

Fontana Aquatics Club

July 1-7, 2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 1	July 2	July 3	July 4	July 5	July 6	July 7
Senior Elite	9-11am swim  4:00-5:30pm swim (optional, combined with S)	9-11am swim	9:00-10:30am swim  4:00-5:30pm swim (optional, combined with S)  SSDL Individually		Happy 4th of July! No practice.	9-11am swim  4:00-5:30pm swim (optional, combined with S)  EC Committee Champs	
Senior	9-11am swim  4:00-5:30pm swim (optional, combined with SE)	9-11am swim	9-10:30am swim  4:00-5:30pm swim (optional, combined with SE)		Happy 4th of July! No practice.	9-11am swim  4:00-5:30pm swim (optional, combined with SE)  EC Committee Champs	
Senior Fit	10:30-12pm swim	4:00-5:30pm swim	5:00-6:30pm swim	Happy 4th of July! No practice.	9:30-11am swim	EC Committee Champs	EC Committee Champs
Junior Elite	9:00-10:30am Swim	9:00-10:30am Swim	9:00-10:30am swim  SSDL Individually		Happy 4th of July! No practice.	9:00-10:30am Swim  EC Committee Champs	EC Committee Champs
Junior + Advanced	9:00-10:30am Swim	9:00-10:30am swim	9:00-10:30am Swim	Happy 4th of July! No practice.	9:00-10:30am Swim	EC Committee Champs	EC Committee Champs
Senior Development		10:00-10:20am	10:30-12:00pm	Happy 4th of		EC Committee	EC Committee

	6:00-7:00pm swim	dryland 10:30-12:00pm swim	swim	July! No practice.	6:15-7:15pm Swim	Champs	Champs
Junior Development	10:00-10:20am dryland 10:30-11:45am swim			Happy 4th of July! No practice.	9:00-9:20am dryland 9:30-10:45am swim	EC Committee Champs	EC Committee Champs
Pre Team	PT 1 5:00-5:45pm swim PT 2 4:45-5:30pm swim	PT 3 6:15-7:00pm swim	PT 1 5:00-5:45pm PT 2 4:45-5:30pm PT 3 6:15-7:00pm	Happy 4th of July! No practice.	PT 1 5:30-6:15pm PT 2 5:15-6:00pm		
Senior Pre Comp	SrPC 1 4:30-5:00pm swim		SrPC 1 4:30-5:00pm	Happy 4th of July! No practice.	SrPC 1 5:00-5:30pm		
Junior Pre Comp	JrPC 1 4:00-4:30pm swim	JrPC 3 5:45-6:15pm swim	JrPC 1 4:00-4:30pm JrPC 3 5:45-6:15pm	Happy 4th of July! No practice.	JrPC 1 4:30-5:00pm		
Jr. Novice		JR Novice 1 5:30-6:00pm JR Novice 2 6:00-6:30pm swim	JR Novice 1 5:30-6:00pm JR Novice 2 6:00-6:30pm	Happy 4th of July! No practice.			
Sr. Novice		SR Novice 6:30-7:00pm swim	SR Novice 6:30-7:00pm swim	Happy 4th of July! No practice.			
PT Novice	PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm swim	Happy 4th of July! No practice.	PT Novice 4:30-5:15pm swim		