

Fontana Aquatics Club**April 3 - 9, 2023**www.fontanaaquatics.org

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|---|--|--|---|----------------|
| | April 3 | April 4 | April 5 | April 6 | April 7 | April 8 | April 9 |
| Senior 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 | 8:30-10:30am swim | |
| Senior | 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 | | |
| Senior Fit | | 4:00-5:30pm swim | | 4:00-5:30pm swim | | 7:30-8:30am swim 8:30-9:00am dryland | |
| 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 | 8:30-10:30am swim | |
| Junior + Advanced | 4:00-5:30pm swim | 4-4:30pm dryland 4:30-5:30pm swim | | 4:00-5:00pm swim 5:00-5:30pm dryland | 4:00-5:30pm swim | | |
| Senior Development | 5:30-6:15pm dryland 6:15-7:00pm swim | | | 5:30-6:00pm dryland 6:00-7:00pm swim | 5:30-6:30pm swim | | |
| Junior Development | 4:00-5:00pm Swim | | 4:00-4:30pm dryland 4:30-5:30pm Swim | | 4:00-5:00pm swim | 10:30-11:30am swim | |

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| Pre Team | 6:30-7:00pm Sharks (Emma) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals | 6:30-7:00pm Starfish (Jorman) | 6:30-7:00pm Sharks (Emma) 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 (Emma) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals | | |
| Senior Pre Comp | 6:00-6:30pm Dolphins (Emma) 7:00-7:30pm Swordfish | 6:00-6:30pm Seals (Jorman) | 6:00-6:30pm Dolphins (Emma) 6:00-6:30pm Seals (Jorman) 7:00-7:30pm Swordfish | 6:00-6:30pm Seals (Jorman) | 6:00-6:30pm Dolphins (Emma) 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 (Emma) 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 | | |