

Fontana Aquatics Club**January 17 - 23, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 17	January 18	January 19	January 20	January 21	January 22	January 23
Senior Elite		6:00-7:00am 5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior		5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm		
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		7:30-8:30am	
Junior Elite		4:00-5:00pm		4:00-5:00pm	4:00-5:15pm	9:00-10:30am	
Junior Advanced			4:45-5:45pm		4:45-5:45pm	8:30-9:30am	
Junior		4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm		
Senior Development			4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development		4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team		6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp		6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp		5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.