

Fontana Aquatics Club

April 15 - April 21, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	April 15	April 16	April 17	April 18	April 19	April 20	April 21
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	SSDL Individually	4:30-4:50pm dryland 5:00-7:00pm Swim	4:30-4:50pm dryland 5:00-7:00pm Swim	11am-1pm Crafton Hills LCM practice	
Senior	5:00-7:00pm swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:30pm Swim	5:30-7:00am swim	11am-1pm Crafton Hills LCM practice	
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim	5:30-7:00am swim	11am-1pm Crafton Hills LCM practice B/C Meet, SCY Hemet	B/C Meet, SCY Hemet
Junior Elite	5:00-5:20pm meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm Swim	5:00-7:00pm swim	11am-1pm Crafton Hills LCM practice B/C Meet, SCY Hemet	B/C Meet, SCY Hemet
Junior + Advanced	4:00-5:30pm swim	4:00--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	11am-1pm Crafton Hills LCM practice B/C Meet, SCY Hemet	B/C Meet, SCY Hemet
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	B/C Meet, SCY Hemet	B/C Meet, SCY Hemet
Junior Development	4:00-5:00pm swim		4:00-5:00pm swim		4:00-5:00pm Swim	B/C Meet, SCY Hemet	B/C Meet, SCY Hemet

	5:10-5:30pm dryland				5:10-5:30pm dryland		
Pre Team	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm			CANDY MEET	
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm		CANDY MEET	
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm		CANDY MEET	
Jr. Novice	4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm swim JR Novice 1 4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1		CANDY MEET	B/C Meet, SCY Hemet
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim		CANDY MEET	B/C Meet, SCY Hemet
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim			CANDY MEET	B/C Meet, SCY Hemet