

Fontana Aquatics Club

November 28 - December 4, 2022

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 28	November 29	November 30	December 1	December 2	December 3	December 4
Senior Elite	4:45-5:30pm dry land 5:30-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm Swim <b>4:30-6pm swim AZ</b>	6:00-7:00am swim SSDL individually	5:30-7:00pm Swim SSDL Individually <b>Arizona Travel Meet</b>	5:00-7:00pm swim SSDL Individually <b>Arizona Travel Meet</b>	Arizona Travel Meet <b>Last Ditch Meet</b>	Arizona Travel Meet <b>Last Ditch Meet</b>
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:45pm dryland 5:45-7:00pm Swim <b>4:30-6pm swim AZ</b>	5:00-5:30pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:00-6:30pm dryland	5:30-7:00pm Swim SSDL Individually	Arizona Travel Meet <b>Last Ditch Meet</b>	Arizona Travel Meet <b>Last Ditch Meet</b>
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	6:30-8:00pm swim	4:00-5:30pm swim		<b>Last Ditch Meet</b>	<b>Last Ditch Meet</b>
Junior Elite	4:00-5:30pm swim 5:30-6:00pm dryland	4:45-5:30pm dry land 5:30-7:00pm Swim <b>4:30-6pm swim AZ</b>	SSDL individually	5:30-7:00pm Swim SSDL Individually	4:00-5:30pm swim SSDL Individually	Arizona Travel Meet <b>Last Ditch Meet</b>	Arizona Travel Meet <b>Last Ditch Meet</b>
Junior + Advanced	4:00-5:30pm swim	5:00-5:45pm swim 5:45-6:15pm dryland	4:00-5:30pm swim	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:30pm swim	Arizona Travel Meet <b>Last Ditch Meet</b>	Arizona Travel Meet <b>Last Ditch Meet</b>
Senior Development	5:30-6:15pm dryland 6:15-7:00pm swim		5:30-6:30pm swim	6:00-7:00pm swim	5:30-6:30pm swim	<b>Last Ditch Meet</b>	<b>Last Ditch Meet</b>
Junior Development	4:00-4:45pm Swim		4:00-4:30pm Dryland		4:00-5:00pm Swim	<b>Last Ditch Meet</b>	<b>Last Ditch Meet</b>

			4:30-5:30pm swim				
Pre Team	6:30-7:00pm Sharks 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish	6:30-7:00pm Sharks 6:30-7:00pm Starfish 7:30-8:00pm Sea Lions 7:30-8:00 Narwhals	6:30-7:00pm Starfish	6:30-7:00pm Sharks 7:30-8:00pm 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		