

Fontana Aquatics Club**May 16 - May 22, 2022**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 16	May 17	May 18	May 19	May 20	May 21	May 22
Senior Elite	4:45-5:25pm dryland 5:30-7:00pm swim	4:45-5:25pm dryland 5:30-7:00pm swim	SSDL individually	4:45-5:25pm dryland 5:30-7:00pm swim	4-5pm swim	LCM Meet Hemet	LCM Meet Hemet
Senior	5:30-7:00pm swim	5:00-5:40pm dryland 5:45-7:00pm swim	5:45-7:00pm swim	5:00-6:30pm swim 6:35-7:00pm dryland		LCM Meet Hemet	LCM Meet Hemet
Senior Fit		5:00-6:00pm swim 6:05-6:30pm dryland	5:15-5:40pm dryland 5:45-7:00pm swim	5:15-5:40pm dryland 5:45-7:00pm swim		LCM Meet Hemet	LCM Meet Hemet
Junior Elite	4:00-5:30pm swim 5:35-6:00pm dryland	4:00-5:00pm swim 5:05-5:30pm dryland	SSDL Individually	4:00-5:00pm swim 5:05-5:30pm dryland	4-5pm swim	LCM Meet Hemet	LCM Meet Hemet
Junior Advanced	4:00-5:30pm swim 5:35-5:45pm dryland	4:45-5:45pm swim	4:45-5:45pm swim		4-5pm swim	LCM Meet Hemet	LCM Meet Hemet
Junior	4:45-5:30pm swim 5:35-6:00pm dryland	4:00-5:00pm swim	4:45-5:45pm swim 5:50-6:15pm dryland	4:45-5:45pm swim		LCM Meet Hemet	LCM Meet Hemet
Senior Development	4:00-4:45pm swim		4:00-4:45pm swim	4:00-4:45pm swim	4-4:45pm swim	LCM Meet Hemet	LCM Meet Hemet
Junior Development	4:45-5:30pm swim	4:00-4:45pm swim	4:00-4:45pm swim			LCM Meet Hemet	LCM Meet Hemet
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish			
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals			
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters			

Friday May 20th - due to City of Fontana event, our practices are adjusted or canceled**Monday May 30th - Memorial Day, pool will be closed, no swim practice****Monday June 6th - Summer schedule begins**