

Fontana Aquatics Club**May 15 - 21, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 15	May 16	May 17	May 18	May 19	May 20	May 21
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	LCM Meet Riverside	LCM Meet Riverside
Senior	4:45-6:15pm swim 6:25-7:00pm dryland	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-6:00pm swim 6:10-6:30pm dryland	5:00-5:20pm dryland 5:30-7:00pm swim	LCM Meet Riverside	LCM Meet Riverside
Senior Fit		4:00-5:30pm swim		4:00-5:30pm swim		9:30-10:30am swim	10:30-11:30am 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	LCM Meet Riverside	LCM Meet Riverside
Junior + Advanced	4:00-5:30pm swim	4-4:30pm dryland 4:30-5:30pm swim		4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim	LCM Meet Riverside	LCM Meet Riverside
Senior Development	5:30-6:05pm dryland 6:15-7:00pm swim			5:30-5:50pm 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		