

Fontana Aquatics Club**January 29 - February 4, 2024**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 29	January 30	January 31	February 1	February 2	February 3	February 4
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim		4:30-4:50pm dryland 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm swim		
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			
Senior Fit		4:00-5:30pm swim 5:40-6:00pm stretch	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim 7:10-7:30pm stretch		EC Champs	EC Champs
Junior Elite	5:00-5:20pm meeting 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		EC Champs
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim 5:10-5:30pm dryland	4:00-5:30pm swim	EC Champs	EC Champs
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	EC Champs	EC Champs
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	EC Champs	EC Champs
Pre Team	PT 1		PT 1		5-7pm CANDY		

	6:30-7:15pm PT 2 7:15-8:00pm		6:30-7:15pm PT 2 7:15-8:00pm		MEET		
Senior Pre Comp	SrPC 1 6:00-6:30pm	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		
Junior Pre Comp	JrPC 1 5:30-6:00pm	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		
Jr. Novice	4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm swim JR Novice 1 4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	5-7pm CANDY MEET		
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim	5-7pm CANDY MEET		
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		5-7pm CANDY MEET		