

Fontana Aquatics Club**December 11 - 17, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 11	December 12	December 13	December 14	December 15	December 16	December 17
Senior Elite	WAG 4-5pm Dan and anybody that needs a swim down from WAG 5-7pm Team potluck	4:30-5:20pm dryland/meeting 5:30-7:00pm swim	5:45-6:45am swim	4:30-5:20pm dryland 5:30-7:00pm swim/ SEC practice	5:00-7:00pm Swim combined w/Senior Sectionals	Sectionals	Sectionals
Senior	5-7pm Team potluck	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5-6pm swim 6:10-6:30pm dryland	5:00-7:00pm swim		
Senior Fit	5-7pm Team potluck	4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim			
Junior Elite	5-7pm Team potluck	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm swim	4-5:30pm swim combined w/Junior Advanced		
Junior + Advanced	5-7pm Team potluck	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim		4:00-5:30pm swim		
Senior Development	5-7pm Team potluck		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	5-7pm Team potluck		4:00-5:00pm swim		4:00-5:00pm swim		

					5:10-5:30pm dryland		
Pre Team	5-7pm Team potluck			5-7pm Candy Meet	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		
Senior Pre Comp	5-7pm Team potluck	SrPC 2 6:00-6:30pm		5-7pm Candy Meet	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm	
Junior Pre Comp	5-7pm Team potluck	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm		5-7pm Candy Meet	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm	
Jr. Novice	5-7pm Team potluck	4:00-4:30pm swim		5-7pm Candy Meet	4:00-4:30pm swim		
Sr. Novice	5-7pm Team potluck	4:30-5:00pm swim		5-7pm Candy Meet	4:30-5:00pm swim		
PT Novice	5-7pm Team potluck			5-7pm Candy Meet		4:00-4:45pm swim	