

Fontana Aquatics Club

June 6 - July 12, 2022

www.fontanaaquatics.org

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|---|---|---|---|--|---|---|
| | June 6 | June 7 | June 8 | June 9 | June 10 | June 11 | June 12 |
| Senior Elite | 8:30-9:00am dryland 9:00-10:30am swim | 8:30-9:00am dryland 9:00-11:00am Swim | 8:30-9:00am dryland 9-10:30am swim | 8:30-9:00am dryland 9:00-11:00am Swim | | 10-11:30 am Swim SSDL individually | 5-8pm FAC TEAM BANQUET |
| Senior | 7:30-9:00am swim 9:00-9:30am dryland | 7:00-7:30am dryland 7:30-9:00am swim | 7:30-9:00am swim 9:00-9:30am dryland | 7:00-7:30am dryland 7:30-9:00am swim | 7:30-9:00am swim 9:00-9:30am dryland | | 5-8pm FAC TEAM BANQUET |
| Senior Fit | 9:00-10:15am swim | 9:00-10:15am swim | 9:00-10:15am swim | 9:00-10:15am swim | 8:30-9:45am swim 9:45-10:15am dryland | | 5-8pm FAC TEAM BANQUET |
| Junior Elite | 10:00-10:30am dryland 10:30-12:00pm swim | 10:30-11:00am dryland 11:00-12:30pm swim | 10:00-10:30am dryland 10:30-12:00pm swim | 10:30-11:00am dryland 11:00-12:30pm swim | | 8:30-10:00am swim SSDL Individually | 5-8pm FAC TEAM BANQUET |
| Junior Advanced | 10:15-11:45am swim | 10:15-11:45am swim | 10:15-11:45am swim | 10:15-11:45am swim | 9:15-9:45am Dryland 9:45-10:45am swim | | 5-8pm FAC TEAM BANQUET |
| Junior | 10:15-11:45am swim | 10:15-11:45am swim | 10:15-11:45am swim | 10:15-11:45am swim | 9:15-9:45am Dryland 9:45-10:45am swim | | 5-8pm FAC TEAM BANQUET |
| Senior Development | 11:45-12:30pm swim | 11:45-12:30pm swim | 11:45-12:30pm swim | 11:45-12:30pm swim | 10:45-11:30am swim | | 5-8pm FAC TEAM BANQUET |
| Junior Development | 4:00-4:45pm | | 4:00-4:45pm | | 4:00-4:45pm | 8:30-9:15am | 5-8pm |

| | swim | | swim | | swim | swim | FAC TEAM BANQUET |
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| Pre Team | 6:00-6:30pm Pre Team | 6:00-6:30pm Pre Team | 6:00-6:30pm Pre Team | 6:00-6:30pm Pre Team | 6:00-6:30pm Pre Team | | 5-8pm FAC TEAM BANQUET |
| Senior Pre Comp | 5:30-6:00pm Pre Comp SR | | 5-8pm FAC TEAM BANQUET |
| Junior Pre Comp | 5:00-5:30pm Pre Comp JR | | 5-8pm FAC TEAM BANQUET |