

**Fontana Aquatics Club****August 21-27, 2023**[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>August 21</b>	<b>August 22</b>	<b>August 23</b>	<b>August 24</b>	<b>August 25</b>	<b>August 26</b>	<b>August 27</b>
Senior Elite	4:30-4:50pm dryland/ meeting 5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim		4:30-5:20pm dryland 5:30-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm	7:30-9:00am swim SSDL Individually 9:00am-12:00pm FAC FUN DAY	
Senior	5:00-7:00pm swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:10-6:30pm dryland	5:00-7:00pm swim	9:00am-12:00pm FAC FUN DAY	
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim		9:00am-12:00pm FAC FUN DAY	
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	7:30-9:00am swim 9:00am-12:00pm FAC FUN DAY	
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:30pm swim	9:00am-12:00pm FAC FUN DAY	
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	9:00am-12:00pm FAC FUN DAY	
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	9:00am-12:00pm FAC FUN DAY	
Pre Team	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm	9:00am-12:00pm FAC FUN DAY	
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2	9:00am-12:00pm FAC FUN DAY	

			6:00-6:30pm		6:00-6:30pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm	JrPC 1 5:30-6:00pm	<b>9:00am-12:00pm</b> <b>FAC FUN DAY</b>	