# FFSC SCHEDULE

**September 4-17, 2017**

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 9/4 | 9/5 | 9/6 | 9/7 | 9/8 | 9/9 | 9/10 | 9/11 | 9/12 | 9/13 | 9/14 | 9/15 | 9/16 | 9/17 |
| **BRONZE** | | | | | | | | | | | | | | |
| Swim | OFF | 6:15-7:15 | OFF | 6:15-7:15 | 6:15-7:15 | 10:30-11:30 | OFF | OFF | 6:15-7:15 | OFF | 6:15-7:15 | 6:15-7:15 | 10:30-11:30 | OFF |
| | | | | | | AM | | | | | | | 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 | OFF | 7:15-8:30 | 7:00-8:30 | 7:15-8:30 | 7:15-8:30 | 9:00-10:30 | OFF | 7:00-8:30 | 7:15-8:30 | 7:00-8:30 | 7:15-8:30 | 7:15-8:30 | 9:00-10:30 | OFF |
| | | | | | | AM | | | | | | | AM | |
| **GOLD** | | | | | | | | | | | | | | |
| Dryland | | | 6:15-6:45 | | | | | 6:15-6:45 | | 6:15-6:45 | | | | |
| Swim | OFF | 6:15-8:30 | 6:45-8:30 | 6:15-8:30 | 4:30-6:30 | 10:30-12:30 | OFF | 6:45-8:30 | 6:15-8:30 | 6:45-8:30 | 6:15-8:30 | 4:30-6:30 | 8:30-10:30 | OFF |
| | | | | | | AM-PM | | | | | | | AM | |
| **NEWS & EVENTS** | | | | | | | | | | | | | | |
| | Labor Day | First Day of Fall Season | | | **Deadline to register for BNSC meet** | | | | | | | | | |

Notes & Reminders

> Welcome to FFSC's sixth season! We are excited to welcome back our returning swimmers and our many new members for another successful year. Please remember to check the website for all information. This biweekly schedule/newsletter will contain important dates and reminders, and the new one is usually available the Friday before the next two-week period begins.

> Our first meet is BNSC's Octoberblast invite, Oct. 6-8. The registration deadline is Sept. 8. You can sign up by logging into your online account and clicking on the Attend/Decline (or Edit Commitment) button next to the name of the meet. If you can only swim on certain days, please make a note of that in the Notes section. Otherwise, you will be signed up for all appropriate sessions.

> New parents: Don't forget to check out the Meet FAQ page under the Parents tab on the website. You must be logged in to your account to view this page.

> 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.