

Fontana Aquatics Club**June 12-18, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 12	June 13	June 14	June 15	June 16	June 17	June 18
Senior Elite	8:30-8:50 dryland 9:00-11:00am swim	7:30-9:00am swim 5:30-7:00pm swim	SSDL Individually	7:30-9:00am swim 9:10-9:30am stretch and meet prep	JAG Santa Clarita	JAG Santa Clarita	JAG Santa Clarita
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	JAG Practice 7:30-9:30am 9:00-11:00am swim for non JAG swimmers	JAG Santa Clarita	JAG Santa Clarita	JAG Santa Clarita
Senior Fit		4:30-5:30pm swim 5:40-6:00pm dryland	5:30-7:00pm swim	JAG Practice 7:30-9:30am 4:30-5:30pm swim 5:40-6:00pm dryland		10:00-11:30am swim	
Junior Elite	8:30-8:50 dryland 9:00-11:00am swim	7:30-9:00am swim	9:00-10:30am swim SSDL Individually	7:30-9:00am swim 9:10-9:30am stretch and meet prep	JAG Santa Clarita	JAG Santa Clarita	JAG Santa Clarita
Junior + Advanced	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am swim	JAG Practice 7:30-9:30am 9:00-10:30am swim	JAG Santa Clarita	JAG Santa Clarita	JAG Santa Clarita
Senior Development	10:30-11:30am swim	10:30-11:30am swim	10:30-11:30am swim	10:30-11:30am swim			
Junior Development	4:30-5:30pm Swim		4:00-4:20pm dryland		4:30-5:30pm Swim	8:30-9:30am swim 9:40-10:00am	JAG Santa Clarita

	5:40-6:00pm		4:30-5:30pm swim		JAG Santa Clarita	JAG Santa Clarita	
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 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	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		