

Fontana Aquatics Club**May 2 - May 8, 2022**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 2	May 3	May 4	May 5	May 6	May 7	May 8
Senior Elite	4:45-5:25pm dryland 5:30-7:00pm swim	4:45-5:25pm dryland 5:30-7:00pm swim	SSDL individually CIF	4:45-5:25pm dryland 5:30-7:00pm swim CIF	4:45-5:10pm dryland 5:15-7:00pm swim CIF	9:00-10:30am CIF	Post CIF SCY MEET @FAC
Senior		5:00-5:40pm dryland 5:45-7:00pm swim	5:45-7:00pm swim CIF	5:00-6:30pm swim 6:35-7:00pm dryland CIF	5:30-7:00pm swim CIF	CIF	Post CIF SCY MEET @FAC
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		7:30-9:00am	Post CIF SCY MEET @FAC
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	4:00-5:30pm swim 5:35-6:00pm dryland	9:00-10:30am	
Junior Advanced	4:00-5:30pm swim 5:35-5:45pm dryland	4:45-5:45pm swim	4:45-5:45pm swim		4:00-5:15pm swim 5:20-5:45pm dryland	7:30-9:00am	
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	4:45-5:30pm swim 5:35-6:00pm dryland		
Senior Development	4:00-4:45pm swim		4:00-4:45pm swim	4:00-4:45pm swim	4:00-4:45pm swim		
Junior Development	4:45-5:30pm swim	4:00-4:45pm swim	4:00-4:45pm swim		4:45-5:30pm swim		
Pre Team	6:30-7:00pm Sharks	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 Dolphins	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 Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		