

**Fontana Aquatics Club****July 3 - July 9, 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>July 3</b>	<b>July 4</b>	<b>July 5</b>	<b>July 6</b>	<b>July 7</b>	<b>July 8</b>	<b>July 9</b>
Senior Elite	8:30-8:50 dryland 9:00-11:00am swim	No practice	9:00-10:30am swim SSDL Individually	7:30-9:00am swim 5:30-7:00pm swim	7:30-9:30am swim 9:40-10:30am Dryland <b>EC Champs</b>	EC Champs	EC Champs
Senior	7:00-7:20am dryland 7:30-9:00am swim	No practice	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 <b>EC Champs</b>	EC Champs	EC Champs
Senior Fit		No practice	5:30-7:00pm swim	4:30-5:30pm swim 5:40-6:00pm dryland		EC Champs	EC Champs
Junior Elite	8:30-8:50am dryland 9:00-11:00am swim	No practice	9:00-10:30am swim SSDL Individually	7:30-9:00am swim	7:30-9:30am swim 9:40-10:30am Dryland <b>EC Champs</b>	EC Champs	EC Champs
Junior + Advanced	9:00-10:30am swim	No practice	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am Swim <b>EC Champs</b>	EC Champs	EC Champs
Senior Development	10:30-11:30am swim	No practice	10:30-11:30am swim	10:30-11:30am swim		EC Champs	EC Champs
Junior Development	4:00-4:20pm dryland 4:30-5:30pm Swim	No practice	4:00-4:20pm dryland 4:30-5:30pm swim		4:30-5:30pm Swim <b>EC Champs</b>	EC Champs	EC Champs
Pre Team	6:30-7:00pm Pre Team 1 (Sharks,		6:30-7:00pm Pre Team 1 (Sharks,	6:30-7:00pm Pre Team 2	6:30-7:00pm Pre Team 1 (Sharks,		

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