

Fontana Aquatics Club**November 27 - December 3, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 27	November 28	November 29	November 30	December 1	December 2	December 3
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim	5:45-7:00am swim	4:30-5:20pm dryland 5:30-7:00pm Swim Arizona Travel Meet	4:30-4:50pm dryland 5:00-7:00pm Swim Arizona Travel Meet	8:30-10:30am swim	
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	5:00-6:00pm Swim Arizona Travel Meet	5:00-7:00pm swim Arizona Travel Meet	Arizona Travel Meet	Arizona Travel Meet
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim	Last Ditch Meet	Last Ditch Meet	Last Ditch Meet
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 Arizona Travel Meet	5:00-5:20pm dryland 5:30-7:00pm Swim Arizona Travel Meet	Arizona Travel Meet	Arizona Travel Meet
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 5:10-5:30pm dryland	4:00-5:30pm swim		
Senior Development	4:00-5:00pm		4:00-5:00pm swim	4:00-5:00pm swim	4:00-5:00pm swim	Last Ditch Meet	Last Ditch Meet

	swim 5:10-5:30pm dryland		5:10-5:30pm dryland		5:10-5:30pm dryland Last Ditch Meet		
Junior Development	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 Last Ditch Meet	Last Ditch Meet
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 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 swim	4:00-4:30pm swim	4:00-4:30pm swim		Last Ditch Meet	Last Ditch Meet
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim		Last Ditch Meet	Last Ditch Meet
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim	Last Ditch Meet	Last Ditch Meet