Fontana Aquatics Club   **October 28-November 3, 2024**   **www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 28	October 29	October 30	October 31	November 1	November 2	N 3
Senior Elite	4:30-4:50pm dryland 5:00-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00pm swim	No practice	4:30--4:50pm dryland 5:00-7:00pm swim	8:30-10:30am swim	
Senior	5:00-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	No practice	5:00-7:00pm swim		
Senior Fit		5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	No practice	4:00-5:00pm swim 5:10-5:30pm dryland	8:30-10:30am swim	
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		No practice	5:00-5:20pm dryland 5:30-7:00pm swim	8:30-10:30am swim	
Junior + Advanced	4:00-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim	No practice	4:00-5:30pm swim		
Senior Development	4:00-5:00pm swim 5:00-5:30pm dryland		5:30-7:00pm swim	No practice	5:30-6:30pm swim 6:30-7:00pm dryland	7:30-8:30am swim	
Junior Development	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:00pm swim	4:00-5:30pm swim	No practice	4:00-5:00pm swim 5:00-5:30pm dryland	9:30-10:30am swim	
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim	No practice			
Pre Team	PT 1 6:30-7:15pm	PT 2 5:30-6:15pm	**CANDY MEET 5-7pm**	**No practice**	PT 1 6:30-7:15pm		
Senior Pre Comp	SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		**CANDY MEET 5-7pm**	**No practice**	SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	**CANDY MEET 5-7pm**	**No practice**	JrPC 1 5:30-6:00pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm		
Jr. Novice	JR Novice 1 4:00-4:30pm	JR Novice 2 5:30-6:00pm	**CANDY MEET 5-7pm**	**No practice**	JR Novice1 4:00-4:30pm		
Sr. Novice		SR Novice	**CANDY MEET**	**No practice**			

		4:00-4:30pm	**5-7pm**				
PT Novice	PT Novice 4:00-4:45pm		**CANDY MEET 5-7pm**	**No practice**	PT Novice 4:00-4:45pm		