October 2026

S	M	T	W	R	F	S
				1 Senior II: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	2 Senior II: 5:45am-7:45am (swim) Senior I: ***6:00pm-7:45pm @ SJU*** Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland) **FCA MOVIE NIGHT RSVP DEADLINE!**	3 Senior I & II: 7:00am-9:00am: Swim 9:00am-10:00am-Dryland/Yoga Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior II: ***10:15am-12:00pm @ SJU***
4 **BLUE-GREY CLASSIC!!** **NO PRACTICES!**	5 Senior I & II: ***6:00pm-8:00pm @ SJU*** Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	6 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	7 Senior II: 5:45am-7:45am (swim) ***6:00pm-7:30pm @ SJU*** Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: ***6:20pm-8:00pm @ SJU***	8 Senior II: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	9 Senior I & II: 5:45am-7:45am (swim) **FCA MOVIE NIGHT! 4:30pm-7:30pm**	10 Senior I & II: 7:00am-9:00am: Swim 9:00am-10:00am-Dryland/Yoga Mini: 9:00am–9:50am Novice: NO PRACTICE Junior II: ***9:00am-10:00am***
11 **FCA PENTATHLON!!** **NO PRACTICES!**	12 Senior I & II: 5:00pm-7:00pm Junior I: 6:30pm-7:00pm (Dryland) 7:00pm-8:15pm (Swim) Junior II: 6:30pm-7:00pm (Dryland) 7:00pm-8:30pm (Swim)	13 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	14 Senior II: 5:45am-7:45am (swim) ***6:00pm-7:30pm @ SJU*** Senior I: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: ***6:20pm-8:00pm @ SJU***	15 Senior II: 5:00-6:00pm (Swim) 6:00pm-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	16 Senior I & II: 5:45am-7:45am (swim) Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: ***6:00pm-7:30pm @SJU***	17 Senior I & II: 7:00am-9:00am: Swim 9:00am-10:00am-Dryland/Yoga Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior II: ***10:15am-12:00pm @ SJU***
18 Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior I & II: 9:30am-10:00am-Dryland 10:00am-11:30am-Swim	19 Senior I & II: ***6:00pm-8:00pm @ SJU*** Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	20 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	21 Senior II: 5:45am-7:45am (swim) ***6:00pm-7:30pm @ SJU*** Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: ***6:20pm-8:00pm @ SJU***	22 Senior II: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	23 Senior II: 5:45am-7:45am (swim) Senior I: ***6:00pm-7:45pm @ SJU*** Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	24 Senior I & II: 7:00am-9:00am: Swim 9:00am-10:00am-Dryland/Yoga **FCA FALL MINI MEET!!**
25 Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior I & II: 9:30am-10:00am-Dryland 10:00am-11:30am-Swim	26 Senior I & II: ***6:00pm-8:00pm @ SJU*** Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	27 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	28 Senior II: 5:45am-7:45am (swim) ***6:00pm-7:30pm @ SJU*** Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: ***6:20pm-8:00pm @ SJU***	29 Senior II: 5:00-6:00pm (Swim) 6:00-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	30 Senior I & II: 5:45am-7:45am (swim) Senior I: ***6:00pm-7:45pm @ SJU*** Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	31 Senior I & II: 7:00am-9:00am: Swim 9:00am-10:00am-Dryland/Yoga Mini: 9:00am–9:50am Novice: 9:00am-10:00am Junior II: ***10:15am-12:00pm @ SJU***

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