

FCA 2023-2024 Fall/Winter PRACTICE SCHEDULE

Fall/Winter schedule starts Monday, September 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim School						10am-12:15pm	
Team Phoenix		6:30-7:30pm		6:30-7:30pm			11:00am-12:30pm
Mini		5:30-6:20pm		5:30-6:20pm		9:00am-9:50am	10:00am-10:50am
Novice		5:30-6:30pm		5:30-6:30pm		9:00am-10:00am	10:00am-11:00am
Junior I	5:30pm-7:20pm (First Half hour-dryland)		5:30pm-7:20pm (First Half hour-dryland)		5:30pm-7:20pm (First Half hour-dryland)	7:30am-9:00am- First half hour- Dryland	12:30pm-2:00pm
Junior II	5:30pm-7:20pm (First Half hour-dryland)		5:30pm-7:20pm (First Half hour-dryland)		5:30pm-7:20pm (First Half hour-dryland)	7:30am-9:00am- First half hour- Dryland	12:30pm-2:00pm
Senior	Morning Practice- 6:30am-7:45am Evening Practice-7:20pm-9:00pm	Morning Practice- 5:45-7:45am (Two hour morning practice) Evening Practice-6:30-7:30pm (Dryland) 7:30pm-8:30pm (Swim)	Morning Practice- 6:30am-7:45am Evening Practice-7:20pm-9:00pm	Morning Practice- 5:45-7:45am (Two hour morning practice) Evening Practice-6:30-7:30pm (Dryland) 7:30pm-8:30pm (Swim)	Morning Practice- 6:30am-7:45am Evening Practice-7:20pm-9:00pm	6:00-9:00am- Last hour is dryland	2:00pm-4:00pm