

	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 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 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 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 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 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 FAC Swim Clinic	
Senior Elite	4:45-7:30pm	5:45-7:00am* 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-6:45pm	7-9am Practice 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→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)