

Fontana Aquatics Club

December 4 - 10, 2023

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 4	December 5	December 6	December 7	December 8	December 9	December 10
Senior Elite	5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim <b>Winter Nationals</b>	5:30-7:00, WAG Practice <b>Winter Nationals</b>	5:00-7:00pm Swim <b>WAG Winter Nationals</b>	<b>WAG Winter Nationals</b>	<b>WAG Winter Nationals</b>
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	5:30-7:00, WAG Practice	5:00-7:00pm swim <b>WAG</b>	<b>WAG</b>	<b>WAG</b>
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm 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		5:30-7:00, WAG Practice	5:00-5:20pm dryland 5:30-7:00pm Swim <b>WAG</b>	<b>WAG</b>	<b>WAG</b>
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	5:30-7:00, WAG Practice	4:00-5:30pm swim <b>WAG</b>	<b>WAG</b>	<b>WAG</b>
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		
Junior Development	4:00-5:00pm swim 5:10-5:30pm		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm	9-10am swim	

	dryland				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		PT 1 6:30-7:15pm PT 2 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 swim	4:00-4:30pm swim	4:00-4:30pm swim			
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		