

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|--------------|--------|
| | Aug 19 | Aug 20 | Aug 21 | Aug 22 | Aug 23 | Aug 24 | Aug 25 |
| Bronze 10U | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | 4:30-5:15pm | off | off |
| Bronze 11-12 | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | 6:00-6:45pm | off | off |
| Silver | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | 4:30-6:00pm | off | off |
| Gold | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | 4:30-6:30pm | off | off |
| Pre Senior | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | 6:45-7:45pm | off | off |
| Senior | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-7:15pm | 5:15-6:45pm | off | off |
| Senior Elite | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 5:30-7:30pm | 4:45-7:30pm | 7:00-10:00am | off |

Website - All information on our website is updated and current, feel free to browse through www.fontanaaquatics.org.

Connect - Connect with us on Facebook and Instagram. Fontana Aquatics Club.

Tryouts - To schedule a try out please email fontanaseahorse@gmail.com or call Head Coach Renata Martinez 626-222-5063.

Meet and Greet - Enjoy refreshments and great company during our first day of practice in a New Season 2019-2020.

Parent Meeting - Info will be emailed out next week.

Apparel Package - After swimmers go through fitting we will distribute in the next couple of weeks.