

Fontana Aquatics Club**April 17 - 23, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	April 17	April 18	April 19	April 20	April 21	April 22	April 23
Senior Elite	4:30-4:50pm dry land 5:00-7:00pm swim	4:45-5:20pm dry land 5:30-7:00pm swim		4:45-5:20pm dry land 5:30-7:00pm swim	4:30-4:50pm dry land 5:00-7:00pm swim	11:00am-1:00pm swim at Crafton Hills College	
Senior						11:00am-1:00pm swim at Crafton Hills College or SCY Meet in Hemet	SCY Meet in Hemet
Senior Fit		4:00-5:30pm swim	5:00-6:30pm swim	4:00-5:30pm swim	SCY Meet in Hemet	SCY Meet in Hemet	SCY Meet in Hemet
Junior Elite	4:30-4:50pm dry land 5:00-7:00pm swim	4:40-5:20pm dry land 5:30-7:00pm swim		4:40-5:20pm dry land 5:30-7:00pm swim	4:30-4:50pm dry land 5:00-7:00pm swim	11:00am-1:00pm swim at Crafton Hills College	
Junior + Advanced		4:00-5:30pm swim	4:40-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:30pm swim	11:00am-1:00pm swim at Crafton Hills College or SCY Meet in Hemet
Senior Development	5:30-6:05pm dryland 6:15-7:00pm swim		5:30-6:30pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	5:30-6:30pm swim	SCY Meet in Hemet	SCY Meet in Hemet
Junior Development	4:00-5:00pm Swim		4:00-5:00pm Swim		4:00-5:00pm swim	SCY Meet in Hemet	SCY Meet in Hemet

Pre Team	6:30-7:00pm Sharks (Dorian) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish (Jorman)	6:30-7:00pm Sharks (Dorian) 6:30-7:00pm Starfish (Jorman) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish (Jorman)	6:30-7:00pm Sharks (Dorian) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		
Senior Pre Comp	6:00-6:30pm Dolphins (Dorian) 7:00-7:30pm Swordfish	6:00-6:30pm Seals (Jorman)	6:00-6:30pm Dolphins (Dorian) 6:00-6:30pm Seals (Jorman) 7:00-7:30pm Swordfish	6:00-6:30pm Seals (Jorman)	6:00-6:30pm Dolphins (Dorian) 7:00-7:30pm Swordfish		
Junior Pre Comp	5:30-6:00pm Whales 7:00-7:30pm Stingrays	5:30-6:00pm Otters (Jorman)	5:30-6:00pm Whales (Dorian) 5:30-6:00pm Otters (Jorman) 7:00-7:30pm Stingrays	5:30-6:00pm Otters (Jorman)	5:30-6:00pm Whales 7:00-7:30pm Stingrays		