45-9:45am                    |             |         |
| Silver       | 10:30-11:30am                  | 11:15am-12:15pm  |                                | 11:15am-12:15pm  | 10:30-11:30am                  |             |         |
| Bronze 11-13 | 9:45-10:30am                   | 10:30-11:15am    |                                | 10:30-11:15am    | 9:45-10:30am                   |             |         |
| Bronze 10U   | 4:00-4:30pm                    |                  | 4:00-4:30pm                    |                  | 4:00-4:30pm                    | 8:30-9:00am |         |

**\*Dryland/ Meeting included.**

**\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

**\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

|              | Monday                         | Tuesday          | Wednesday                      | Thursday         | Friday                         | Saturday                      | Sunday  |
|--------------|--------------------------------|------------------|--------------------------------|------------------|--------------------------------|-------------------------------|---------|
|              | July 5                         | July 6           | July 7                         | July 8           | July 9                         | July 10                       | July 11 |
| Senior Elite | 8:30-10:30am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:15am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:30am<br>4:30-6:00pm*** | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Senior       | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Pre Senior   |                                | 4-5pm or 5-6pm** | 10:00-11:30am*                 | 4-5pm or 5-6pm** |                                | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Junior       | 10:30-11:30am                  | 11:00am-12:00pm  | 8:15-10:15am*                  | 11:00am-12:00pm  | 10:30-11:30am                  | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Gold         | 8:45-9:45am                    | 9:30-10:45am*    |                                | 9:30-10:45am*    | 8:45-9:45am                    | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Silver       | 10:30am-12:00pm*               | 11:15am-12:15pm  |                                | 11:15am-12:15pm  | 10:30-11:30am                  | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Bronze 11-13 | 9:45-10:30am                   | 10:30-11:15am    |                                | 10:30-11:15am    | 9:45-10:30am                   | 9:30-12:30 FAC<br>Team Social | EC Meet |
| Bronze 10U   | 4:00-4:30pm                    |                  | 4:00-4:30pm                    |                  | 4:00-4:30pm                    | 9:30-12:30 FAC<br>Team Social | EC Meet |

\*Dryland/ Meeting included.

\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.

\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.

|              | Monday                         | Tuesday          | Wednesday                      | Thursday         | Friday                         | Saturday   | Sunday |
|--------------|--------------------------------|------------------|--------------------------------|------------------|--------------------------------|------------|--------|
|              | June 28                        | June 29          | June 30                        | July 1           | July 2                         | July 3     | July 4 |
| Senior Elite | 8:30-10:30am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:15am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:30am<br>4:30-6:00pm*** |            |        |
| Senior       | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  |            |        |
| Pre Senior   |                                | 4-5pm or 5-6pm** | 10:00-11:30am*                 | 4-5pm or 5-6pm** |                                |            |        |
| Junior       | 10:30-11:30am                  | 11:00am-12:00pm  | 8:15-10:15am*                  | 11:00am-12:00pm  | 10:30-11:30am                  |            |        |
| Gold         | 8:45-9:45am                    | 9:30-10:45am*    |                                | 9:30-10:45am*    | 8:45-9:45am                    |            |        |
| Silver       | 10:30am-12:00pm*               | 11:15am-12:15pm  |                                | 11:15am-12:15pm  | 10:30-11:30am                  |            |        |
| Bronze 11-13 | 9:45-10:30am                   | 10:30-11:15am    |                                | 10:30-11:15am    | 9:45-10:30am                   |            |        |
| Bronze 10U   | 4:00-4:30pm                    |                  | 4:00-4:30pm                    |                  | 4:00-4:30pm                    | 10-10:30am |        |

**\*Dryland/ Meeting included.**

**\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

**\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**



|              | Monday                        | Tuesday          | Wednesday                      | Thursday         | Friday                         | Saturday   | Sunday     |
|--------------|-------------------------------|------------------|--------------------------------|------------------|--------------------------------|------------|------------|
|              | June 21                       | June 22          | June 23                        | June 24          | June 25                        | June 26    | June 27    |
| Senior Elite | Off<br>4:30-6:00pm***         | 9:00-11:00am*    | 8:30-10:15am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:30am<br>4:30-6:00pm*** | LC EC meet | LC EC meet |
| Senior       | 7:30-8:45am<br>4:30-6:00pm*** | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | LC EC meet | LC EC meet |
| Pre Senior   |                               | 4-5pm or 5-6pm** | 10:00-11:30am*                 | 4-5pm or 5-6pm** |                                | LC EC meet | LC EC meet |
| Junior       | 10:30-11:30am                 | 11:00am-12:00pm  | 8:15-10:15am*                  | 11:00am-12:00pm  | 10:30-11:30am                  | LC EC meet | LC EC meet |
| Gold         | 8:45-9:45am                   | 9:30-10:45am*    |                                | 9:30-10:45am*    | 8:45-9:45am                    | LC EC meet | LC EC meet |
| Silver       | 10:30am-12:00pm*              | 11:15am-12:15pm  |                                | 11:15am-12:15pm  | 10:30-11:30am                  | LC EC meet | LC EC meet |
| Bronze 11-13 | 9:45-10:30am                  | 10:30-11:15am    |                                | 10:30-11:15am    | 9:45-10:30am                   | LC EC meet | LC EC meet |
| Bronze 10U   | 4:00-4:30pm                   |                  | 4:00-4:30pm                    |                  | 4:00-4:30pm                    |            |            |

\*Dryland/ Meeting included.

\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.

\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.

|              | Monday           | Tuesday          | Wednesday                      | Thursday         | Friday                         | Saturday      | Sunday        |
|--------------|------------------|------------------|--------------------------------|------------------|--------------------------------|---------------|---------------|
|              | June 14          | June 15          | June 16                        | June 17          | June 18                        | June 19       | June 20       |
| Senior Elite | Off              | 9:00-11:00am*    | 8:30-10:15am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:30am<br>4:30-6:00pm*** | Summer Invite | Summer Invite |
| Senior       | Off              | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | Summer Invite | Summer Invite |
| Pre Senior   |                  | 4-5pm or 5-6pm** | 10:00-11:30am*                 | 4-5pm or 5-6pm** |                                | Summer Invite | Summer Invite |
| Junior       | Off              | 11:00am-12:00pm  | 8:15-10:15am*                  | 11:00am-12:00pm  | 10:30-11:30am                  | Summer Invite | Summer Invite |
| Gold         | 8:45-9:45am      | 9:30-10:45am*    |                                | 9:30-10:45am*    | 8:45-9:45am                    | Summer Invite | Summer Invite |
| Silver       | 10:30am-12:00pm* | 11:15am-12:15pm  |                                | 11:15am-12:15pm  | 10:30-11:30am                  | Summer Invite | Summer Invite |
| Bronze 11-13 | 9:45-10:30am     | 10:30-11:15am    |                                | 10:30-11:15am    | 9:45-10:30am                   |               |               |
| Bronze 10U   | 4:00-4:30pm      |                  | 4:00-4:30pm                    |                  | 4:00-4:30pm                    |               |               |

\*Dryland/ Meeting included.

\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.

\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.

|              | Monday                         | Tuesday          | Wednesday                      | Thursday         | Friday                         | Saturday      | Sunday        |
|--------------|--------------------------------|------------------|--------------------------------|------------------|--------------------------------|---------------|---------------|
|              | June 7                         | June 8           | June 9                         | June 10          | June 11                        | June 12       | June 13       |
| Senior Elite | 8:30-10:30am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:15am<br>4:30-6:00pm*** | 9:00-11:00am*    | 8:30-10:30am<br>4:30-6:00pm*** | FAC Dual Meet | FAC Dual Meet |
| Senior       | 7:30-8:45am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:30am<br>4:30-6:00pm***  | 8:00-9:30am*     | 7:30-8:45am<br>4:30-6:00pm***  | FAC Dual Meet | FAC Dual Meet |
| Pre Senior   |                                | 4-5pm or 5-6pm** | 10:00-11:30am*                 | 4-5pm or 5-6pm** |                                | FAC Dual Meet | FAC Dual Meet |
| Junior       | 10:30-11:30am                  | 11:00-11:55am    | 8:15-10:15am*                  | 11:00-11:55am    | 10:30-11:30am                  | FAC Dual Meet | FAC Dual Meet |
| Gold         | 8:45-9:45am                    | 9:30-10:45am*    |                                | 9:30-10:45am*    | 8:45-9:45am                    | FAC Dual Meet | FAC Dual Meet |
| Silver       | 10:30-11:30am                  | 11:05-11:55am    |                                | 11:05-11:55am    | 10:30-11:30am                  | FAC Dual Meet | FAC Dual Meet |
| Bronze 11-13 | 9:45-10:30am                   | 10:25-11:05am    |                                | 10:25-11:05am    | 9:45-10:30am                   | FAC Dual Meet | FAC Dual Meet |
| Bronze 10U   | 4:00-4:30pm                    |                  | 4:00-4:30pm                    |                  | 4:00-4:30pm                    | FAC Dual Meet | FAC Dual Meet |

\*Dryland/ Meeting included.

\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.

\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.

## **Senior Elite**

### **Monday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

### **Tuesday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30 swim

### **Wednesday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

10:30-11:00am dry land

### **Thursday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30 swim

### **Friday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

## **JUNIORS**

M,Tu,Th,F swim only

Wednesday 8:15-8:45am dryland, 8:45-10:15am swim

## **SENIOR**

M,Tu,Th,F 7:30-8:45am swim

W 7:30-8:45am swim, 8:45-9:15am dryland

## **GOLD**

M,Tu,Th,F 8:45-9:45am swim

Tu 9:45-10:15am dryland

### **PRE SENIOR**

Tuesday 4-5pm or 5-6pm

Wednesday 10-10:15am dryland/meeting, 10:15-11:30am swim

Thursday 4-5pm or 5-6pm

### **SILVER**

M,Tu,Th,F 10:30-11:30am swim

Monday 11:30-12:00pm dryland/meeting

### **BRONZE 11-13**

M,Tu,Th,F 9:45-10:30am

### **BRONZE 10U**

M,W,F 4-4:30pm

Sa 8:30-9:00am

|              | Monday | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday   | Sunday |
|--------------|--------|-------------|-------------|-------------|-------------|------------|--------|
|              | May 31 | June 1      | June 2      | June 3      | June 4      | June 5     | June 6 |
| Senior Elite | off    | 3:45-5:45pm |             | 3:45-5:45pm | 3:45-5:45pm | Meet       | Meet   |
| Senior       | off    | 5:45-7:30pm |             | 5:45-7:30pm | 5:50-7:00pm | Meet       | Meet   |
| Pre Senior   | off    | 4:30-5:45pm | 6:00-7:30pm | 4:30-5:45pm |             | Meet       | Meet   |
| Junior       | off    |             | 4:00-5:30pm |             | 3:45-4:55pm | Meet       | Meet   |
| Gold         | off    |             | 5:00-6:00pm |             | 4:45-5:50pm | Meet       | Meet   |
| Silver       | off    | 6:30-7:30pm | 4:30-6:00pm | 6:30-7:30pm |             | Meet       | Meet   |
| Bronze 11-12 | off    | 5:45-6:30pm | 3:45-4:30pm | 5:45-6:30pm |             | Meet       | Meet   |
| Bronze 10U   | off    | 5:15-5:45pm | 4:30-5:00pm | 5:15-5:45pm |             | 10-10:30am |        |

**May 31st Pool will be closed due to national holiday, stay active**

**June 5-6 Long course meet with RAA, CCAQ and FUSION in Riverside**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | May 24      | May 25      | May 26      | May 27      | May 28      | May 29        | May 30 |
| Senior Elite | 3:45-5:45pm | 3:45-5:45pm |             | 3:45-5:45pm | 3:45-5:45pm | 8:30-10:30am  |        |
| Senior       | 5:50-7:00pm | 5:45-7:30pm |             | 5:45-7:30pm | 5:50-7:00pm |               |        |
| Pre Senior   |             | 4:30-5:45pm | 6:00-7:30pm | 4:30-5:45pm |             |               |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | 10:30-11:30am |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | 10:30-11:30am |        |
| Silver       |             | 6:30-7:30pm | 4:30-6:00pm | 6:30-7:30pm |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | 5:45-6:30pm | 3:45-4:30pm | 5:45-6:30pm |             | 9:30-10:15am  |        |
| Bronze 10U   |             | 5:15-5:45pm | 4:30-5:00pm | 5:15-5:45pm |             | 10:00-10:30am |        |

|              | Monday                         | Tuesday          | Wednesday                       | Thursday         | Friday                         | Saturday    | Sunday |
|--------------|--------------------------------|------------------|---------------------------------|------------------|--------------------------------|-------------|--------|
|              |                                |                  |                                 |                  |                                |             |        |
| Senior Elite | 8:30-10:30am<br>4:30-6:00pm*** | 8:30-10:30am     | 8:30-11:00am*<br>4:30-6:00pm*** | 8:30-10:30am     | 8:30-10:30am<br>4:30-6:00pm*** |             |        |
| Senior       | 7:30-8:45am<br>4:30-6:00pm***  | 7:30-8:45am      | 7:30-9:15am*<br>4:30-6:00pm***  | 7:30-8:45am      | 7:30-8:45am<br>4:30-6:00pm***  |             |        |
| Pre Senior   |                                | 4-5pm or 5-6pm** | 10:00-11:30am*                  | 4-5pm or 5-6pm** |                                |             |        |
| Junior       | 10:30-11:30am                  | 10:30-11:30am    | 8:15-10:15am*                   | 10:30-11:30am    | 10:30-11:30am                  |             |        |
| Gold         | 8:45-9:45am                    | 8:45-10:15am*    |                                 | 8:45-9:45am      | 8:45-9:45am                    |             |        |
| Silver       | 10:30am-12:00pm*               | 10:30-11:30am    |                                 | 10:30-11:30am    | 10:30-11:30am                  |             |        |
| Bronze 11-13 | 9:45-10:30am                   | 9:45-10:30am     |                                 | 9:45-10:30am     | 9:45-10:30am                   |             |        |
| Bronze 10U   | 4:00-4:30pm                    |                  | 4:00-4:30pm                     |                  | 4:00-4:30pm                    | 8:30-9:00am |        |

**\*Dryland/ Meeting included.**

**\*\*Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

**\*\*\* There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information.**



**COMPETITION READY COURSES**  
**SUMMER SCHEDULE 2021**

|             | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday     |
|-------------|-------------|-------------|-------------|-------------|-------------|--------------|
| Dolphins*   | 5:00-5:30pm |             | 5:00-5:30pm |             | 5:00-5:30pm |              |
| Whales*     |             |             | 5:30-6:00pm |             |             | 9:00-9:30am  |
| Sharks*     | 5:30-6:00pm |             |             |             | 5:30-6:00pm |              |
| Minnows*    |             |             | 4:30-5:00pm |             |             | 9:30-10:00am |
| Stingrays** |             | 4:00-4:30pm |             | 4:00-4:30pm |             |              |
| Otters**    |             | 4:30-5:00pm |             | 4:30-5:00pm |             |              |
| Seals**     |             | 5:00-5:30pm |             | 5:00-5:30pm |             |              |

\*Coach Emma

\*\*Coach Grace

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday        | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|---------------|---------------|--------|
|              | May 17      | May 18      | May 19      | May 20      | May 21        | May 22        | May 23 |
| Senior Elite | 3:45-5:45pm | 3:45-5:45pm |             | 3:45-5:45pm | FAC Dual Meet | FAC Dual Meet |        |
| Senior       | 5:50-7:00pm | 5:45-7:30pm |             | 5:45-7:30pm | FAC Dual Meet | FAC Dual Meet |        |
| Pre Senior   |             | 4:30-5:45pm | 6:00-7:30pm | 4:30-5:45pm | FAC Dual Meet | FAC Dual Meet |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | FAC Dual Meet | FAC Dual Meet |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | FAC Dual Meet | FAC Dual Meet |        |
| Silver       |             | 6:30-7:30pm | 4:30-6:00pm | 6:30-7:30pm | FAC Dual Meet | FAC Dual Meet |        |
| Bronze 11-12 |             | 5:45-6:30pm | 3:45-4:30pm | 5:45-6:30pm | FAC Dual Meet | FAC Dual Meet |        |
| Bronze 10U   |             | 5:15-5:45pm | 4:30-5:00pm | 5:15-5:45pm | FAC Dual Meet | FAC Dual Meet |        |

**Friday May 21 and Saturday May 22 - FAC Dual Meet with Desert Aquatics, more information will be emailed out during the week, volunteering sign ups are available [HERE](#)**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | May 10      | May 11      | May 12      | May 13      | May 14      | May 15        | May 16 |
| Senior Elite | 3:45-5:45pm | 3:45-5:45pm |             | 3:45-5:45pm | 3:45-5:45pm | 8:30-10:30am  |        |
| Senior       | 5:50-7:00pm | 5:45-7:30pm |             | 5:45-7:30pm | 5:50-7:00pm |               |        |
| Pre Senior   |             | 4:30-5:45pm | 6:00-7:30pm | No Practice |             |               |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | 10:30-11:30am |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | 10:30-11:30am |        |
| Silver       |             | 6:30-7:30pm | 4:30-6:00pm | 6:30-7:30pm |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | 5:45-6:30pm | 3:45-4:30pm | 5:45-6:30pm |             | 9:30-10:15am  |        |
| Bronze 10U   |             | 5:15-5:45pm | 4:30-5:00pm | 5:15-5:45pm |             | 10:00-10:30am |        |

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Apr 26      | Apr 27      | Apr 28      | Apr 29      | Apr 30      | May 1         | May 2  |
| Senior Elite | 3:45-5:45pm | 3:45-5:45pm |             | 3:45-5:45pm | 3:45-5:00pm | 8:30-10:30am  |        |
| Senior       | 5:50-7:00pm | 5:45-7:30pm |             | 5:45-7:30pm | 6:00-7:00pm |               |        |
| Pre Senior   |             | 4:30-5:45pm | 6:00-7:30pm | 4:30-5:45pm |             |               |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 5:00-6:00pm | 10:30-11:30am |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | No practice | 10:30-11:30am |        |
| Silver       |             | 6:30-7:30pm | 4:30-6:00pm | 6:30-7:30pm |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | 5:45-6:30pm | 3:45-4:30pm | 5:45-6:30pm |             | 9:30-10:15am  |        |
| Bronze 10U   |             | 5:15-5:45pm | 4:30-5:00pm | 5:15-5:45pm |             | 10:00-10:30am |        |

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | May 3       | May 4       | May 5       | May 6       | May 7       | May 8         | May 9  |
| Senior Elite | 3:45-5:45pm | No practice |             | 3:45-5:45pm | 3:45-5:45pm | 8:30-10:30am  |        |
| Senior       | 5:50-7:00pm | No practice |             | 5:45-7:30pm | 5:50-7:00pm |               |        |
| Pre Senior   |             | No practice | 6:00-7:30pm | 4:30-5:45pm |             |               |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | 10:30-11:30am |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | 10:30-11:30am |        |
| Silver       |             | No practice | 4:30-6:00pm | 6:30-7:30pm |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | No practice | 3:45-4:30pm | 5:45-6:30pm |             | 9:30-10:15am  |        |
| Bronze 10U   |             | No practice | 4:30-5:00pm | 5:15-5:45pm |             | 10:00-10:30am |        |

No practice on Tuesday May 4th - due to pool deck repair the Fontana Aquatics Center will be closed

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday   |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|----------|
|              | Apr 19      | Apr 20      | Apr 21      | Apr 22      | Apr 23      | April 24      | April 25 |
| Senior Elite | 3:45-5:45pm | 3:45-5:45pm |             | 3:45-5:45pm | 3:45-5:45pm | 8:30-10:30am  |          |
| Senior       | 5:50-7:00pm | 5:45-7:30pm |             | 5:45-7:30pm | 5:50-7:00pm |               |          |
| Pre Senior   |             | 4:30-5:45pm | 6:00-7:30pm | 4:30-5:45pm |             |               |          |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | 10:30-11:30am |          |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | 10:30-11:30am |          |
| Silver       |             | 6:30-7:30pm | 4:30-6:00pm | 6:30-7:30pm |             | 8:30-9:30am   |          |
| Bronze 11-12 |             | 5:45-6:30pm | 3:45-4:30pm | 5:45-6:30pm |             | 9:30-10:15am  |          |
| Bronze 10U   |             | 5:15-5:45pm | 4:30-5:00pm | 5:15-5:45pm |             | 10:00-10:30am |          |

**CHANGES ON TUESDAYS AND THURSDAYS ARE MARKED IN RED**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday        | Saturday      | Sunday   |
|--------------|-------------|-------------|-------------|-------------|---------------|---------------|----------|
|              | Apr 12      | Apr 13      | Apr 14      | Apr 15      | Apr 16        | April 17      | April 18 |
| Senior Elite | 3:45-5:45pm | 3:30-5:30pm |             | 3:30-5:30pm | FAC Dual Meet | FAC Dual Meet |          |
| Senior       | 5:50-7:00pm | 6:00-7:30pm |             | 6:00-7:30pm | FAC Dual Meet | FAC Dual Meet |          |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:30pm | 5:00-6:00pm | FAC Dual Meet | FAC Dual Meet |          |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | FAC Dual Meet | FAC Dual Meet |          |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | FAC Dual Meet | FAC Dual Meet |          |
| Silver       |             | 4:00-5:00pm | 4:30-6:00pm | 4:00-5:00pm | FAC Dual Meet | FAC Dual Meet |          |
| Bronze 11-12 |             | 6:00-6:45pm | 3:45-4:30pm | 6:00-6:45pm | FAC Dual Meet | FAC Dual Meet |          |
| Bronze 10U   |             | 5:30-6:00pm | 4:30-5:00pm | 5:30-6:00pm | FAC Dual Meet | FAC Dual Meet |          |

**Wednesday April 14th - April Meet fees charged through your TU**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday   |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|----------|
|              | Apr 5       | Apr 6       | Apr 7       | Apr 8       | Apr 9       | April 10      | April 11 |
| Senior Elite | 3:45-5:45pm | 3:30-5:30pm |             | 3:30-5:30pm | 3:45-5:45pm | 8:30-10:30am  |          |
| Senior       | 5:50-7:00pm | 6:00-7:30pm |             | 6:00-7:30pm | 5:50-7:00pm |               |          |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:30pm | 5:00-6:00pm |             |               |          |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | 10:30-11:30am |          |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | 10:30-11:30am |          |
| Silver       |             | 4:00-5:00pm | 4:30-6:00pm | 4:00-5:00pm |             | 8:30-9:30am   |          |
| Bronze 11-12 |             | 6:00-6:45pm | 3:45-4:30pm | 6:00-6:45pm |             | 9:30-10:15am  |          |
| Bronze 10U   |             | 5:30-6:00pm | 4:30-5:00pm | 5:30-6:00pm |             | 10:00-10:30am |          |

**Monday April 5 - Last day to pay Monthly dues without late fee.**



|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday    | Sunday  |
|--------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|
|              | Mar 29      | Mar 30      | Mar 31      | Apr 1       | Apr 2       | April 3     | April 4 |
| Senior Elite | 3:45-5:45pm | 3:30-5:30pm |             | 3:30-5:30pm | 3:45-5:45pm | No practice |         |
| Senior       | 5:50-7:00pm | 6:00-7:30pm |             | 6:00-7:30pm | 5:50-7:00pm | No practice |         |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:30pm | 5:00-6:00pm |             | No practice |         |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | No practice |         |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | No practice |         |
| Silver       |             | 4:00-5:00pm | 4:30-6:00pm | 4:00-5:00pm |             | No practice |         |
| Bronze 11-12 |             | 6:00-6:45pm | 3:45-4:30pm | 6:00-6:45pm |             | No practice |         |
| Bronze 10U   |             | 5:30-6:00pm | 4:30-5:00pm | 5:30-6:00pm |             | No practice |         |

**Saturday April 3rd - no practice due to city event**

**Thursday April 1st - monthly membership fees are due, pay by Monday April 5th to avoid late fees**

**Thursday April 1st - Monthly Board Meeting**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday        | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|---------------|---------------|--------|
|              | Mar 15      | Mar 16      | Mar 17      | Mar 18      | Mar 19        | Mar 20        | Mar 21 |
| Senior Elite | 3:45-5:45pm | 3:30-5:30pm |             | 3:30-5:30pm | FAC Dual Meet | FAC Dual Meet |        |
| Senior       | 5:50-7:00pm | 6:00-7:30pm |             | 6:00-7:30pm | FAC Dual Meet | FAC Dual Meet |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:30pm | 5:00-6:00pm | FAC Dual Meet | FAC Dual Meet |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | FAC Dual Meet | FAC Dual Meet |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | FAC Dual Meet | FAC Dual Meet |        |
| Silver       |             | 4:00-5:00pm | 4:30-6:00pm | 4:00-5:00pm | FAC Dual Meet | FAC Dual Meet |        |
| Bronze 11-12 |             | 6:00-6:45pm | 3:45-4:30pm | 6:00-6:45pm | FAC Dual Meet | FAC Dual Meet |        |
| Bronze 10U   |             | 5:30-6:00pm | 4:30-5:00pm | 5:30-6:00pm | FAC Dual Meet | FAC Dual Meet |        |

More info about the meet will be sent out during the week.

Friday 4-7pm

Saturday 7:30-11:30am

The estimated timeline will be available later in the week after we process all entries.

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Mar 8       | Mar 9       | Mar 10      | Mar 11      | Mar 12      | Mar 13        | Mar 14 |
| Senior Elite | 3:45-5:45pm | 3:30-5:30pm |             | 3:30-5:30pm | 3:45-5:45pm | 8:30-10:30am  |        |
| Senior       | 5:50-7:00pm | 6:00-7:30pm |             | 6:00-7:30pm | 5:50-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:30pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:55pm |             | 4:00-5:30pm |             | 3:45-4:55pm | 10:30-11:30am |        |
| Gold         | 4:45-5:50pm |             | 5:00-6:00pm |             | 4:45-5:50pm | 10:30-11:30am |        |
| Silver       |             | 4:00-5:00pm | 4:30-6:00pm | 4:00-5:00pm |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | 6:00-6:45pm | 3:45-4:30pm | 6:00-6:45pm |             | 9:30-10:15am  |        |
| Bronze 10U   |             | 5:30-6:00pm | 4:30-5:00pm | 5:30-6:00pm |             | 10:00-10:30am |        |

|              | Monday      | Tuesday      | Wednesday    | Thursday     | Friday      | Saturday      | Sunday |
|--------------|-------------|--------------|--------------|--------------|-------------|---------------|--------|
|              | Mar 1       | Mar 2        | Mar 3        | Mar 4        | Mar 5       | Mar 6         | Mar 7  |
| Senior Elite | 3:45-5:45pm | 3:30-5:30pm* |              | 3:30-5:30pm* | 3:45-5:45pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:30pm* |              | 6:00-7:30pm* | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm  | 6:00-7:00pm  | 5:00-6:30pm* |             |               |        |
| Junior       | 3:45-4:45pm |              | 3:45-5:30pm* |              | 3:45-4:45pm | 10:30-11:30am |        |
| Gold         | 4:45-5:45pm |              | 5:00-6:00pm  |              | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm  | 4:30-6:00pm* | 4:15-5:00pm  |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | 3:45-4:15pm  | 3:45-4:30pm  | 3:30-4:15pm* |             | 9:30-10:15am  |        |
| Bronze 10U   |             | 5:30-6:00pm  | 4:30-5:00pm  | 5:30-6:00pm  |             | 10:00-10:30am |        |

\* dry land part of the session, swimmers have your athletic clothes, shoes and water ready

\* dry land session will be inside of the facility, please know that the same health check in will be required before walking on deck, be on time, late entries will not be allowed

\* masks and 6ft+ distance are required during dryland

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Feb 22      | Feb 23      | Feb 24      | Feb 25      | Feb 26      | Feb 27        | Feb 28 |
| Senior Elite | 3:45-5:45pm | 3:45-5:30pm |             | 3:45-5:30pm | 3:45-5:45pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | 3:45-4:45pm | 10:30-11:30am |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm |             | 8:30-9:30am   |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm |             | 9:30-10:15am  |        |
| Bronze 10U   |             | 5:30-6:00pm | 4:30-5:00pm | 5:30-6:00pm |             | 10:00-10:30am |        |

## COMPETITION READY COURSES

|          | Monday      | Tuesday | Wednesday   | Thursday | Friday      | Saturday     |
|----------|-------------|---------|-------------|----------|-------------|--------------|
| Dolphins | 6:15-6:45pm |         | 5:15-5:45pm |          | 6:15-6:45pm |              |
| Whales   |             |         | 5:45-6:15pm |          |             | 9:00-9:30am  |
| Sharks   | 5:45-6:15pm |         |             |          | 5:45-6:15pm |              |
| Minnows  |             |         | 6:15-6:45pm |          |             | 9:30-10:00am |

|              | Monday        | Tuesday     | Wednesday   | Thursday    | Friday          | Saturday        | Sunday |
|--------------|---------------|-------------|-------------|-------------|-----------------|-----------------|--------|
|              | Feb 15        | Feb 16      | Feb 17      | Feb 18      | Feb 19          | Feb 20          | Feb 21 |
| Senior Elite | 8:30-10:00am  | 3:45-5:30pm |             | 3:45-5:30pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Senior       | 10:30-11:30am | 6:00-7:00pm |             | 6:00-7:00pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Pre Senior   |               | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Junior       | 8:30-9:30am   |             | 3:45-5:00pm |             | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Gold         | 9:30-10:30am  |             | 5:00-6:00pm |             | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Silver       |               | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Bronze 11-12 |               | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Bronze 10U   | 10:00-10:30am |             | 4:30-5:00pm |             | INTRASQUAD MEET | INTRASQUAD MEET |        |

|          | Monday        | Tuesday | Wednesday   | Thursday | Friday      | Saturday     | Sunday |
|----------|---------------|---------|-------------|----------|-------------|--------------|--------|
| Pre Comp |               |         |             |          |             |              |        |
| Dolphins | 11:00-11:30am |         | 5:15-5:45pm |          | 6:15-6:45pm |              |        |
| Whales   |               |         | 5:45-6:15pm |          |             | 9:00-9:30am  |        |
| Sharks   | 10:30-11:00am |         |             |          | 5:45-6:15pm |              |        |
| Minnows  |               |         | 6:15-6:45pm |          |             | 9:30-10:00am |        |

**Monday February 15th - practice in the morning**

**Friday February 19 and Saturday February 20 - FAC Intrasquad Meet, must be registered to compete**



|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Feb 8       | Feb 9       | Feb 10      | Feb 11      | Feb 12      | Feb 13        | Feb 14 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | 3:45-5:30pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm |             | 9:30-10:30am  |        |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm |             | 5:15-5:45pm | 9:30-10:00am  |        |

**Monday February 15th - practice will be in the morning, check the schedule for February 15-21 for exact times**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Jan 25      | Jan 26      | Jan 27      | Jan 28      | Jan 29      | Jan 30        | Jan 31 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | 3:45-5:30pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm |             | 5:15-5:45pm | 9:30-10:00am  |        |

|              | Monday        | Tuesday     | Wednesday   | Thursday    | Friday          | Saturday        | Sunday |
|--------------|---------------|-------------|-------------|-------------|-----------------|-----------------|--------|
|              | Jan 18        | Jan 19      | Jan 20      | Jan 21      | Jan 22          | Jan 23          | Jan 24 |
| Senior Elite | 8:30-10:00am  | 3:45-5:30pm |             | 3:45-5:30pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Senior       | 10:30-11:30am | 6:00-7:00pm |             | 6:00-7:00pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Pre Senior   |               | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Junior       | 8:30-9:30am   |             | 3:45-5:00pm |             | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Gold         | 9:30-10:30am  |             | 5:00-6:00pm |             | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Silver       |               | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Bronze 11-12 |               | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm | INTRASQUAD MEET | INTRASQUAD MEET |        |
| Bronze 10U   | 10:00-10:30am |             | 4:30-5:00pm |             |                 |                 |        |

Monday January 18 - M. Luther King Jr. Day, All practices are in the morning

Friday January 22 and Saturday January 23 - Intrasquad meet, details will be emailed during this week

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Jan 11      | Jan 12      | Jan 13      | Jan 14      | Jan 15      | Jan 16        | Jan 17 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | 3:45-5:30pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm |             | 5:15-5:45pm | 9:30-10:00am  |        |

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Jan 4       | Jan 5       | Jan 6       | Jan 7       | Jan 8       | Jan 9         | Jan 10 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | 3:45-5:30pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm |             | 5:15-5:45pm | 9:30-10:00am  |        |

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Dec 14      | Dec 15      | Dec 16      | Dec 17      | Dec 18      | Dec 19        | Dec 20 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | 3:45-5:30pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm |             | 5:15-5:45pm | 9:30-10:00am  |        |

**FAC Christmas Break - December 20 - January 3rd**

**HAVE A HAPPY AND SAFE HOLIDAYS FAC!**

|              | Monday      | Tuesday     | Wednesday   | Thursday | Friday  | Saturday | Sunday  |
|--------------|-------------|-------------|-------------|----------|---------|----------|---------|
|              | Nov 23      | Nov 24      | Nov 25      | Nov 26   | Nov 27  | Nov 28   | Nov 29  |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | No swim  | No swim | No swim  | No swim |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | No swim  | No swim | No swim  | No swim |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | No swim  | No swim | No swim  | No swim |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm | No swim  | No swim | No swim  | No swim |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm | No swim  | No swim | No swim  | No swim |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | No swim  | No swim | No swim  | No swim |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | No swim  | No swim | No swim  | No swim |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm | No swim  | No swim | No swim  | No swim |

**No Swim Practice during Thanksgiving.**

**Physical activity for at least 1h is highly recommended for all FAC athletes.  
FAC Senior Athletes are expected to workout for 1-2h daily.**

|              | Monday      | Tuesday     | Wednesday     | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|---------------|-------------|-------------|---------------|--------|
|              | Nov 9       | Nov 10      | Nov 11        | Nov 12      | Nov 13      | Nov 14        | Nov 15 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |               | 3:45-5:30pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |               | 6:00-7:00pm | 5:45-7:00pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 10:45-11:30am | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 8:30-9:45am   |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 4:45-5:45pm |             | 9:45-10:45am  |             | 4:45-5:45pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 9:45-10:45am  | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 8:30-9:15am   | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 5:15-5:45pm |             | 9:15-9:45am   |             | 5:15-5:45pm | 9:30-10:00am  |        |

**AM practice on Veterans Day**



|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday          | Saturday        | Sunday |
|--------------|-------------|-------------|-------------|-------------|-----------------|-----------------|--------|
|              | Nov 16      | Nov 17      | Nov 18      | Nov 19      | Nov 20          | Nov 21          | Nov 22 |
| Senior Elite | 3:45-5:15pm | 3:45-5:30pm |             | 3:45-5:30pm | Intrasquad Meet | Intrasquad Meet |        |
| Senior       | 5:45-7:00pm | 6:00-7:00pm |             | 6:00-7:00pm | Intrasquad Meet | Intrasquad Meet |        |
| Pre Senior   |             | 5:00-6:00pm | 6:00-7:00pm | 5:00-6:00pm | Intrasquad Meet | Intrasquad Meet |        |
| Junior       | 3:45-4:45pm |             | 3:45-5:00pm |             | Intrasquad Meet | Intrasquad Meet |        |
| Gold         | 4:45-5:45pm |             | 5:00-6:00pm |             | Intrasquad Meet | Intrasquad Meet |        |
| Silver       |             | 4:15-5:00pm | 5:00-6:00pm | 4:15-5:00pm | Intrasquad Meet | Intrasquad Meet |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:30pm | 3:45-4:15pm | Intrasquad Meet | Intrasquad Meet |        |
| Bronze 10U   | 5:15-5:45pm |             | 4:30-5:00pm |             | Intrasquad Meet | Intrasquad Meet |        |

**FAC Intrasquad Meet November 20-21 during our regular practice time**

**Friday 3:45-7:00pm**

**Saturday 8:30-11:30am**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Oct 26      | Oct 27      | Oct 28      | Oct 29      | Oct 30      | Oct 31        | Nov 1  |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:15pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:05-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-4:30pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |             | 5:00-6:00pm |             | 6:15-7:00pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 4:15-5:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:15pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 4:45-5:15pm |             | 4:30-5:00pm |             | 4:45-5:15pm | 9:30-10:00am  |        |

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday                         | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|----------------------------------|--------|
|              | Oct 19      | Oct 20      | Oct 21      | Oct 22      | Oct 23      | Oct 24                           | Oct 25 |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:15pm | Intrasquad Meet<br>8:30-10:30am  |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:15pm | Intrasquad Meet<br>8:30-10:30am  |        |
| Pre Senior   |             | 5:00-6:00pm | 6:05-7:00pm | 5:00-6:00pm |             | Intrasquad Meet<br>10:30-11:30am |        |
| Junior       | 3:45-4:45pm |             | 3:45-4:30pm |             | 3:45-4:45pm | Intrasquad Meet<br>8:30-10:30am  |        |
| Gold         | 6:15-7:00pm |             | 5:00-6:00pm |             | 6:15-7:00pm | Intrasquad Meet<br>8:30-10:30am  |        |
| Silver       |             | 4:15-5:00pm | 4:15-5:00pm | 4:15-5:00pm |             | Intrasquad Meet<br>10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:15pm | 3:45-4:15pm |             | Intrasquad Meet<br>10:30-11:30am |        |
| Bronze 10U   | 4:45-5:15pm |             | 4:30-5:00pm |             | 4:45-5:15pm | Intrasquad Meet<br>10:30-11:30am |        |

SAFE SPORT - Please find time this week to complete the course. If you have issues logging in, reach out to your coach.

SAVE THE DATE - October 24, Time Trial Intrasquad Meet. All swimmers attending. Discuss with your coach if you are unable to attend.

Fontana Aquatics Club

when 3 per lane are good to go, 2020

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|              | Monday          | Tuesday         | Wednesday       | Thursday        | Friday          | Saturday      | Sunday |
|--------------|-----------------|-----------------|-----------------|-----------------|-----------------|---------------|--------|
|              |                 |                 |                 |                 |                 | same          |        |
| Senior Elite | 3:45-5:15pm     | 3:45-5:45pm (3) |                 | 3:45-5:45pm (3) | 3:45-5:15pm     | 8:30-10:30pm  |        |
| Senior       | 5:45-7:00pm (3) | 5:45-7:00pm (3) | 5:15-6:00pm (3) | 5:45-7:00pm (3) | 5:45-7:00pm (3) |               |        |
| Pre Senior   |                 | 4:30-5:45pm (3) | 6:00-7:00pm     | 4:30-5:45pm (3) |                 |               |        |
| Junior       | 3:45-4:45pm     | 3:45-4:30pm (3) |                 | 3:45-4:30pm (3) | 3:45-4:45pm     | 8:30-9:30pm   |        |
| Gold         | 4:45-5:45pm (3) |                 | 3:45-4:45pm (3) |                 | 4:45-5:45pm (3) | 10:30-11:30pm |        |
| Silver       |                 | 5:45-6:45pm (3) | 3:45-4:45pm (3) | 5:45-6:45pm (3) |                 | 10:30-11:30pm |        |
| Bronze 11-12 |                 | 3:45-4:30pm (3) | 4:45-5:15pm (3) | 3:45-4:30pm (3) |                 | 10:00-10:30pm |        |
| Bronze 10U   | 5:15-5:45pm     |                 | 4:45-5:15pm (3) |                 | 5:15-5:45pm     | 9:30-10:00pm  |        |

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Oct 12      | Oct 13      | Oct 14      | Oct 15      | Oct 16      | Oct 17        | Oct 18 |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:15pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:05-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-4:30pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |             | 5:00-6:00pm |             | 6:15-7:00pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 4:15-5:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:15pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 4:45-5:15pm |             | 4:30-5:00pm |             | 4:45-5:15pm | 9:30-10:00am  |        |

SAFE SPORT - Please find time this week to complete the course. If you have issues logging in, reach out to your coach.

SAVE THE DATE - October 24, Time Trial Intrasquad Meet. All swimmers attending. Discuss with your coach if you are unable to attend.

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Sep 28      | Sep 29      | Sep 30      | Oct 1       | Oct 2       | Oct 3         | Oct 4  |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:15pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:05-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-4:30pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |             | 5:00-6:00pm |             | 6:15-7:00pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 4:15-5:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:15pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 4:45-5:15pm |             | 4:30-5:00pm |             | 4:45-5:15pm | 9:30-10:00am  |        |

**PARENT MEETINGS** (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite Wednesday September 23, 6:30pm DONE

Senior Wednesday September 9, 7:00pm DONE

Pre Senior Monday September 21, 6:50pm DONE

Junior Tuesday September 15, 6:00pm DONE

**Gold Tuesday September 29, 6:00pm**

Silver Tuesday September 22, 6:20pm DONE

Bronze 10-12 Monday September 21, 6:00pm DONE

Bronze 9U Wednesday September 16, 7:00pm DONE

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday                         | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|----------------------------------|--------|
|              | Sep 28      | Sep 29      | Sep 30      | Oct 1       | Oct 2       | Oct 3                            | Oct 4  |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:15pm | Intrasquad Meet<br>8:30-9:45am   |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:15pm | Intrasquad Meet<br>8:30-9:45am   |        |
| Pre Senior   |             | 5:00-6:00pm | 6:05-7:00pm | 5:00-6:00pm |             | Intrasquad Meet<br>9:45-10:45am  |        |
| Junior       | 3:45-4:45pm |             | 3:45-4:30pm |             | 3:45-4:45pm | Intrasquad Meet<br>8:30-9:45am   |        |
| Gold         | 6:15-7:00pm |             | 5:00-6:00pm |             | 6:15-7:00pm | Intrasquad Meet<br>9:45-10:45am  |        |
| Silver       |             | 4:15-5:00pm | 4:15-5:00pm | 4:15-5:00pm |             | Intrasquad Meet<br>10:45-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:15pm | 3:45-4:15pm |             | Intrasquad Meet<br>10:45-11:30am |        |
| Bronze 10U   | 4:45-5:15pm |             | 4:30-5:00pm |             | 4:45-5:15pm | Intrasquad Meet<br>10:45-11:30am |        |

**Intrasquad Meet - Saturday September 26, 3 sessions please arrive 10-15 minutes before your session starts to check in and go through Health check in, Volunteer opportunities are available for sign up online under events (job sign up)**

**PARENT MEETINGS** (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

**Senior Elite      Wednesday September 23, 6:30pm**

Senior              Wednesday September 9, 7:00pm DONE

**Pre Senior      Monday September 21, 6:50pm**

Junior              Tuesday September 15, 6:00pm DONE

Gold                Tuesday September 29, 6:00pm

**Silver             Tuesday September 22, 6:20pm**

**Bronze 10-12   Monday September 21, 6:00pm**

Bronze 9U        Wednesday September 16, 7:00pm DONE



|              | Monday      | Tuesday                  | Wednesday                          | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|--------------------------|------------------------------------|-------------|-------------|---------------|--------|
|              | Sep 14      | Sep 15                   | Sep 16                             | Sep 17      | Sep 18      | Sep 19        | Sep 20 |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm              |                                    | 3:45-5:00pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm              |                                    | 6:00-7:00pm | 5:15-6:15pm |               |        |
| Pre Senior   |             | 5:00-6:00pm              | 6:05-7:00pm                        | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm | 6:00pm<br>parent meeting | 3:45-4:30pm                        |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |                          | 5:00-6:00pm                        |             | 6:15-7:00pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm              | 4:15-5:00pm                        | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm              | 3:45-4:15pm                        | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 4:45-5:15pm |                          | 4:30-5:00pm<br>7:00 parent meeting |             | 4:45-5:15pm | 9:30-10:00am  |        |

**PARENT MEETINGS** (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite      Wednesday September 23, 6:30pm  
 Senior            Wednesday September 9, 7:00pm DONE  
 Pre Senior       Monday September 21, 6:50pm  
**Junior            Tuesday September 15, 6:00pm**  
 Gold              Tuesday September 29, 6:00pm  
 Silver             Tuesday September 22, 6:20pm  
 Bronze 10-12    Monday September 21, 6:00pm  
**Bronze 9U       Wednesday September 16, 7:00pm**

|              | Monday      | Tuesday     | Wednesday                      | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|--------------------------------|-------------|-------------|---------------|--------|
|              | Sep 7       | Sep 8       | Sep 9                          | Sep 10      | Sep 11      | Sep 12        | Sep 13 |
| Senior Elite | 3:45-5:05pm | 3:45-5:00pm |                                | 3:45-5:00pm | 3:45-5:05pm | 8:30-10:15am  |        |
| Senior       | 5:15-6:05pm | 6:00-7:00pm | 7:00-8:00pm<br>parents meeting | 6:00-7:00pm | 5:15-6:05pm |               |        |
| Pre Senior   |             | 5:10-5:50pm | 6:05-7:00pm                    | 5:10-5:50pm |             |               |        |
| Junior**     | 3:45-4:25pm |             | 3:45-4:30pm                    |             | 3:45-4:25pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |             | 5:15-5:55pm                    |             | 6:15-7:00pm | 10:30-11:20am |        |
| Silver       |             | 4:25-5:00pm | 4:40-5:10pm                    | 4:25-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:20pm                    | 3:45-4:15pm |             | 9:40-10:15am  |        |
| Bronze 10U   | 4:45-5:05pm |             | 4:30-5:05pm                    |             | 4:45-5:05pm |               |        |

**PARENT MEETINGS (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):**

**Senior Elite**    Wednesday September 23, 6:30pm  
**Senior**        Wednesday September 9, 7:00pm  
**Pre Senior**    Monday September 21, 6:50pm  
**Junior**        Tuesday September 15, 6:00pm  
**Gold**         Tuesday September 29, 6:00pm  
**Silver**        Tuesday September 22, 6:20pm  
**Bronze 10-12** Monday September 21, 6:00pm  
**Bronze 9U**    Wednesday September 16, 7:00pm



|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Aug 31      | Sep 1       | Sep 2       | Sep 3       | Sep 4       | Sep 5         | Sep 6  |
| Senior Elite | 3:45-5:05pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:05pm | 8:30-10:15am  |        |
| Senior       | 5:15-6:05pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:05pm |               |        |
| Pre Senior   |             | 5:10-5:50pm | 6:05-7:00pm | 5:10-5:50pm |             |               |        |
| Junior**     | 3:45-4:25pm |             | 3:45-4:30pm |             | 3:45-4:25pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |             | 5:15-5:55pm |             | 6:15-7:00pm | 10:30-11:20am |        |
| Silver       |             | 4:25-5:00pm | 4:40-5:10pm | 4:25-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:20pm | 3:45-4:15pm |             | 9:40-10:15am  |        |
| Bronze 10U   | 4:45-5:05pm |             | 4:30-5:05pm |             | 4:45-5:05pm |               |        |

**Please wear a mask at all times to protect your Team!**

**Arrive 10-15 minutes before your practice begins to ensure enough time for "health check". If you suspect you will be late let your coach know. Understand that late means arriving less than 5 minutes before your practice time. If you arrive exactly at your practice time (the gate is shut and swimmers are diving/swimming in the pool) you will not be allowed in the facility and you will miss your practice regardless of messaging your coach.**

**If you feel sick please don't come to practice until cleared to protect your teammates and coaches.**

**Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put your mask back on.**

**Keep one way traffic by entering through the side gate and exiting through the double gate.**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Aug 17      | Aug 18      | Aug 19      | Aug 20      | Aug 21      | Aug 22        | Aug 23 |
| Senior Elite | 4:00-5:20pm | 4:00-5:15pm |             | 4:00-5:15pm | 4:00-5:20pm | 8:30-10:00am  |        |
| Senior       | 5:30-6:20pm | 6:15-7:15pm |             | 6:15-7:15pm | 5:30-6:20pm |               |        |
| Pre Senior   |             | 5:25-6:05pm | 6:20-7:15pm | 5:25-6:05pm |             |               |        |
| Junior**     | 4:00-4:50pm |             | 4:00-4:45pm |             | 4:00-4:50pm | 8:30-9:30am   |        |
| Gold         | 6:30-7:15pm |             | 5:30-6:10pm |             | 6:30-7:15pm | 10:10-10:50am |        |
| Silver       |             | 4:40-5:15pm | 4:55-5:25pm | 4:40-5:15pm |             | 11:00-11:30am |        |
| Bronze 11-12 |             | 4:00-4:30pm | 4:00-4:35pm | 4:00-4:30pm |             | 9:40-10:00am  |        |
| Bronze 10U   | 5:00-5:20pm |             | 4:45-5:20pm |             | 5:00-5:20pm |               |        |

**Please wear a mask at all times to protect your Team!**

**Arrive 10-15 minutes before your practice begins to ensure enough time for "health check". If you are late let your coach know. Understand that late means arriving less than 5 minutes before your practice time. If you arrive exactly at your practice time (the gate is shut and swimmers are diving in the pool) you will not be allowed in the facility and you will miss your practice regardless of letting your coach know.**

**If you feel sick please don't come to practice until cleared to protect your teammates and coaches.**

**Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put it back on.**

**Keep one way traffic by entering through the side gate and exiting through the double gate.**

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Aug 3       | Aug 4       | Aug 5       | Aug 6       | Aug 7       | Aug 8         | Aug 9  |
| Senior Elite | 4:00-5:20pm | 4:00-5:00pm | 6:00-7:15pm |             | 4:00-5:20pm | 8:30-10:00am  |        |
| Senior       | 5:30-6:20pm | 6:15-7:15pm |             | 6:15-7:15pm | 5:30-6:20pm |               |        |
| Pre Senior   |             | 5:20-6:00pm | 5:10-5:50pm | 5:20-6:00pm |             |               |        |
| Gold         | 6:30-7:15pm |             | 4:00-5:00pm |             | 6:30-7:15pm | 10:10-10:50am |        |
| Silver       |             | 4:30-5:10pm |             | 4:30-5:10pm |             | 11:00-11:30am |        |
| Bronze 11-12 |             | 4:00-4:20pm |             | 4:00-4:20pm |             |               |        |
| Bronze 10U   | 5:00-5:20pm |             |             |             | 5:00-5:20pm |               |        |

**Please wear a mask!**

**Arrive 10-15 minutes before your practice begins to ensure enough time for "health check".**

**If you feel sick please don't come to practice until cleared to protect your teammates and coaches.**

**Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put it back on.**

**Keep one way traffic by entering through the side gate and exiting through the double gate.**



|              | Monday      | Tuesday                    | Wednesday   | Thursday    | Friday      | Saturday   | Sunday |
|--------------|-------------|----------------------------|-------------|-------------|-------------|------------|--------|
|              | Mar 2       | Mar 3                      | Mar 4       | Mar 5       | Mar 6       | Mar 7      | Mar 8  |
| 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 | 4:30-6:00pm                | 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 | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 9-11:30am* |        |

**Senior Elite - Saturday March 7th practice at Crafton Hills College LCM**

**Board meeting - Thursday March 5, 2020 at JTC**

**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**)



|              | Monday      | Tuesday                    | Wednesday   | Thursday    | Friday      | Saturday | Sunday   |
|--------------|-------------|----------------------------|-------------|-------------|-------------|----------|----------|
|              | Feb 24      | Feb 25                     | Feb 26      | Feb 27      | Feb 28      | Feb 29   | Mar 1    |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm                | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | BRW Meet | BRW Meet |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm                | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | BRW Meet | BRW Meet |
| Silver       | 4:30-6:00pm | 4:30-6:00pm                | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | BRW Meet | BRW Meet |
| Gold         | 4:30-6:30pm | 4:30-6:00pm                | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | BRW Meet | BRW Meet |
| Pre Senior   | 6:30-7:30pm | 6:30-7:30pm                | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | BRW Meet | BRW Meet |
| Senior       | 4:45-6:45pm | 4:45-6:45pm                | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | BRW Meet | BRW Meet |
| Senior Elite | 4:45-7:30pm | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | BRW Meet | BRW Meet |

BRW meet in Perris - more information 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**)

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday    | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|-------------|--------|
|              | Feb 17      | Feb 18      | Feb 19      | Feb 20      | Feb 21      | Feb 22      | Feb 23 |
| Bronze 10U   | No Practice | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm |             |        |
| Bronze 11-12 | No Practice | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm |             |        |
| Silver       | No Practice | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm |             |        |
| Gold         | No Practice | 4:30-6:00pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm |             |        |
| Pre Senior   | No Practice | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm |             |        |
| Senior       | No Practice | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm |             |        |
| Senior Elite | No Practice | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7:00-9:00am |        |

**Monday no practice for all groups, the pool will be closed in observance of Presidents' Day.**

BRW meet February 29 - March 1 registration deadline is today, please declare your swimmers.

**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**)

|              | Monday*     | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday           | Sunday             |
|--------------|-------------|-------------|-------------|-------------|-------------|--------------------|--------------------|
|              | Feb 10      | Feb 11      | Feb 12      | Feb 13      | Feb 14      | Feb 15             | Feb 16             |
| 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 | 4:30-6:00pm | 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 | 5:00-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | Senior Q Challenge | Senior Q Challenge |

Senior Elite, Tuesday Feb 11 no morning practice, afternoon begins at 5pm

\*Monday is supposed to be very windy, we will inform you if there are any changes to your group's practice

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)

|              | Monday      | Tuesday      | Wednesday   | Thursday    | Friday      | Saturday         | Sunday           |
|--------------|-------------|--------------|-------------|-------------|-------------|------------------|------------------|
|              | Feb 3       | Feb 4        | Feb 5       | Feb 6       | Feb 7       | Feb 8            | Feb 9            |
| Bronze 10U   | 4:30-5:15pm | 5:00-5:45pm  | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | Committee Champs | Committee Champs |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm  | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | Committee Champs | Committee Champs |
| Silver       | 4:30-6:00pm | 4:30-6:00pm  | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | Committee Champs | Committee Champs |
| Gold         | 4:30-6:30pm | 4:30-6:00pm  | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | Committee Champs | Committee Champs |
| Pre Senior   | 6:30-7:30pm | 6:30-7:30pm  | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | Committee Champs | Committee Champs |
| Senior       | 4:45-6:45pm | 5:00-7:00pm  | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | Committee Champs | Committee Champs |
| Senior Elite | 4:45-7:30pm | 5:00-7:30pm* | 4:45-7:30pm | 5:15-7:30pm | 4:45-7:30pm | Committee Champs | Committee Champs |

**Tuesday Feb 4th** - Practices for some groups will be adjusted due to water polo game on Tuesday that will most likely end at around 5pm. Groups starting at 4:30 will begin with dry land.

**February 8-9** - Eastern Committee Championship Meet. Congratulations to all swimmers that qualified to represent FAC at this championship meet. GO FAC!

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**)

|              | Monday      | Tuesday      | Wednesday   | Thursday    | Friday      | Saturday     | Sunday |
|--------------|-------------|--------------|-------------|-------------|-------------|--------------|--------|
|              | Jan 27      | Jan 28       | Jan 29      | Jan 30      | Jan 31      | Feb 1        | Feb 2  |
| 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 | 4:30-7:30pm* | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7:00-10:00am |        |

\*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

**Board meeting - Thursday, January 30 at JTC**

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

**Fontana Aquatics Club**

**January 20 - January 26, 2020**

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

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

## Fontana Aquatics Club

**January 13 - January 19, 2020**

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|              | 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 -**

**[https://www.teamunify.com/cafac/UserFiles/Image/QuickUpload/eat-right-swim-faster---nutritional-guide\\_080073.pdf](https://www.teamunify.com/cafac/UserFiles/Image/QuickUpload/eat-right-swim-faster---nutritional-guide_080073.pdf)**([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Recommended Reading→For Parents→A few Suggestions on How to be a Better Swim Parent)

**Fontana Aquatics Club**

**January 6 - January 12, 2020**

**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)**

|              | <b>Monday</b> | <b>Tuesday</b>             | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> | <b>Sunday</b> |
|--------------|---------------|----------------------------|------------------|-----------------|---------------|-----------------|---------------|
|              | <b>Jan 6</b>  | <b>Jan 7</b>               | <b>Jan 8</b>     | <b>Jan 9</b>    | <b>Jan 10</b> | <b>Jan 11</b>   | <b>Jan 12</b> |
| 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<br>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](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→For Swimmers→Find Your Marigolds: The One Essential Rule)

Fontana Aquatics Club

December 16 - December 22, 2019

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|              | Monday      | Tuesday     | Wednesday    | Thursday        | Friday        | Saturday      | Sunday        |
|--------------|-------------|-------------|--------------|-----------------|---------------|---------------|---------------|
|              | Dec 16      | Dec 17      | Dec 18       | Dec 19          | Dec 20        | Dec 21        | Dec 22        |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm  | Christmas Party | Winter Break  | Winter Break  | Winter Break  |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm  | Christmas Party | Winter Break  | Winter Break  | Winter Break  |
| Silver       | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm  | Christmas Party | Winter Break  | Winter Break  | Winter Break  |
| Gold         | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm  | Christmas Party | Winter Break  | Winter Break  | Winter Break  |
| Pre Senior   | 6:00-7:00pm | 6:00-7:00pm | 4:30-7:00pm* | Christmas Party | Winter Break  | Winter Break  | Winter Break  |
| Senior       | 4:45-6:45pm | 4:45-6:45pm | 4:30-7:30pm* | Christmas Party | Winter Break  | Winter Break  | Winter Break  |
| Senior Elite | 4:45-7:00pm | 5:30-7:30pm | 4:30-7:30pm* | Christmas Party | Senior Champs | Senior Champs | Senior Champs |

Senior Elite is attending Senior Champs Dec 20-22

\*Animal Shelter Visit - Wednesday 4:30-5:30pm, 6:00-7:30pm swim (Senior, Pre Senior and Senior Elite)

Christmas Party on Wednesday 4:30-7:30pm, bring your ugly sweater and Christmas cookies.

**Website/Recommended reading/Videos - [Find Your Marigolds: The One Essential Rule](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→For Swimmers→Find Your Marigolds: The One Essential Rule)**

**Fontana Aquatics Club**

**December 9 - December 15, 2019**

**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)**

|              | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>       | <b>Saturday</b> | <b>Sunday</b> |
|--------------|---------------|----------------|------------------|-----------------|---------------------|-----------------|---------------|
|              | <b>Dec 9</b>  | <b>Dec 10</b>  | <b>Dec 11</b>    | <b>Dec 12</b>   | <b>Dec 13</b>       | <b>Dec 14</b>   | <b>Dec 15</b> |
| 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     | WAG<br>4:30-6:00pm  | WAG             | WAG           |
| Gold         | 4:30-6:30pm   | 4:30-6:30pm    | 4:30-6:30pm      | 4:30-6:30pm     | WAG<br>4:30-6:30pm  | WAG             | WAG           |
| 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     | WAG<br>4:45-6:45pm  | WAG             | WAG           |
| Senior Elite | 4:45-7:30pm   | 5:30-7:30pm    | 4:45-7:30pm      | 5:30-7:00pm     | WAG<br>4:45-6:45pm* | WAG             | WAG           |

Winter Age Group Championship - more information will be sent out during the week. Swimmers that are not competing will attend their group practice.

\*Senior Elite - if not attending wag on Friday, practice will be offered with Senior Group.

Parent meeting - Tuesday December 10th starting at 5:30pm. More info will be sent out on Monday.

**Website/Recommended reading/Videos -**[How To Be Mentaly Ready At Your Next Meet](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→For Swimmers→**How To Be Mentaly Ready At Your Next Meet**)

**Fontana Aquatics Club**

**December 2 - December 8, 2019**

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|              | Monday      | Tuesday                    | Wednesday   | Thursday    | Friday      | Saturday                 | Sunday    |
|--------------|-------------|----------------------------|-------------|-------------|-------------|--------------------------|-----------|
|              | Dec 2       | Dec 3                      | Dec 4       | Dec 5       | Dec 6       | Dec 7                    | Dec 8     |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm                | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | Mesa Meet                | Mesa Meet |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm                | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | Mesa Meet                | Mesa Meet |
| Silver       | 4:30-6:00pm | 4:30-6:00pm                | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | Mesa Meet                | Mesa Meet |
| Gold         | 4:30-6:30pm | 4:30-6:30pm                | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | Mesa Meet                | Mesa Meet |
| Pre Senior   | 6:30-7:30pm | 6:30-7:30pm                | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm | Mesa Meet                | Mesa Meet |
| Senior       | 4:45-6:45pm | 4:45-6:45pm                | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | Mesa Meet                | Mesa Meet |
| Senior Elite | 4:45-7:30pm | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-6:45pm | Mesa Meet<br>Individual* | Mesa Meet |

Last Ditch Mesa Meet - Last meet where swimmers can get qualified for WAG and Senior Meet later in the month

\*Senior Elite Swimmers that are not swimming at the meet on Saturday will complete posted practice individually. More info will be sent out.

Board meeting - Thursday December 5th starting at 5:30pm at Jessie Turner Center. All parents are welcomed.

**Website/Recommended reading/Videos -** [You don't have to go to practice today. You Get To.](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→**You don't have to go to practice today. You Get To.**)

|              | Monday      | Tuesday                    | Wednesday   | Thursday           | Friday      | Saturday    | Sunday |
|--------------|-------------|----------------------------|-------------|--------------------|-------------|-------------|--------|
|              | Nov 25      | Nov 26                     | Nov 27      | Nov 28             | Nov 29      | Nov 30      | Dec 1  |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm                | 4:30-5:15pm | Happy Thanksgiving | No Practice |             |        |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm                | 6:00-6:45pm | Happy Thanksgiving | No Practice |             |        |
| Silver       | 4:30-6:00pm | 4:30-6:00pm                | 4:30-6:00pm | Happy Thanksgiving | No Practice |             |        |
| Gold         | 4:30-6:30pm | 4:30-6:30pm                | 4:30-6:30pm | Happy Thanksgiving | No Practice |             |        |
| Pre Senior   | 6:30-7:30pm | 6:30-7:30pm                | 6:30-7:30pm | Happy Thanksgiving | No Practice |             |        |
| Senior       | 4:45-6:45pm | 4:45-6:45pm                | 4:45-6:45pm | Happy Thanksgiving | No Practice |             |        |
| Senior Elite | 4:45-7:30pm | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30pm | Happy Thanksgiving | No Practice | No Practice |        |

November 28 - December 1 - Thanksgiving Break

**Website/Recommended reading/Videos -** [Find Your Marigolds: The One Essential Rule](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→ Find Your Marigolds: The One Essential Rule)

|              | Monday      | Tuesday                    | Wednesday   | Thursday    | Friday       | Saturday   | Sunday |
|--------------|-------------|----------------------------|-------------|-------------|--------------|------------|--------|
|              | Nov 18      | Nov 19                     | Nov 20      | Nov 21      | Nov 22       | Nov 23     | Nov 24 |
| 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 | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm* | 11am-1pm** |        |

\* Yoga 4:45-5:45pm Senior Elite and Senior Group

**\*\* Senior Elite Practice on Saturday will be at Crafton Hills College and will be long course. Dry land will consist of team building activity called lane lines and covers.**

**Parent Meeting - on Tuesday November 19th 5:30-6:30pm. For more info please reach out to Stacy (FAC VP)**

**Website/Recommended reading/Videos -[It's Not Just Words: 10 Smart Word Choices](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org))→Resources→Recommended Reading→ It's Not Just Words: 10 Smart Word Choices)**

|              | Monday*     | Tuesday                    | Wednesday   | Thursday    | Friday      | Saturday | Sunday |
|--------------|-------------|----------------------------|-------------|-------------|-------------|----------|--------|
|              | Nov 11      | Nov 12                     | Nov 13      | Nov 14      | Nov 15      | Nov 16   | Nov 17 |
| Bronze 10U   | No Practice | 4:30-5:15pm                | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm |          |        |
| Bronze 11-12 | No Practice | 6:00-6:45pm                | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm |          |        |
| Silver       | No Practice | 4:30-6:00pm                | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm |          |        |
| Gold         | No Practice | 4:30-6:30pm                | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm |          |        |
| Pre Senior   | No Practice | 6:30-7:30pm                | 6:30-7:30pm | 6:30-7:30pm | 6:30-7:30pm |          |        |
| Senior       | No Practice | 4:45-6:45pm                | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm |          |        |
| Senior Elite | No Practice | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 5:30-7:30pm | 9-11am** |        |

\*Happy Veterans Day! Enjoy the day off.

\*\* Senior Elite Practice on Saturday will be at Crafton Hills College and will be long course. No dry land, swim only.

Website/Recommended reading/Videos -[It's Not Just Words: 10 Smart Word Choices](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→ It's Not Just Words: 10 Smart Word Choices)

|              | Monday      | Tuesday                    | Wednesday        | Thursday*   | Friday    | Saturday  | Sunday    |
|--------------|-------------|----------------------------|------------------|-------------|-----------|-----------|-----------|
|              | Nov 4       | Nov 5                      | Nov 6            | Nov 7       | Nov 8     | Nov 9     | Nov 10    |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm                | 4:30-5:15pm      | 4:30-5:15pm | Home Meet | Home Meet | Home Meet |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm                | 6:00-6:45pm      | 6:00-6:45pm | Home Meet | Home Meet | Home Meet |
| Silver       | 4:30-6:00pm | 4:30-6:00pm                | 4:30-6:00pm      | 4:30-6:00pm | Home Meet | Home Meet | Home Meet |
| Gold         | 4:30-6:30pm | 4:30-6:30pm                | 4:30-6:30pm      | 4:30-6:30pm | Home Meet | Home Meet | Home Meet |
| Pre Senior   | 6:30-7:30pm | 6:30-7:30pm                | 6:30-7:30pm      | 6:30-7:30pm | Home Meet | Home Meet | Home Meet |
| Senior       | 4:45-6:45pm | 4:45-6:45pm                | 4:45-6:45pm      | 4:45-6:45pm | Home Meet | Home Meet | Home Meet |
| Senior Elite | 4:45-7:30pm | 5:45-7:00am<br>5:30-7:30pm | 4:45-7:30-7:30pm | 5:30-7:30pm | Home Meet | Home Meet | Home Meet |

**Home Meet - all swimmers swim, all parents volunteer. No practice on Friday. Information about check in times and other details will be sent out during the week.**

Board Meeting - Thursday, November 7th 5:30-8:30pm at JTC. Opened to all members. If interested please let us know so we have agenda printed out for you.

Website/Recommended reading/Videos - [Your Body Language Shapes Who You Are](http://www.fontanaaquatics.org) ([www.fontanaaquatics.org](http://www.fontanaaquatics.org))→Resources→Videos→ **Your Body Language Shapes Who You Are (Amy Cuddy)**



|              | Monday        | Tuesday                     | Wednesday                     | Thursday*                      | Friday      | Saturday                                | Sunday |
|--------------|---------------|-----------------------------|-------------------------------|--------------------------------|-------------|---|--------|
|              | Oct 28        | Oct 29                      | Oct 30                        | Oct 31                         | Nov 1       | Nov 2                                   | Nov 3  |
| Bronze 10U   | 4:30-5:15pm   | 4:30-5:15pm                 | Halloween Party               | Happy Halloween                | 4:30-5:15pm |   |        |
| Bronze 11-12 | 6:00-6:45pm   | 6:00-6:45pm                 | Halloween Party               | Happy Halloween                | 6:00-6:45pm |   |        |
| Silver       | 4:30-6:00pm   | 4:30-6:00pm                 | Halloween Party               | Happy Halloween                | 4:30-6:00pm |   |        |
| Gold         | 4:30-6:30pm   | 4:30-6:30pm                 | Halloween Party               | Happy Halloween                | 4:30-6:30pm |   |        |
| Pre Senior   | 6:30-7:30pm   | 6:30-7:30pm                 | Halloween Party               | Happy Halloween                | 6:30-7:30pm |   |        |
| Senior       | 4:45-6:45pm   | 4:45-6:45pm                 | Halloween Party               | Happy Halloween                | 4:45-6:45pm |   |        |
| Senior Elite | 4:45-7:30pm** | 5:45-7:00am*<br>5:30-7:30pm | Halloween Party<br>5-7pm swim | 5:45-7:00am<br>Happy Halloween | 4:45-7:30pm | Annual Senior<br>Elite Hike<br>8am-12pm |        |

**Annual Senior Elite Hike** - more information will be sent out during the week

\* No Practice on Halloween - HAPPY HALLOWEEN!

\*\*No dry land for Senior Elite Group - we are swimming the entire practice this 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](#)**)

|              | Monday*     | Tuesday                     | Wednesday   | Thursday    | Friday      | Saturday                          | Sunday    |
|--------------|-------------|-----------------------------|-------------|-------------|-------------|-----------------------------------|-----------|
|              | Oct 21      | Oct 22                      | Oct 23      | Oct 24      | Oct 25      | Oct 26                            | Oct 27    |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm                 | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 9-10am<br>FAC Swim Clinic         |           |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm                 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 9-10am<br>FAC Swim Clinic         | Skating** |
| Silver       | 4:30-6:00pm | 5:00-6:00pm                 | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 9-10am<br>FAC Swim Clinic         | Skating** |
| Gold         | 4:30-6:30pm | 4:30-6:30pm                 | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 9-10am<br>FAC Swim Clinic         |           |
| Pre Senior   | 6:45-7:45pm | 6:45-7:45pm                 | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 9-10am<br>FAC Swim Clinic         |           |
| Senior       | 4:45-6:45pm | 4:45-6:45pm                 | 4:45-6:45pm | 4:45-6:45pm | 4:45-6:45pm | 9-10am<br>FAC Swim Clinic         |           |
| Senior Elite | 4:45-7:30pm | 5:45-7:00am*<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-6:45pm | 7-9am Practice<br>FAC Swim Clinic |           |

**FAC Swim Clinic** will be focused on starts and turns

**Fundraisers are on!** Please get in contact with Richard Sanchez for more info. Limited time Yankee Candles sale. Limited amount of candy sale (chocolate). Choose the one that is right for you!

**\*Home Meet Meeting** - Monday October 21, 4:30-5:30pm at the pool

**\*\*Skating for Bronze 11-12 and Silver groups.** Reach out to coach Jennifer for more information. Have Fun!

**Website/Recommended reading/Videos - Information about your group** ([www.fontanaaquatics.org](http://www.fontanaaquatics.org))→Competitive Groups→"choose your group"→read more information about your group, practice time, requirements, attendance, training equipment and where to order, required team apparel and time standards for your age group)

|              | Monday      | Tuesday                     | Wednesday   | Thursday    | Friday      | Saturday     | Sunday |
|--------------|-------------|-----------------------------|-------------|-------------|-------------|--------------|--------|
|              | Oct 14      | Oct 15                      | Oct 16      | Oct 17      | Oct 18      | Oct 19       | Oct 20 |
| 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   | 6:45-7:45pm | 6:45-7:45pm                 | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm |              |        |
| 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 | 5:45-7:00am*<br>5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7:00-10:00am |        |

**Morning practice** starts this week for senior elite group

**Board Meeting** is going to be held on Monday at 5:30pm at Jessie Turner

**Website/Recommended reading/Videos** - Leadership vs Management ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→Leadership vs Management)

**Connect with your team on social media:**

**Instagram** - @fontanaaquatics

**Facebook** - fontana aquatics club

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday       | Saturday  | Sunday    |
|--------------|-------------|-------------|-------------|-------------|--------------|-----------|-----------|
|              | Oct 7       | Oct 8       | Oct 9       | Oct 10      | Oct 11       | Oct 12    | Oct 13    |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm  | PDSC Meet | PDSC Meet |
| Bronze 11-12 | 6:00-6:45pm | 5:30-6:15pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm  | PDSC Meet | PDSC Meet |
| Silver       | 4:30-6:00pm | 4:30-5:30pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm  | PDSC Meet | PDSC Meet |
| Gold         | 4:30-6:30pm | 4:30-6:00pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm  | PDSC Meet | PDSC Meet |
| Pre Senior   | 6:45-7:45pm | 6:00-7:00pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm  | PDSC Meet | PDSC Meet |
| Senior       | 5:15-7:15pm | 5:15-7:00pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm  | PDSC Meet | PDSC Meet |
| Senior Elite | 4:45-7:30pm | 5:00-7:00pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-6:45pm* | PDSC Meet | PDSC Meet |

**\*Senior Elite will be combined with Senior Group on Friday as some swimmers are attending PDSC Meet on Friday.**

**PDSC Meet** - Palm Desert Meet, detailed information will be sent during the week.

**Website/Recommended reading/Videos** - Winning the workout ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Videos→Win the workout (V.Gambeta))

**Connect with your team on social media:**

**Instagram** - @fontanaaquatics

**Facebook** - fontana aquatics club

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday                               | Sunday      |
|--------------|-------------|-------------|-------------|-------------|-------------|--|-------------|
|              | Sep 30      | Oct 1       | Oct 2       | Oct 3       | Oct 4       | Oct 5                                  | Oct 6       |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | Car Wash Fundraiser                    | Picture Day |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | Car Wash Fundraiser                    | Picture Day |
| Silver       | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | Car Wash Fundraiser                    | Picture Day |
| Gold         | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | Car Wash Fundraiser                    | Picture Day |
| Pre Senior   | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | Car Wash Fundraiser                    | Picture Day |
| Senior       | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm | Car Wash Fundraiser                    | Picture Day |
| Senior Elite | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7-10am practice<br>Car Wash Fundraiser | Picture Day |

**Welcome Coach Brenda!** Please take a moment to welcome coach Brenda on deck next week. She will be coaching Bronze 10U group.

**Car Wash Fundraiser** - Please come and help raise money for your team! Juice, coffee & snacks to be provided!

**Picture Day** - There will be an all team photo on deck at 11:00! Please bring team suit, black team shirt & black shorts or black long pants! For individual photo sign up, look for information and link on our website under team events.

**Website/Recommended reading** - How to Make Better Goals in The Water ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→FOR SWIMMERS How to Make Better Goals in The Water)

**WhatsApp** - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

**Fontana Aquatics Club**

**September 23-29, 2019**

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Sep 23      | Sep 24      | Sep 25      | Sep 26      | Sep 27      | Sep 28        | Sep 29 |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | Mesa Tri Meet |        |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | Mesa Tri Meet |        |
| Silver       | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | Mesa Tri Meet |        |
| Gold         | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | Mesa Tri Meet |        |
| Pre Senior   | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | Mesa Tri Meet |        |
| Senior       | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm | Mesa Tri Meet |        |
| Senior Elite | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | Mesa Tri Meet |        |

**Mesa Tri Meet** - Great opportunity for swimmers get more competitive experience and get closer to their goals. More info will be sent out this week

**Fitter and Faster Clinic** - This weekend in Chino Hills. You still have time to register!

**Website/Recommended reading** - Pick your Target ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→Pick your Target)

**WhatsApp** - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

**Connect with your team on social media:**

**Instagram** - @fontanaaquatics

**Facebook** - fontana aquatics club



|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday     | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|--------------|--------|
|              | Sep 16      | Sep 17      | Sep 18      | Sep 19      | Sep 20      | Sep 21       | Sep 22 |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | off          | off    |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | off          | off    |
| Silver       | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | off          | off    |
| Gold         | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | off          | off    |
| Pre Senior   | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | off          | off    |
| Senior       | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm | off          | off    |
| Senior Elite | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7:00-10:00am | off    |

**Great Job Swimmers and Parents our first meet of the season was a great success!**

**Website/Recommended reading** - Leadership vs Management ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→Leadership vs Management)

**Connect with your team on social media:**

**WhatsApp** - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

**Instagram** - @fontanaaquatics

**Facebook** - fontana aquatics club

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday  | Sunday    |
|--------------|-------------|-------------|-------------|-------------|-------------|-----------|-----------|
|              | Sep 9       | Sep 10      | Sep 11      | Sep 12      | Sep 13      | Sep 14    | Sep 15    |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | FSON Meet | FSON Meet |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | FSON Meet | FSON Meet |
| Silver       | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | FSON Meet | FSON Meet |
| Gold         | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | FSON Meet | FSON Meet |
| Pre Senior   | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | FSON Meet | FSON Meet |
| Senior       | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm | FSON Meet | FSON Meet |
| Senior Elite | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | FSON Meet | FSON Meet |

**FSON Meet** - Info will be sent out, 10U swimmers and 11-12 Boys are in the morning session, Senior Swimmers and 11-12 Girls are in the afternoon session.

**Apparel Package** - Team Suits and Team Tees will be distributed before the end of the week to have them for FSON Meet.

**Board Meeting** - will take place on Monday, September 9th at 5:30pm.

**Parent Meeting with Board Members** - will take place on Tuesday, September 10th at 5:00pm.

**Pre Comp Groups** - Starting this week 4:30-5:15pm and 6:45-7:30pm. For more information please call Head Coach Renata Martinez 626-222-5063 or email [fontanaseahorse@gmail.com](mailto:fontanaseahorse@gmail.com).

**Website/Suggested reading** - Swim Meet 101 ([www.fontanaaquatics.org](http://www.fontanaaquatics.org)→Resources→Recommended Reading→Swim Meet 101)

|              | Monday      | Tuesday                                    | Wednesday                                  | Thursday                                   | Friday      | Saturday      | Sunday |
|--------------|-------------|--|--|--|-------------|---------------|--------|
|              | Sep 2       | Sep 3                                      | Sep 4                                      | Sep 5                                      | Sep 6       | Sep 7         | Sep 8  |
| Bronze 10U   | No practice | 4:30-5:15pm<br>4:30-5:15pm Parent meeting  | 4:30-5:15pm                                | 4:30-5:15pm                                | 4:30-5:15pm | FAC Mock Meet | off    |
| Bronze 11-12 | No practice | 6:00-6:45pm                                | 6:00-6:45pm                                | 6:00-6:45pm,<br>6:00-6:45pm Parent Meeting | 6:00-6:45pm | FAC Mock Meet | off    |
| Silver       | No practice | 4:30-6:00pm                                | 4:30-6:00pm                                | 4:30-6:00pm,<br>4:30-5:30pm Parent Meeting | 4:30-6:00pm | FAC Mock Meet | off    |
| Gold         | No practice | 4:30-6:30pm                                | 4:30-6:30pm,<br>5:30-6:30pm parent meeting | 4:30-6:30pm                                | 4:30-6:30pm | FAC Mock Meet | off    |
| Pre Senior   | No practice | 6:45-7:45pm                                | 6:45-7:45pm                                | 6:45-7:45pm,<br>6:45-7:45pm Parent Meeting | 6:45-7:45pm | FAC Mock Meet | off    |
| Senior       | No practice | 5:15-7:15pm,<br>5:15-6:15pm Parent Meeting | 5:15-7:15pm                                | 5:15-7:15pm                                | 5:15-6:45pm | FAC Mock Meet | off    |
| Senior Elite | No practice | 5:30-7:30pm                                | 4:45-7:30pm,<br>4:30-5:30pm parent meeting | 5:30-7:30pm                                | 4:45-7:30pm | FAC Mock Meet | off    |

**No practice on Monday - Labor Day**

**Mock Meet** - Saturday, September 7th. We are starting the warm up at 7am. Each group will have assigned lanes to warm up.

**Parent Meetings** - All families must attend. Swimmers 13 and over attend with at least one parent.

**Tryouts** - To schedule a try out please email [fontanaseahorse@gmail.com](mailto:fontanaseahorse@gmail.com) or call Head Coach Renata Martinez 626-222-5063.

**Website/Resources** - Helpful resources for swimmers and parents at [www.fontanaaquatics.org/resources](http://www.fontanaaquatics.org/resources).

|              | Monday       | Tuesday     | Wednesday    | Thursday    | Friday      | Saturday     | Sunday |
|--------------|--------------|-------------|--------------|-------------|-------------|--------------|--------|
|              | Aug 26       | Aug 27      | Aug 28       | Aug 29      | Aug 30      | Aug 31       | Sep 1  |
| Bronze 10U   | 4:30-5:15pm  | 4:30-5:15pm | 4:30-5:15pm* | 4:30-5:15pm | 4:30-5:15pm | off          | off    |
| Bronze 11-12 | 6:00-6:45pm  | 6:00-6:45pm | 6:00-6:45pm* | 6:00-6:45pm | 6:00-6:45pm | off          | off    |
| Silver       | 4:30-6:00pm  | 4:30-6:00pm | 4:30-6:00pm* | 4:30-6:00pm | 4:30-6:00pm | off          | off    |
| Gold         | 4:30-6:30pm  | 4:30-6:30pm | 4:30-6:30pm* | 4:30-6:30pm | 4:30-6:30pm | off          | off    |
| Pre Senior   | 6:45-7:45pm  | 6:45-7:45pm | 6:45-7:45pm* | 6:45-7:45pm | 6:45-7:45pm | off          | off    |
| Senior       | 5:15-7:15pm  | 5:15-7:15pm | 5:15-7:15pm* | 5:15-7:15pm | 5:15-6:45pm | off          | off    |
| Senior Elite | 5:30-7:30pm* | 5:30-7:30pm | 4:45-7:30pm* | 5:30-7:30pm | 4:45-7:30pm | 7:00-10:00am | off    |

**Team Apparel Fitting** - Wednesday, August 28th, 2019 at the beginning of your practice or during dry land.

**Senior Elite** - No dry land on Monday.

**Fundraising** - When shopping on amazon, consider going to amazon smile and add Fontana Aquatics Club. Our team will receive 5% from your purchases. All fundraising opportunities and information will be emailed out closer to each event.

**Parent Meetings** - Will be taking place first week of September. Each group will have a meeting with the lead coach of the group individually. It will allow for more specific information for each group. Info will be emailed next week by your coaches.

**Tryouts** - To schedule a try out please email [fontanaseahorse@gmail.com](mailto:fontanaseahorse@gmail.com) or call Head Coach Renata Martinez 626-222-5063.

**Website** - All information on our website is updated and current, feel free to browse through [www.fontanaaquatics.org](http://www.fontanaaquatics.org).

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday     | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|--------------|--------|
|              | Aug 19      | Aug 20      | Aug 21      | Aug 22      | Aug 23      | Aug 24       | Aug 25 |
| Bronze 10U   | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | off          | off    |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | off          | off    |
| Silver       | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | off          | off    |
| Gold         | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | off          | off    |
| Pre Senior   | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | off          | off    |
| Senior       | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm | off          | off    |
| Senior Elite | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7:00-10:00am | off    |

**Website** - All information on our website is updated and current, feel free to browse through [www.fontanaaquatics.org](http://www.fontanaaquatics.org).

**Connect** - Connect with us on Facebook and Instagram. Fontana Aquatics Club.

**Tryouts** - To schedule a try out please email [fontanaseahorse@gmail.com](mailto:fontanaseahorse@gmail.com) or call Head Coach Renata Martinez 626-222-5063.

**Meet and Greet** - Enjoy refreshments and great company during our first day of practice in a New Season 2019-2020.

**Parent Meeting** - Info will be emailed out next week.

**Apparel Package** - After swimmers go through fitting we will distribute in the next couple of weeks.