

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) <u>FCA MOVIE NIGHT RSV</u> <u>DEADLINE!</u>	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 <u>BLUE-GREY CLASSIC!!</u> <u>NO PRACTICES!</u>	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) <u>FCA MOVIE NIGHT!</u> <u>4:30pm-7:30pm</u>	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 <u>FCA PENTATHLON!!</u> <u>NO PRACTICES!</u>	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: 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 <u>FCA FALL MINI MEET!!</u>
25 Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior I & II: 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 © Carmen Morel 2020