

Fontana Aquatics Club

April 8 - April 14, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	April 8	April 9	April 10	April 11	April 12	April 13	April 14
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim		4:30-4:50pm dryland 5:00-7:00pm Swim	5:00-7:00pm Swim Mt Sac HS Invite	10-11:30am swim Mt Sac HS Invite	
Senior		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 5:00-7:00pm swim Mt Sac HS Invite	Mt Sac HS Invite	
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	10-11:30am swim
Junior Elite		5:00-5:20pm meeting 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm Swim	5:00-7:00pm swim	10-11:30am swim	
Junior + Advanced	4:00-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim		
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		
Junior Development	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	9-10am swim	
Pre Team	PT 1 6:30-7:15pm PT 2		PT 1 6:30-7:15pm PT 2		PT 1 6:30-7:15pm PT 2		

	7:15-8:00pm		7:15-8:00pm		7:15-8:00pm		
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	SrPC 1 6:00-6:30pm		
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	JrPC 1 5:30-6:00pm		
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	4:00-4:30pm JR Novice 2		
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim			
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim		