

Fontana Aquatics Club**October 9 - 15, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 9	October 10	October 11	October 12	October 13	October 14	October 15
Senior Elite	4:30-4:50pm dryland/ meeting 5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim	5:45-5:50am WUTS 5:50-7:00am swim SSDL Individually	4:30-5:20pm dryland 5:30-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	7:30-9:30am swim	8-11am FAC PICTURE DAY
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	5:00-7:00pm swim		8-11am FAC PICTURE DAY
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim		10-11:30am swim	8-11am FAC PICTURE DAY
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	5:00-5:20pm dryland 5:30-7:00pm swim	7:30-9:30am swim	8-11am FAC PICTURE DAY
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	4:00-5:30pm swim		8-11am FAC PICTURE DAY
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	4:00-5:00pm swim 5:10-5:30pm dryland		8-11am FAC PICTURE DAY
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	9:30-10:30am swim	8-11am FAC PICTURE DAY
Pre Team	PT 1 6:30-7:15pm		PT 1 6:30-7:15pm		5-7pm CANDY MEET, ALL JRPC,		8-11am FAC PICTURE DAY

	PT 2 7:15-8:00pm		PT 2 7:15-8:00pm		SRPC and PT 7-8pm make up, ALL PC and PT		
Senior Pre Comp	SrPC 1 6:00-6:30pm SrPC 1, 2, JrPC 1,2,3 7-8pm make up	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm	5-7pm CANDY MEET, ALL JRPC, SRPC and PT 7-8pm make up, ALL PC and PT		8-11am FAC PICTURE DAY
Junior Pre Comp	JrPC 1 5:30-6:00pm 7-8pm make up	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	5-7pm CANDY MEET, ALL JRPC, SRPC and PT 7-8pm make up, ALL PC and PT		8-11am FAC PICTURE DAY