

**Fontana Aquatics Club**

**May 13 - 19, 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>May 13</b>	<b>May 14</b>	<b>May 15</b>	<b>May 16</b>	<b>May 17</b>	<b>May 18</b>	<b>May 19</b>
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	5-7pm Annual Team Banquet	LCM Meet	LCM Meet
Senior	5:00-7:00pm swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:30pm Swim	5-7pm Annual Team Banquet	LCM Meet	LCM Meet
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim	5-7pm Annual Team Banquet	10:00-11:30am swim	
Junior Elite	5:00-5:20pm meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm swim	5-7pm Annual Team Banquet	LCM Meet	LCM Meet
Junior + Advanced	4:00-5:30pm swim	4:00-4:30pm dryland 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm Swim 5:00-5:30pm dryland	5-7pm Annual Team Banquet	LCM Meet	LCM Meet
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	5-7pm Annual Team Banquet		
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		5-7pm Annual Team Banquet	9-10am swim	
Pre Team	PT 1 6:30-7:15pm	PT 3 5:30-6:15pm	PT 1 6:30-7:15pm	PT 3 5:30-6:15pm	5-7pm Annual Team Banquet		

	PT 2 7:15-8:00pm		PT 2 7:15-8:00pm PT 3 5:30-6:15pm				
Senior Pre Comp	SrPC 1 6:00-6:30pm		SrPC 1 6:00-6:30pm		5-7pm Annual Team Banquet		
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 3 6:30-7:0pm	5-7pm Annual Team Banquet		
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	5-7pm Annual Team Banquet		
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim	5-7pm Annual Team Banquet		
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		5-7pm Annual Team Banquet		