

Fontana Aquatics Club**March 20 - 26, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 20	March 21	March 22	March 23	March 24	March 25	March 26
Senior Elite	4:30-4:50pm dry land 5:00-7:00pm swim	4:40-5:20pm dry land 5:30-7:00pm swim		4:40-5:20pm dry land 5:30-7:00pm swim	4:30-4:50pm dry land 5:00-7:00pm swim	8:30-10:30am swim	
Senior	4:30-4:50pm dry land 5:00-7:00pm swim	4:40-5:20pm dry land 5:30-7:00pm swim		4:40-5:20pm dry land 5:30-7:00pm swim	4:30-4:50pm dry land 5:00-7:00pm swim		
Senior Fit		4:00-5:30pm swim	5:30-7:00pm swim	4:00-5:30pm swim		BC meet DSRT	BC meet DSRT
Junior Elite	4:30-4:50pm dry land 5:00-7:00pm swim	4:40-5:20pm dry land 5:30-7:00pm swim		4:40-5:20pm dry land 5:30-7:00pm swim	4:30-4:50pm dry land 5:00-7:00pm swim	8:30-10:30am swim	
Junior + Advanced	4:00-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim		
Senior Development	5:30-6:15pm dryland 6:15-7:00pm swim		5:30-6:30pm swim	5:30-6:00pm dryland 6:00-7:00pm swim	5:30-6:30pm swim	BC meet DSRT	BC meet DSRT
Junior Development	4:00-5:00pm Swim		4:00-4:30pm dryland 4:30-5:30pm Swim		4:00-5:00pm swim	BC meet DSRT	BC meet DSRT
Pre Team	6:30-7:00pm Sharks (Emma)	6:30-7:00pm Starfish (Jorman)	6:30-7:00pm Sharks (Emma)	6:30-7:00pm Starfish (Jorman)	6:30-7:00pm Sharks (Emma)		

	7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		6:30-7:00pm Starfish (Jorman) 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		
Senior Pre Comp	6:00-6:30pm Dolphins (Emma) 7:00-7:30pm Swordfish	6:00-6:30pm Seals (Jorman)	6:00-6:30pm Dolphins (Emma) 6:00-6:30pm Seals (Jorman) 7:00-7:30pm Swordfish	6:00-6:30pm Seals (Jorman)	6:00-6:30pm Dolphins (Emma) 7:00-7:30pm Swordfish		
Junior Pre Comp	5:30-6:00pm Whales 7:00-7:30pm Stingrays	5:30-6:00pm Otters (Jorman)	5:30-6:00pm Whales (Emma) 5:30-6:00pm Otters (Jorman) 7:00-7:30pm Stingrays	5:30-6:00pm Otters (Jorman)	5:30-6:00pm Whales 7:00-7:30pm Stingrays		