

**Fontana Aquatics Club****October 11 - 17, 2021**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|                    | <b>Monday</b>           | <b>Tuesday</b>              | <b>Wednesday</b>        | <b>Thursday</b>         | <b>Friday</b>           | <b>Saturday</b>   | <b>Sunday</b>     |
|--------------------|-------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|-------------------|-------------------|
|                    | <b>October 11</b>       | <b>October 12</b>           | <b>October 13</b>       | <b>October 14</b>       | <b>October 15</b>       | <b>October 16</b> | <b>October 17</b> |
| Senior Elite       | 4:00-6:00pm             | 6:00-7:00am<br>5:00-7:00pm* |                         | 5:00-7:00pm*            | 4:00-6:00pm*            | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Senior             | 6:00-7:30pm*            | 5:00-6:30pm*                | 5:30-7:00pm*            | 5:00-6:30pm*            | 5:45-7:00pm             | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Senior Fit         |                         | 5:30-7:00pm*                | 4:45-5:45pm             | 5:30-7:00pm*            |                         | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Junior Elite       | <b>4-5:00pm</b>         | 4:00-5:30pm*                |                         | 4:00-5:30pm*            | 5:30-7:00pm*            | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Junior Advanced    | 4:30-6:00pm*            |                             | 4:30-5:45pm*            |                         | 4:30-5:45pm*            | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Junior             | 5:30-6:30pm             | 4:00-5:30pm*                | 5:45-6:45pm             | 4:00-5:30pm*            |                         | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Senior Development | 4:00-4:45pm             |                             | 4:00-4:45pm             | 5:00-6:00pm*            | 4:00-4:45pm             | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Junior Development | 4:45-5:30pm             | 5:15-6:00pm*                | 4:00-4:45pm*            |                         | 5:30-6:00pm             | <b>EC MEET</b>    | <b>EC MEET</b>    |
| Pre Team           | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish     | 6:30-7:00pm<br>Sharks   | 6:30-7:00pm<br>Starfish | 6:30-7:00pm<br>Sharks   |                   |                   |
| Senior Pre Comp    | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals        | 6:00-6:30pm<br>Dolphins | 6:00-6:30pm<br>Seals    | 6:00-6:30pm<br>Dolphins |                   |                   |
| Junior Pre Comp    | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters       | 5:30-6:00pm<br>Whales   | 5:30-6:00pm<br>Otters   | 5:00-5:30pm<br>Whales   |                   |                   |

**\*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

**EC MEET - hosted by RAA in Riverside, meet info will be sent out during the week**