

Fontana Aquatics Club

June 5-11, 2023

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 5	June 6	June 7	June 8	June 9	June 10	June 11
Senior Elite	8:30-8:50 dryland 9:00-11:00am swim	7:30-9:00am swim 5:30-7:00pm swim		7:30-9:00am swim 5:30-7:00pm swim	7:30-9:30am swim 9:40-10:30am dryland	11am-1:00pm swim LCM at Crafton SSDL Individually	8-11am Picture Day
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	9:00-11:00am swim	7:00-7:20am dryland 7:30-9:00am swim		8-11am Picture Day
Senior Fit		4:30-5:30pm swim	5:30-7:00pm swim	4:30-5:30pm swim 5:40-6:00pm dryland		11am-1:00pm swim LCM at Crafton (dryland included)	8-11am Picture Day
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	7:30-9:30am swim 9:40-10:15am dryland	11am-1:00pm swim LCM at Crafton SSDL Individually	8-11am Picture Day
Junior + Advanced	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am swim	9:00-10:30am swim		8-11am Picture Day
Senior Development	10:30-11:30am swim 11:40-12:00pm	10:30-11:30am swim	10:30-11:30am swim	10:30-11:30am swim			8-11am Picture Day
Junior Development	4:00-4:20pm dryland 4:30-5:30pm swim		4:30-5:30pm swim		4:30-5:30pm swim	11am-1:00pm swim LCM at Crafton (dryland included)	8-11am Picture Day
Pre Team	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions,	6:30-7:00pm Pre Team 2 (Starfish)	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions, Narwhals	6:30-7:00pm Pre Team 2 (Starfish)	6:30-7:00pm Pre Team 1 (Sharks, Sea Lions,		8-11am Picture Day

	Narwhals combined)		combined) 6:30-7:00pm Pre Team 2 (Starfish)		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)		8-11am Picture Day
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)		8-11am Picture Day