

**Fontana Aquatics Club****October 24 - October 30, 2022**[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 24</b>	<b>October 25</b>	<b>October 26</b>	<b>October 27</b>	<b>October 28</b>	<b>October 29</b>	<b>October 30</b>
Senior Elite	4:45-5:30pm dry land 5:30-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:30am Swim SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	4:00-6:00pm swim SSDL individually	<b>11:00am-1:30pm</b> <b>LCM @ Crafton</b> <b>Hills College</b>	
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:45pm dryland 5:45-7:00pm swim	5:00-5:30pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:00-6:30pm dryland	4:45-6:00pm swim		
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	6:30-8:00pm swim	4:00-5:30pm swim		7:30-8:30am swim	
Junior Elite	4:00-5:30pm swim 5:30-6:00pm dryland	4:00-5:30pm swim 5:30-6:00pm dryland	SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	4:00-6:00pm swim SSDL individually	<b>11:00am-1:30pm</b> <b>LCM @ Crafton</b> <b>Hills College</b>	
Junior + Advanced	4:00-5:30pm swim	5:00-5:45pm swim 5:45-6:15pm dryland	4:00-5:30pm swim	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:00pm swim		
Senior Development	5:30-6:15pm dryland 6:15-7:00pm swim		5:30-6:30pm swim	5:30-6:00pm dryland 6:00-7:00pm swim	5:00-6:00pm swim		
Junior Development	4:00-4:45pm Swim 4:45-5:15pm		4:00-5:00pm Swim 5:00-5:30pm dryland		4:00-4:45pm Swim 4:45-5:15pm Dryland	10:30-11:30am swim	

Pre Team	6:30-7:00pm Sharks 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish	No practice due to city event		
Senior Pre Comp	6:00-6:30pm Dolphins 7:00-7:30pm Swordfish	6:00-6:30pm Seals	6:00-6:30pm Dolphins 6:00-6:30pm Seals 7:00-7:30pm Swordfish	6:00-6:30pm Seals	No practice due to city event		
Junior Pre Comp	5:30-6:00pm Whales 7:00-7:30pm Stingrays	5:30-6:00pm Otters	5:30-6:00pm Whales 5:30-6:00pm Otters 7:00-7:30pm Stingrays	5:30-6:00pm Otters	No practice due to city event		