

Fontana Aquatics Club**May 23 - May 29, 2022**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 23	May 24	May 25	May 26	May 27	May 28	May 29
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	4:45-5:25pm dryland 5:30-7:00pm swim	11:00am-1:00pm @Crafton	
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	5:30-7:00pm swim	11:00am-1:00pm @Crafton	
Senior Fit		5:00-5:40pm dryland 5:45-7:00pm swim	5:45-7:00pm swim	5:00-5:40pm dryland 5:45-7:00pm swim		7:30-8:30am swim	
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	11:00am-1:00pm @Crafton	
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	7:30-8:30am swim	
Junior	4:45-5:30pm swim	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		

Monday May 30th - Memorial Day, pool will be closed, no swim practice**Monday June 6th - Summer schedule begins**