

Fontana Aquatics Club

October 3 - October 9, 2022

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 3	October 4	October 5	October 6	October 7	October 8	October 9
Senior Elite	4:45-5:30pm dry land 5:30-7:00pm swim	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:30am Swim SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	5:00-7:00pm swim SSDL individually	7:30-9:00am Swim FF Clinic if registered	FF Clinic if registered
Senior	4:45-6:15pm swim 6:15-7:00 dryland	5:00-5:45pm dryland 5:45-7:00pm swim	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	C meet Palm Springs FF Clinic if registered	FF Clinic if registered
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	6:30-8:00pm swim	4:00-5:30pm swim		C meet Palm Springs FF Clinic if registered	FF Clinic if registered
Junior Elite	4:00-5:30pm swim 5:30-6:00pm dryland	4:00-5:30pm swim 5:30-6:00pm dryland		4:45-5:30pm dry land 5:30-7:00pm swim	4:00-5:30pm swim 5:30-6:00pm dryland	7:30-9:00am Swim FF Clinic if registered	FF Clinic if registered
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	C meet Palm Springs FF Clinic if registered	FF Clinic if registered
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	C meet Palm Springs FF Clinic if registered	FF Clinic if registered
Junior Development	4:00-4:45pm Swim 4:45-5:15pm		4:00-5:00pm Swim 5:00-5:30pm dryland		4:00-5:00pm Swim 5:00-5:30pm dryland	C meet Palm Springs FF Clinic if registered	FF Clinic if registered

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		