

Fontana Aquatics Club

July 15-21, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 15	July 16	July 17	July 18	July 19	July 20	July 21
Senior Elite	7:30-9:00am Swim 9:10-9:30am meeting 4:00-5:30pm swim (optional, combined with S)	8:30-8:50am dryland 9-11am swim	9:00-10:30am swim 9-10:30am SEC Practice	8:30-8:50am dryland 9-11am swim	7:30-9:30am Swim (combined with S)		
Senior	9-11am swim 4:00-5:30pm swim (optional, combined with SE)	7:00-7:20am dryland 7:30-9:00am Swim	7:00-7:20am dryland 7:30-9:00am Swim	7:00-7:20am dryland 7:30-9:00am Swim	7:30-9:30am Swim		
Senior Fit	10:30-12pm swim	4:00-5:30pm swim	5:00-6:30pm swim	4:00-5:30pm swim	9:30-11am swim		
Junior Elite	7:00-7:20am dryland 7:30-9:00am swim	9-11am swim	9:00-10:30am swim	9-10:30am swim (combined with JA)	7:30-9:00am Swim	Elite AG Champs	Elite AG Champs
Junior + Advanced	9:00-10:30am Swim	9:00-10:30am swim	9:00-10:30am Swim	9:00-10:30am swim	9:00-10:30am Swim Elite AG Champs	Elite AG Champs	Elite AG Champs

Senior Development	6:00-7:00pm swim	10:00-10:20am dryland 10:30-12:00pm swim	10:30-12:00pm swim	10:00-10:20am dryland 10:30-12:00pm swim	6:15-7:15pm Swim		
Junior Development	10:00-10:20am dryland 10:30-11:45am swim	4:00-5:00pm swim	4:00-5:00pm Swim	4:00-5:00pm swim	9:00-9:20am dryland 9:30-10:45am swim		
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	PT 3 6:15-7:00pm	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		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	JrPC 3 5:30-6:00pm	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	JR Novice 1 5:30-6:00pm swim JR Novice 2 6:00-6:30pm			
Sr. Novice		SR Novice 6:30-7:00pm swim	SR Novice 6:30-7:00pm swim	SR Novice 6:30-7:00pm swim			
PT Novice	PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm swim	8:30-8:50am dryland 9-11am swim	PT Novice 4:30-5:15pm swim		