

	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 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 Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	No practice	No practice		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	No practice	No practice		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm 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!