

## Fontana Aquatics Club

October 31 - November 6, 2022

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 31	November 1	November 2	November 3	November 4	November 5	November 6
Senior Elite	HAPPY HALLOWEEN No practice	4:45-5:30pm dry land 5:30-7:00pm swim	6:00-7:00am Swim SSDL individually	4:45-5:30pm dry land 5:30-7:00pm swim	5:00-7:00pm swim SSDL individually <b>Kevin Perry Senior Meet</b>	<b>Kevin Perry Senior Meet</b>	<b>Kevin Perry Senior Meet</b>
Senior	HAPPY HALLOWEEN No practice	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 <b>Kevin Perry Senior Meet</b>	<b>Kevin Perry Senior Meet</b>	<b>Kevin Perry Senior Meet</b>
Senior Fit		4:00-5:00pm Swim 5:00-5:30pm dryland	6:30-8:00pm swim	4:00-5:30pm swim		7:30-8:30am swim	
Junior Elite	HAPPY HALLOWEEN No practice	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 SSDL individually	<b>8:30-10:30am swim</b>	
Junior + Advanced	HAPPY HALLOWEEN No practice	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		
Senior Development	HAPPY HALLOWEEN No practice		5:30-6:30pm swim	5:30-6:00pm dryland 6:00-7:00pm swim	5:30-6:30pm swim		
Junior Development	HAPPY HALLOWEEN		4:00-5:00pm Swim		4:00-5:00pm Swim	10:30-11:30am swim	

	No practice		5:00-5:30pm dryland		5:00-5:30pm dryland		
Pre Team	HAPPY HALLOWEEN No practice	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	HAPPY HALLOWEEN No practice	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	HAPPY HALLOWEEN No practice	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		