

Fontana Aquatics Club**July 10 - July 16, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 10	July 11	July 12	July 13	July 14	July 15	July 16
Senior Elite	8:30-8:50am dryland 9:00-11:00am swim	7:30-9:00am swim 5:30-7:00pm swim		7:30-9:30am swim 5:30-7:00pm Swim SSDL Individually	7:30-9:30am swim	8:30-10:30am swim SSDL Individually	
Senior	7:00-7:20am dryland 7:30-9:00am swim	9:00-11:00am swim	7:00-7:20am dryland 7:30-9:00am swim	7:30-9:30am swim	7:30-9:30am Swim		
Senior Fit		Beach Day		4:30-5:30pm swim 5:40-6:00pm dryland		9:30-11:30am swim	
Junior Elite	8:30-8:50am dryland 9:00-11:00am swim	7:30-9:00am swim	9:00-10:30am swim SSDL Individually	7:30-9:30am swim	7:30-9:30am Swim	8:30-10:30am swim SSDL Individually	
Junior + Advanced	9:00-10:30am swim	Beach Day	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am Swim		
Senior Development	10:30-11:30am swim	Beach Day	10:30-11:30am swim	10:30-11:30am swim			
Junior Development	4:00-4:20pm dryland 4:30-5:30pm Swim	Beach Day	4:00-4:20pm dryland 4:30-5:30pm swim		4:30-5:30pm Swim	8:30-9:30am swim	
Pre Team	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions,		6:30-7:00pm Pre Team 1 (Sharks, Sea Lions,	6:30-7:00pm Pre Team 2 (Starfish)			

	Narwhals combined)		Narwhals combined) 6:30-7:00pm Pre Team 2 (Starfish)				
Senior Pre Comp	6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined)	No practice	6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined) 6:00-6:30pm Senior Pre Comp 2 (Seals)	6:00-6:30pm Senior Pre Comp 2 (Seals)	5:00-7:00pm Candy Meet		
Junior Pre Comp	5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined)	No practice	5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined) 5:30-6:00pm Junior Pre Comp 2 (Otters)	5:30-6:00pm Junior Pre Comp 2 (Otters)	5:00-7:00pm Candy Meet		