

Fontana Aquatics Club**September 4 - 10, 2023**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 4	September 5	September 6	September 7	September 8	September 9	September 10
Senior Elite	No swim due to Labor Day Holiday	4:30-5:20pm dryland 5:30-7:00pm swim	5:45-7:00am swim SSDL Individually	5:30-7:00pm swim SSDL Individually	5:00-7:00pm swim SSDL Individually	8:30-10:30am swim SSDL Individually	
Senior	No swim due to Labor Day Holiday	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:30-7:00pm swim	5:00-6:00pm swim	5:00-7:00pm swim		
Senior Fit	No swim due to Labor Day Holiday	4:00-5:30pm swim	5:30-7:00pm swim	6:00-7:00pm swim		10:00-11:30am swim	
Junior Elite	No swim due to Labor Day Holiday	5:00-5:20pm dryland 5:30-7:00pm swim		5:30-7:00pm swim	5:30-7:00pm swim	8:30-10:30am swim	
Junior + Advanced	No swim due to Labor Day Holiday	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		
Senior Development	No swim due to Labor Day Holiday		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	No swim due to Labor Day Holiday		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	9:00-10:00am swim	
Pre Team	No swim due to Labor Day Holiday		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	No swim due to Labor Day Holiday	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2		

			6:00-6:30pm		6:00-6:30pm		
Junior Pre Comp	No swim due to Labor Day Holiday	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		