

**Fontana Aquatics Club****May 22 - 28, 2023**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>May 22</b>	<b>May 23</b>	<b>May 24</b>	<b>May 25</b>	<b>May 26</b>	<b>May 27</b>	<b>May 28</b>
Senior Elite	4:30-4:50pm dry land 5:00-7:00pm swim	4:40-5:20pm dry land 5:30-7:00pm swim	SSDL individually	4:40-5:20pm dry land 5:30-7:00pm swim	<b>Nova Grand Challenge</b> <b>5:00-7:00pm swim</b>	8:30-10:30am swim	
Senior	4:45-6:15pm swim 6:25-7:00pm dryland	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim	5:00-6:00pm swim 6:10-6:30pm dryland	<b>5:30-7:00pm swim</b>		
Senior Fit		4:00-5:30pm swim	5:00-6:30pm 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	SSDL individually	4:40-5:20pm dry land 5:30-7:00pm swim	<b>5:00-7:00pm swim</b>	8:30-10:30am swim	
Junior + Advanced	4:00-5:30pm swim	4-4:30pm dryland 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim		
Senior Development	5:30-6:05pm dryland 6:15-7:00pm swim		5:30-6:30pm 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	6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish	6:30-7:00pm Sharks 7:30-8:00pm			

	Sea Lions 7:30-8:00 Narwhals		Starfish 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals		Sea Lions 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		