

Fontana Aquatics Club

October 4 - 10, 2021

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 4	October 5	October 6	October 7	October 8	October 9	October 10
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	7-8:30am FFT Clinic	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm	FFT Clinic	
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		FFT Clinic EC Meet	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	7-8:30am FFT Clinic	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	FFT Clinic EC Meet	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*		FFT Clinic EC Meet	
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm	FFT Clinic EC Meet	
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	EC Meet	
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	5:00-5:30pm Whales		

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

FFT Clinic - must be registered to attend, more information will be sent out from FFT organizers

Senior Fit - adding dry land before swim, great opportunity for all swimmers to get stronger