

Fontana Aquatics Club

June 19-25, 2023

[**www.fontanaaquatics.org**](http://www.fontanaaquatics.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 19	June 20	June 21	June 22	June 23	June 24	June 25
Senior Elite	JAG Santa Clarita	5:30-7:00pm swim	SSDL Individually	7:30-9:00am swim 5:30-7:00pm swim	7:30-9:30am swim 9:40-10:30am Dryland 5:00-8:00pm FAC Banquet	8:30-10:30am swim SSDL Individually	
Senior	JAG Santa Clarita		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 5:00-8:00pm FAC Banquet		
Senior Fit		4:30-5:30pm swim 5:40-6:00pm dryland	5:30-7:00pm swim	4:30-5:30pm swim 5:40-6:00pm dryland	5:00-8:00pm FAC Banquet	SCY Swim Meet at Chino Hills	SCY Swim Meet at Chino Hills
Junior Elite	JAG Santa Clarita		9:00-10:30am swim SSDL Individually	7:30-9:00am swim 9:10-9:30am stretch and meet prep	7:30-9:30am swim 9:40-10:15am Dryland 5:00-8:00pm FAC Banquet	8:30-10:30am swim SSDL Individually	
Junior + Advanced	9:00-10:30am Swim JAG Santa Clarita	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am Swim 5:00-8:00pm FAC Banquet	SCY Swim Meet at Chino Hills	SCY Swim Meet at Chino Hills
Senior Development	10:30-11:30am swim	10:30-11:30am swim	10:30-11:30am swim	10:30-11:30am swim	5:00-8:00pm FAC Banquet	SCY Swim Meet at Chino Hills	SCY Swim Meet at Chino Hills

Junior Development	4:00-4:20pm dryland 4:30-5:30pm Swim		4:00-4:20pm dryland 4:30-5:30pm swim		5:00-8:00pm FAC Banquet	SCY Swim Meet at Chino Hills	SCY Swim Meet at Chino Hills
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)	5:00-8:00pm FAC Banquet		
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)	5:00-8:00pm FAC Banquet		
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)	5:00-8:00pm FAC Banquet		