

Fontana Aquatics Club**July 17 - July 23, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 17	July 18	July 19	July 20	July 21	July 22	July 23
Senior Elite	8:30-8:50am dryland 9:00-11:00am swim	7:30-9:00am Swim SSDL Individually	9:00-10:30am Summer AG Championships Practice	Summer AG Championship	Summer AG Championship	Summer AG Championship	Summer AG Championship
Senior	7:00-7:20am dryland 7:30-9:00am swim	9:00-11:00am swim	9:00-10:30am Summer AG Championships Practice	9:00-10:30am swim for non champs swimmers	Summer AG Championship	Summer AG Championship	Summer AG Championship
Senior Fit		4:30-5:30pm swim	5:30-7:00pm swim	4:30-6:00pm swim			
Junior Elite	8:30-8:50am dryland 9:00-11:00am swim	7:30-9:30am swim	9:00-10:30am Summer AG Championships Practice	Summer AG Championship	Summer AG Championship	Summer AG Championship	Summer AG Championship
Junior + Advanced	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am Summer AG Championships Practice	Summer AG Championship	Summer AG Championship	Summer AG Championship	Summer AG Championship
Senior Development	10:30-11:30am swim	10:30-11:30am swim	10:30-11:30am swim	No practice due to Summer AG Champs	No practice due to Summer AG Champs		

Junior Development	4:30-5:30pm Swim		4:30-5:30pm swim	Summer AG Championship	Summer AG Championship	Summer AG Championship	Summer AG Championship
Pre Team	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions, Narwhals combined)	6:30-7:00pm Pre Team 2 (Starfish)	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions, Narwhals combined) 6:30-7:00pm Pre Team 2 (Starfish)	6:30-7:00pm Pre Team 2 (Starfish)	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions, Narwhals combined)		
Senior Pre Comp	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 1 (Dolphins, Swordfish combined) 6:00-6:30pm Senior Pre Comp 2 (Seals)	6:00-6:30pm Senior Pre Comp 2 (Seals)	6:00-6:30pm Senior Pre Comp 1 (Dolphins, Swordfish combined)		
Junior Pre Comp	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 1 (Stingrays, Whales) combined 5:30-6:00pm Junior Pre Comp 2 (Otters)	5:30-6:00pm Junior Pre Comp 2 (Otters)	5:30-6:00pm Junior Pre Comp 1 (Stingrays, Whales) combined		