

Fontana Aquatics Club

August 18-24

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	August 18	August 19	August 20	August 21	August 22	August 23	A 24
Senior Elite	5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00am swim 5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:30pm swim	8:30-10:30am swim 10:40-11:00am review with swimmers trying out	
Senior Advanced	5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:35pm dryland 5:45-7:30pm swim	5:30-7:00am swim 5:45-7:45pm swim	5:00-5:35pm dryland 5:45-7:30pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		
Senior Prep	7:15-8:30pm swim	7:15-8:30pm swim	6:00-7:30pm swim		7:15-8:30pm swim	9:15-10:30am swim	
Senior Development	4:00-4:20pm dryland 4:30-5:45pm swim		4:00-4:20pm dryland 4:30-5:30pm swim	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim	7:30-8:30am swim	
Junior Elite	5:15-5:40pm dryland 5:45-7:15pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:15-5:40pm dryland 5:45-7:15pm swim	8:30-10:30am swim	
Junior Advanced	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim		
Junior Development	4:00-4:20pm dryland 4:30-5:30pm swim	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim		4:00-4:20pm dryland 4:30-5:30pm swim	9:15-10:30am swim	
Junior Mini	5:00-6:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	5:00-6:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	5:00-6:00pm swim		