

# FFSC SCHEDULE

November 13-26, 2023

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	11/13	11/14	11/15	11/16	11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24	11/25	11/26
<b>BRONZE</b>														
Swim	6:15-7:15	6:15-7:15	OFF	6:15-7:15	H of P	OFF	OFF	6:15-7:15	6:15-7:15	OFF	OFF	TBD	9:45-10:45	OFF
													AM	
<b>SILVER</b>														
Dryland	7:00-7:15	7:00-7:15		7:00-7:15				7:00-7:15	7:00-7:15					
Swim	7:15-8:30	7:15-8:30	7:00-8:30	7:15-8:30	H of P	7:45-9:15	OFF	7:15-8:30	7:15-8:30	6:15-7:45	OFF	TBD	8:15-9:45	OFF
						AM							AM	
<b>GOLD</b>														
DL/Swim	6:15-8:30	6:15-8:30	6:15-8:30	6:15-8:30	H of P	7:15-9:15	OFF	6:15-8:30	6:15-8:30	9:30-11:45	OFF	TBD	TBD	OFF
						AM				AM				
<b>NEWS &amp; EVENTS</b>														
			Deadline to sign up for Hour of Power		Hour of Power	IWU Home Meet						Happy Thanksgiving!		

## Notes & Reminders

- > The 18th Annual Ted Mullin Hour of Power Relay will be held Friday, Nov. 17. You should have received an email and a yellow information packet. All info is also available on our website. All swimmers are highly encouraged to attend!
- > As always, the bronze groups will take a 2-week break in late December/early January. Tentative dates for this break are 12/22-1/8.
- > The practice schedule for Friday, Nov. 24 will be updated later this week.
- > **Please remember that the elevated parking lot behind the pool is for IWU staff only and may NOT be used for parking, drop-off, or pickup.**