

FFSC SCHEDULE

November 27-December 10, 2023

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	11/27	11/28	11/29	11/30	12/1	12/2	12/3	12/4	12/5	12/6	12/7	12/8	12/9	12/10
BRONZE														
Swim	6:15-7:15	6:15-7:15	OFF	6:15-7:15	OFF	9:45-10:45	OFF	6:15-7:15	6:15-7:15	OFF	6:15-7:15	OFF	MEET	MEET
						AM								
SILVER														
Dryland	7:00-7:15	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	6:15-7:45	8:15-9:45	OFF	7:15-8:30	7:15-8:30	7:00-8:30	7:15-8:30	6:15-7:45	MEET	MEET
						AM								
GOLD														
DL/Swim	6:15-8:30	6:15-8:30	6:15-8:30	4:00-6:15	4:15-6:15	8:00-10:00	OFF	6:15-8:30	6:15-8:30	6:15-8:30	6:15-8:30	6:15-8:15	MEET	MEET
						AM								
NEWS & EVENTS														
								Deadline to sign up for HEAT meet					EMSC Winter Invite	

Notes & Reminders

- > Thanks to all those who swam in the Hour of Power and who donated to the Ted Mullin Fund! We raised close to \$1,300 for a great cause.
- > 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.
- > **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.**