

Fontana Aquatics Club

August 22-28, 2022

www.fontanaaquatics.org

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|--|---|--|---|--|-----------|
| | August 22 | August 23 | August 24 | August 25 | August 26 | August 27 | August 28 |
| 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 6-7pm parent meeting | 4:45-5:30pm dry land 5:30-7:00pm swim | 5:00-7:00pm swim SSDL individually | 8:30-10:30am swim SSDL individually 2-6pm Beach day social | |
| 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 | 5:00-5:30pm dryland 5:30-7:00pm 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 7-8pm parent meeting | 4:45-5:30pm dry land 5:30-7:00pm swim | 4:00-5:30pm swim 5:30-6:00pm dryland | 8:30-10:30am swim SSDL individually 2-6pm Beach day social | |
| Junior + Advanced | | 5:00-5:45pm swim 5:45-6:10pm dryland 6:30-7:10pm Parent meeting | 4:00-5:30pm 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 | | 5:30-6:30pm swim | 5:30-6:00pm dryland 6:00-7:00pm swim | 5:30-6:30pm swim | | |
| Junior Development | 4:00-4:45pm | | 4:00-5:00pm | | 4:00-5:00pm | 10:30-11:30am | |

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| | Swim 4:45-5:15pm | | Swim 5:00-5:30pm dryland | | Swim 5:00-5:30pm dryland | swim | |
| 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 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 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 | 5:30-6:00pm Otters | 5:30-6:00pm Whales | | |

Wednesday August 24th - the swim guy is coming and you will be able to pick up your team shirts as well as other items for the season, he will be on deck 4-7pm