

Fontana Aquatics Club

November 6 - 12, 2023

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 6	November 7	November 8	November 9	November 10	November 11	November 12
Senior Elite	4:30-4:50pm dryland/ meeting 5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim SSDL Individually	4:30-5:20pm dryland 5:30-7:00pm swim	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Senior		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 6:10-6:30pm dryland	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Junior Elite	5:00-5:20pm dryland 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	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	FAC HOME MEET	FAC HOME MEET	FAC HOME 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	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Pre Team	PT 1 6:30-7:15pm		PT 1 6:30-7:15pm		FAC HOME MEET	FAC HOME MEET	FAC HOME MEET

	PT 2 7:15-8:00pm		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	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
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	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Jr. Novice		4:00-4:30pm swim	4:00-4:30pm swim	4:00-4:30pm swim	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim	FAC HOME MEET	FAC HOME MEET	FAC HOME MEET
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		FAC HOME MEET	FAC HOME MEET	FAC HOME MEET

