

Fontana Aquatics Club

October 30 - November 5, 2023

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 30	October 31	November 1	November 2	November 3	November 4	November 5
Senior Elite	4:30-4:50pm dryland/ meeting 5:00-7:00pm swim	No practice, Happy Halloween	5:30-7:00pm swim SSDL Individually	4:30-5:20pm dryland 5:30-7:00pm swim	5:00-7:00pm Swim KEVIN PERRY SENIOR MEET	KEVIN PERRY SENIOR MEET	KEVIN PERRY SENIOR MEET
Senior	5:00-7:00pm swim	No practice, Happy Halloween	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:10-6:30pm dryland	5:00-7:00pm swim KEVIN PERRY SENIOR MEET	KEVIN PERRY SENIOR MEET	KEVIN PERRY SENIOR MEET
Senior Fit		No practice, Happy Halloween	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim		10-11:30am swim	
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	No practice, Happy Halloween		5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim 10-11:30am swim		
Junior + Advanced	4:00-5:30pm swim	No practice, Happy Halloween	4:00-5:30pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:30pm swim		
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland	No practice, Happy Halloween	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		
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland	No practice, Happy Halloween	4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	9-10am swim	
Pre Team	PT 1	No practice,	PT 1		PT 1		

	6:30-7:15pm PT 2 7:15-8:00pm	Happy Halloween	6:30-7:15pm PT 2 7:15-8:00pm		6:30-7:15pm PT 2 7:15-8:00pm		
Senior Pre Comp	SrPC 1 6:00-6:30pm	No practice, Happy Halloween	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	No practice, Happy Halloween	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		No practice, Happy Halloween	4:00-4:30pm swim	4:00-4:30pm swim			
Sr. Novice		No practice, Happy Halloween	4:30-5:00pm swim	4:30-5:00pm swim			
PT Novice	4:00-4:45pm swim	No practice, Happy Halloween	4:00-4:45pm swim		4:00-4:45pm swim		