

**Fontana Aquatics Club****January 1 - 7, 2024**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

|                    | <b>Monday</b>    | <b>Tuesday</b>                                   | <b>Wednesday</b>                        | <b>Thursday</b>                         | <b>Friday</b>                           | <b>Saturday</b>  | <b>Sunday</b>    |
|--------------------|------------------|--|---|---|---|------------------|------------------|
|                    | <b>January 1</b> | <b>January 2</b>                                 | <b>January 3</b>                        | <b>January 4</b>                        | <b>January 5</b>                        | <b>January 6</b> | <b>January 7</b> |
| Senior Elite       | Happy New Year   | 4:30-5:20pm dryland<br>5:30-7:00pm swim          | 5:45-7:00am swim<br>SSDL Individually   | 4:30-5:20pm dryland<br>5:30-7:00pm Swim | 4:30-4:50pm dryland<br>5:00-7:00pm Swim | FAC Home Meet    | FAC Home Meet    |
| Senior             | Happy New Year   | 5:00-5:20pm dryland/ meeting<br>5:30-7:00pm swim | 5:00-5:20pm dryland<br>5:30-7:00pm swim | 5:00-6:00pm Swim<br>6:10-6:30pm dryland | 5:00-7:00pm swim                        | FAC Home Meet    | FAC Home Meet    |
| Senior Fit         | Happy New Year   | 4:00-5:30pm swim                                 | 5:00-5:20pm dryland<br>5:30-7:00pm swim | 6:00-7:00pm swim                        |   | FAC Home Meet    | FAC Home Meet    |
| Junior Elite       | Happy New Year   | 5:00-5:20pm dryland<br>5:30-7:00pm swim          |   | 5:00-5:20pm dryland<br>5:30-7:00pm Swim | 5:00-5:20pm dryland<br>5:30-7:00pm Swim | FAC Home Meet    | FAC Home Meet    |
| Junior + Advanced  | Happy New Year   | 4:00-4:20pm dryland/ meeting<br>4:30-5:30pm swim | 4:00-5:30pm swim                        | 4:00-5:30pm swim<br>5:10-5:30pm dryland | 4:00-5:30pm swim                        | FAC Home Meet    | FAC Home Meet    |
| Senior Development | Happy New Year   |  | 4:00-5:00pm swim<br>5:10-5:30pm dryland | 4:00-5:00pm swim                        | 4:00-5:00pm swim<br>5:10-5:30pm dryland | FAC Home Meet    | FAC Home Meet    |
| Junior Development | Happy New Year   |  | 4:00-5:00pm swim                        |   | 4:00-5:00pm swim<br>5:10-5:30pm dryland | FAC Home Meet    | FAC Home Meet    |
| Pre Team           | Happy New Year   |  | PT 1<br>6:30-7:15pm<br>PT 2             |   | PT 1<br>6:30-7:15pm<br>PT 2             | FAC Home Meet    | FAC Home Meet    |

|                 |                |   |  |   |                       |                       |               |
|-----------------|----------------|---|--|---|-----------------------|-----------------------|---------------|
|                 |                |   | 7:15-8:00pm  |   | 7:15-8:00pm           |                       |               |
| Senior Pre Comp | Happy New Year | SrPC 2<br>6:00-6:30pm                         | SrPC 1<br>6:00-6:30pm<br>SrPC 2<br>6:00-6:30pm                         | SrPC 2<br>6:00-6:30pm                         | SrPC 1<br>6:00-6:30pm | FAC Home Meet         | FAC Home Meet |
| Junior Pre Comp | Happy New Year | JrPC 2<br>5:30-6:00pm<br>JrPC 3<br>6:30-7:0pm | JrPC 1<br>5:30-6:00pm<br>JrPC 2<br>5:30-6:00pm<br>JrPC 3<br>6:30-7:0pm | JrPC 2<br>5:30-6:00pm<br>JrPC 3<br>6:30-7:0pm | JrPC 3<br>6:30-7:0pm  | JrPC 1<br>5:30-6:00pm | FAC Home Meet |
| Jr. Novice      | Happy New Year | 4:00-4:30pm swim                              | 4:00-4:30pm swim   | 4:00-4:30pm swim                              |                       | FAC Home Meet         | FAC Home Meet |
| Sr. Novice      | Happy New Year | 4:30-5:00pm swim                              | 4:30-5:00pm swim   | 4:30-5:00pm swim                              |                       | FAC Home Meet         | FAC Home Meet |
| PT Novice       | Happy New Year |   | 4:00-4:45pm swim   |   | 4:00-4:45pm swim      | FAC Home Meet         | FAC Home Meet |