

Fontana Aquatics Club

May 27 - June 2, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 27	May 28	May 29	May 30	May 31	June 1	June 2
Senior Elite	No swim	4:30-4:50pm dryland 5:00-7:00pm swim	SSDL Individually	4:30-4:50pm dryland 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	LCM Meet	LCM Meet
Senior	No swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-7:00pm Swim	5:00-7:00pm swim	LCM Meet	LCM Meet
Senior Fit	No swim	4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim		LCM Meet	LCM Meet
Junior Elite	No swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm swim	5:00-7:00pm swim	LCM Meet	LCM Meet
Junior + Advanced	No 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	4:00-5:30pm swim	LCM Meet	LCM Meet
Senior Development	No swim		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	LCM Meet	LCM Meet
Junior Development	No swim		4:00-5:00pm swim		4:00-5:00pm Swim 5:10-5:30pm dryland	LCM Meet	LCM Meet
Pre Team	No swim	PT 3 5:30-6:15pm	PT 1 6:30-7:15pm PT 2 7:15-8:00pm	Candy Meet	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		

			PT 3 5:30-6:15pm				
Senior Pre Comp	No swim		SrPC 1 6:00-6:30pm	Candy Meet	SrPC 1 6:00-6:30pm		
Junior Pre Comp	No swim	JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 3 6:30-7:0pm	Candy Meet	JrPC 1 5:30-6:00pm		
Jr. Novice	No swim	4:00-4:30pm swim JR Novice 1	4:00-4:30pm swim JR Novice 1 4:00-4:30pm JR Novice 2	Candy Meet	4:00-4:30pm JR Novice 2		
Sr. Novice	No swim	4:30-5:00pm swim	4:30-5:00pm swim	Candy Meet			
PT Novice	No swim		4:00-4:45pm swim	Candy Meet	4:00-4:45pm swim		