

Fontana Aquatics Club

May 1 - 7, 2023

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 1	May 2	May 3	May 4	May 5	May 6	May 7
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 SSDL individually	
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:30pm dryland 5:30-7:00pm swim		5:00-6:00pm swim 6:00-6:30pm dryland	5:00-5:30pm dryland 5:30-7:00pm swim		
Senior Fit		4:00-5:30pm swim		4:00-5:30pm swim		9:30-10:30am swim	
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 SSDL individually	
Junior + Advanced		4-4:30pm dryland 4:30-5:30pm 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			5:30-6:00pm dryland 6:00-7:00pm swim	5:30-6:30pm swim		
Junior Development	4:00-5:00pm Swim			4:00-5:00pm swim	4:00-5:00pm swim	10:30-11:30am swim	
Pre Team	6:30-7:00pm Sharks 7:30-8:00pm Sea Lions	6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish	6:30-7:00pm Sharks 7:30-8:00pm Starfish	6:30-7:00pm Sharks 7:30-8:00pm Sea Lions		

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