

FCA Practices when there is SJU!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior II	<i>Swim 6:00-8:00Pm at SJU</i>	Swim 5:00-6:15pm, Strength 6:15-7:30pm	Swim 5:45-7:45am at FCA, <i>Swim 6:00-7:30pm at SJU</i>	Swim 5:00-6:00pm, Strength 6:00-7:15pm	Swim 5:45-7:45am at FCA, <i>Swim make up 6:00-7:30pm at SJU</i>	Swim 7:00-9:00am, Strength/Yoga 9:00-10am	
15hr 30min		(2 lanes after 6:00)	(2 lanes after 6:20, split w/ Jr2)				
Senior I	<i>Swim 6:00-8:00Pm at SJU</i>	Swim 7:00-8:30pm	Swim 5:00-6:15pm, Strength 6:15-7:30pm	Swim 7:00-8:30pm	<i>Swim 6:00-7:45pm at SJU</i>	Swim 7:00-9:00am, Strength/Yoga 9:00-10am	
12hr			(3 lanes after 6:00, split w/ Jr1)				
Junior II	Dryland 6:00-6:30pm, Swim 6:30-8:00pm		<i>Swim 6:20-8:00pm at SJU (4 lanes)</i>		Swim 5:30-7:00pm	<i>Swim 10:00-12:00pm at SJU</i>	Dryland 9:30-10:00am, Swim 10:00-11:30am at FCA
9hr 10min	(3 lanes till 6:50, split w/ Jr1)		(4 lanes, split w/ SR2)		(3 Lanes, split w/ Jr1)		(3 lanes, split w/ Jr1)
Junior I	Swim 5:30-6:50pm		Dryland 5:30-6:00pm, Swim 6:00-7:15pm		Swim 5:30-7:00pm		Dryland 9:30-10:00am, Swim 10:00-11:30am
6hr 35min	(3 lanes after 6:30, split w/ Jr2)		(3 lanes till 6:15, split w/ Sr1)		(3 Lanes, split w/ Jr2)		(3 lanes, split w/ Jr2)
Novice		Dryland 5:45-6:00pm, Swim 6:00-7:00pm		Swim 6:00-7:00pm (4 lanes)		Swim 9:00-10:00am	Swim 9:00-10:00am
4hr 15min		(4 lanes untill 6:15)		share w/ Mini's		(4 lanes until 9:50)	(4 lanes until 9:50)
Mini				Swim 6:00-6:50pm		Swim 9:00-9:50am	Swim 9:00-9:50am
2hrs 30min				(2 lanes)		(2 lanes)	(2 lanes)
Team Pheonix			Swim 7:15-8:30pm		Swim 7:00-8:15pm		Swim 11:30-1:00pm
4hrs							
Masters	Swim 5:00-6:30am	Swim 5:00-6:30am		Swim 5:00-6:30am		Swim 5:30-7:00am	
6hrs							

FCA Practices when there is NO SJU!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior II	Swim 5:00-7:00Pm at FCA	Swim 5:00-6:15pm, Strength 6:15-7:30pm	Swim 5:45-7:45am	Swim 5:00-6:00pm, Strength 6:00-7:15pm	Swim 5:45-7:45am	Swim 7:00-9:00am, Strength/Yoga 9:00-10am	Swim 7:30-9:00am, Make up day
		(2 lanes after 6:00)					
Senior I	Swim 5:00-7:00Pm at FCA	Swim 7:00-8:30pm	Swim 5:00-6:00pm, Strength 6:00-7:15pm	Swim 7:00-8:30pm	Swim 5:00-6:00pm, Strength 6:00-7:15pm	Swim 7:00-9:00am, Strength/Yoga 9:00-10am	Swim 7:30-9:00am, Make up day
Junior II	Dryland 6:30-7:00pm, Swim 7:00-8:30pm		Dryland 5:30-6:00pm, Swim 6:00-7:30pm		Swim 6:00-7:30pm	Swim 9:00-10:00am	Swim 10:00-11:30am
	(3 lanes, split w/ Jr1)		(3 lanes, split w/ Jr1)		(3 lanes until 7:15)	(4 Lanes, split w/ minis)	(3 lanes, split w/ Jr1)
Junior I	Dryland 6:30-7:00pm, Swim 7:00-8:15pm		Dryland 5:30-6:00pm, Swim 6:00-7:30pm		Swim 6:00-7:15pm		Swim 10:00-11:30am
	(3 lanes, split w/ Jr2)		(3 lanes, split w/ Jr2)		(3 Lanes, split w/ Jr2)		(3 lanes, split w/ Jr2)
Novice		Dryland 5:45-6:00pm, Swim 6:00-7:00pm		Swim 6:00-7:00pm			Swim 9:00-10:00am
		(4 lanes untill 6:15)		(4 lanes, split w/ Minis)			
Mini				Swim 6:00-6:50pm		Swim 9:00-9:50am	
				(2 lanes, split w/ Novice)		(2 lanes, split w/ Jr2)	
Team Pheonix			Swim 7:30-8:45pm		Swim 7:30-8:45pm		Swim 11:30-1:00pm
Masters	Swim 5:00-6:30am	Swim 5:00-6:30am		Swim 5:00-6:30am		Swim 5:30-7:00am	