

Fontana Aquatics Club

March 11 - March 17, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 11	March 12	March 13	March 14	March 15	March 16	March 17
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	SSDL Individually	4:30-4:50pm dryland 5:00-7:00pm Swim	5:00-7:00pm Swim HS Invite	HS Invite	
Senior		5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:30-7:00am swim 5:00-7:00pm swim HS Invite	HS Invite	
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim	5:30-7:00am swim 10-11:30am swim		
Junior Elite	5:00-5:20pm meeting 5:30-7:00pm swim	5:00-5:20pm dryland/meeting 5:30-7:00pm swim		5:30-7:00pm Swim 4-5pm AG Champs swimmers practice	4-5:30pm Swim-combined with JA Spring AG Champs	Spring AG Champs	Spring AG Champs
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim 4-5pm AG Champs swimmers practice	4:00-5:30pm swim		
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim 4-5pm AG Champs swimmers practice	4:00-5:00pm swim		

Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim	4-5pm AG Champs swimmers practice	4:00-5:00pm swim		9-10am swim	
Pre Team	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm			
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm			
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm			
Jr. Novice	4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm swim JR Novice 1 4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm JR Novice 2			
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim				
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim			