

Fontana Aquatics Club

July 22-28, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 22	July 23	July 24	July 25	July 26	July 27	July 28
Senior Elite	7:00-7:20am meeting 7:30-9:00am Swim	8:30-8:50am dryland 9-11am swim	9:00-10:30am swim (SAG practice) FUTURES	7:30-9:00am Swim (combined with S) FUTURES SAG	7:30-9:00am Swim (combined with S) FUTURES SAG	FUTURES SAG	SAG
Senior	9-11am swim	7:00-7:20am dryland 7:30-9:00am Swim	9-10:30am Swim (SAG practice)	7:30-9:00am Swim (combined with SE) SAG	7:30-9:00am Swim (combined with SE) SAG	SAG	SAG
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	7:30-9:00am swim 9:10-9:30am meeting	9-11am swim	9:00-10:30am swim (SAG practice)	9-10:30am swim (combined with JA) SAG	9-10:30am Swim (combined with JA) SAG	SAG	SAG
Junior + Advanced	9:00-10:30am Swim	9:00-10:30am swim	9:00-10:30am Swim (SAG practice)	9:00-10:30am swim (combined with JE)	9:00-10:30am Swim SAG	SAG	SAG
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			
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		PT Novice 4:30-5:15pm swim		