

Fontana Aquatics Club**August 28 - September 3, 2023**www.fontanaaquatics.org

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|---|---|--|--|--|--|--------------------|
| | August 28 | August 29 | August 30 | August 31 | September 1 | September 2 | September 3 |
| Senior Elite | 4:30-4:50pm dryland/ meeting 5:00-7:00pm swim | 4:30-5:20pm dryland 5:30-7:00pm swim | 5:45-7:00am swim SSDL Individually | 4:30-5:20pm dryland 5:30-7:00pm swim | 4:30-4:50pm dryland 5:00-7:00pm | 7:30-11:30am FAC Intrasquad Meet | |
| Senior | | 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 | | 7:30-11:30am FAC Intrasquad Meet | |
| Senior Fit | | 4:00-5:30pm swim | 5:00-5:20pm dryland 5:30-7:00pm swim | 6:00-7:00pm swim | | 7:30-11:30am FAC Intrasquad Meet | |
| 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 | 7:30-11:30am FAC Intrasquad Meet | |
| 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 | 7:30-11:30am FAC Intrasquad Meet | |
| 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 | 7:30-11:30am FAC Intrasquad Meet | |
| 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 | 7:30-11:30am FAC Intrasquad Meet | |
| 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 | 7:30-11:30am FAC Intrasquad Meet | |
| 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 | 7:30-11:30am FAC Intrasquad Meet | |

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| | | | 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 2 5:30-6:00pm | JrPC 1 5:30-6:00pm | 7:30-11:30am FAC Intrasquad Meet | |