

Fontana Aquatics Club**March 28-April 3, 2022**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 28	March 29	March 30	March 31	April 1	April 2	April 3
Senior Elite	5:00-7:00pm*	5:00-7:00pm*		5:00-7:00pm*	5:00-7:00pm*	9:00-11:00am	
Senior	5:45-7:00pm	5:00-7:00pm*	5:30-7:00pm	5:00-7:00pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	5:30-7:00pm*	5:30-7:00pm*		7:30-9:00am	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	4:00-5:30pm*	9:00-11:00am	
Junior Advanced	4:30-5:45pm*		4:30-5:45pm*		4:30-5:45pm*	7:30-9:00am	
Junior	4:45-5:30pm	4:45-6:15pm*	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

Fontana Aquatics Club**March 21-27, 2022**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 21	March 22	March 23	March 24	March 25	March 26	March 27
Senior Elite	4:00-7:00pm 5:30-6:00 DL	4:00-6:00pm 5:30-6:00 DL		4:00-6:00pm 5:30-6:00 DL	4:00-7:00pm 5:30-6:00 DL	11:00am-1:00pm Long course	
Senior	5:45-7:00pm 5-5:30 DL	5:00-7:00pm* 5-5:30 DL	5:30-7:00pm	5:00-7:00pm* 5-5:30 DL	5:45-7:00pm	PDSC Winter Festival	PDSC Winter Festival
Senior Fit		5:00-7:00pm* 5-5:30 DL	5:30-7:00pm	5:00-7:00pm* 5-5:30 DL		PDSC Winter Festival	PDSC Winter Festival
Junior Elite	4:00-6:00pm 5:30-6:00 DL	4:00-6:00pm 5:30-6:00 DL		4:00-6:00pm* 5:30-6:00 DL	4:00-6:00pm 5:30-6:00 DL	11:00am-1:00pm Long course	
Junior Advanced	4:15-5:45pm* 4:15-4:45 DL		4:00-5:30pm Swim only		4:15-5:45pm* 4:15-4:45 DL	PDSC Winter Festival	PDSC Winter Festival
Junior	4:45-6:00pm*	4:45-5:45pm	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*	PDSC Winter Festival	PDSC Winter Festival
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	PDSC Winter Festival	PDSC Winter Festival
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm	PDSC Winter Festival	PDSC Winter Festival
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

Fontana Aquatics Club**March 14-20, 2022**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 14	March 15	March 16	March 17	March 18	March 19	March 20
Senior Elite	5:00-7:00pm*	5:00-7:00pm*		5:00-7:00pm*	5:00-7:00pm*	9:30-11:30am	
Senior	5:45-7:00pm	5:00-7:00pm*	5:30-7:00pm	5:00-7:00pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	5:30-7:00pm*	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	4:00-5:30pm*	9:00-10:30am	
Junior Advanced	4:30-5:45pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	4:45-6:00pm*	4:45-5:45pm	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm		
	Sharks	Starfish	Sharks	Starfish	Sharks		
Senior Pre Comp	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm		
Junior Pre Comp	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		
	Whales	Otters	Whales	Otters	Whales		

Fontana Aquatics Club**March 7-13, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 7	March 8	March 9	March 10	March 11	March 12	March 13
Senior Elite	5:00-7:00pm*	5:00-7:00pm*		5:00-7:00pm*	5:00-7:00pm*	9:30-11:30am	
Senior	5:45-7:00pm	5:00-7:00pm*	5:30-7:00pm	5:00-7:00pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	5:30-7:00pm*	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	4:00-5:30pm*	9:00-10:30am	
Junior Advanced	4:30-5:45pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	4:45-6:00pm*	4:45-5:45pm	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm		
	Sharks	Starfish	Sharks	Starfish	Sharks		
Senior Pre Comp	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm		
Junior Pre Comp	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		
	Whales	Otters	Whales	Otters	Whales		

Fontana Aquatics Club**February 28 - March 6, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 28	March 1	March 2	March 3	March 4	March 5	March 6
Senior Elite	5:00-7:00pm	5:30-7:00pm		5:30-7:00pm	Sectionals 5:30-7:00pm	Sectionals Last Ditch	Sectionals Last Ditch
Senior	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm	Last Ditch	Last Ditch
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		Last Ditch	Last Ditch
Junior Elite	4:00-5:15pm	4:00-5:15pm		4:00-5:00pm	4:00-5:15pm	Last Ditch	Last Ditch
Junior Advanced	4:45-5:45pm		4:45-5:45pm		4:45-5:45pm	Last Ditch	Last Ditch
Junior	4:45-5:30pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm	Last Ditch	Last Ditch
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	Last Ditch	Last Ditch
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm	Last Ditch	Last Ditch
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.

Fontana Aquatics Club**February 21 - February 27, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 21	February 22	February 23	February 24	February 25	February 26	February 27
Senior Elite	9:30-11:30am	5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior	7:30-8:30am	5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm		
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	8:30-9:45am	4:00-5:15pm		4:00-5:00pm	4:00-5:15pm	9:00-10:30am	
Junior Advanced	8:30-9:30am		4:45-5:45pm		4:45-5:45pm	8:30-9:30am	
Junior	10:30-11:30am	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm		
Senior Development	9:45-10:30am		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	Presidents Day No practice	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	Presidents Day No practice	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	Presidents Day No practice	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	Presidents Day No practice	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

Monday February 21st - Presidents Day, practice in the AM or no practice**NO DRYLAND at this time, ask your coaches for some good options for you to do at home.**

Fontana Aquatics Club**February 14 - February 20, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 14	February 15	February 16	February 17	February 18	February 19	February 20
Senior Elite	5:00-7:00pm	5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm		
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4:00-5:15pm	4:00-5:15pm		4:00-5:00pm	4:00-5:15pm	9:00-10:30am	
Junior Advanced	4:45-5:45pm		4:45-5:45pm		4:45-5:45pm	8:30-9:30am	
Junior	4:45-5:30pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm	6:30-7:00pm		
	Sharks	Starfish	Sharks	Starfish	Sharks		
Senior Pre Comp	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm		
Junior Pre Comp	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		
	Whales	Otters	Whales	Otters	Whales		

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 7	February 8	February 9	February 10	February 11	February 12	February 13
Senior Elite	5:00-7:00pm	5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm		
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4:00-5:15pm	4:00-5:00pm		4:00-5:00pm	4:00-5:15pm	9:00-10:30am	
Junior Advanced	4:45-5:45pm		4:45-5:45pm		4:45-5:45pm	8:30-9:30am	
Junior	4:45-5:30pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.

Fontana Aquatics Club**January 24 - 30, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 24	January 25	January 26	January 27	January 28	January 29	January 30
Senior Elite	5:00-7:00pm	6:00-7:00am 5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm		
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4:00-5:15pm	4:00-5:00pm		4:00-5:00pm	4:00-5:15pm	9:00-10:30am	
Junior Advanced	4:45-5:45pm		4:45-5:45pm		4:45-5:45pm	8:30-9:30am	
Junior	4:45-5:30pm	4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.

Fontana Aquatics Club**January 17 - 23, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 17	January 18	January 19	January 20	January 21	January 22	January 23
Senior Elite		6:00-7:00am 5:30-7:00pm		5:30-7:00pm	5:00-7:00pm	9:30-11:30am	
Senior		5:00-6:30pm	5:45-7:00pm	5:00-6:30pm	5:45-7:00pm		
Senior Fit		6:00-7:00pm	5:45-7:00pm	6:00-7:00pm		7:30-8:30am	
Junior Elite		4:00-5:00pm		4:00-5:00pm	4:00-5:15pm	9:00-10:30am	
Junior Advanced			4:45-5:45pm		4:45-5:45pm	8:30-9:30am	
Junior		4:45-5:45pm	4:45-5:45pm	4:45-5:45pm	4:45-5:30pm		
Senior Development			4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development		4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team		6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp		6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp		5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

NO DRYLAND at this time, ask your coaches for some good options for you to do at home.

Fontana Aquatics Club**January 10 - 16, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 10	January 11	January 12	January 13	January 14	January 15	January 16
Senior Elite	5:00-7:00pm*	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	5:00-7:00pm*	9:30-11:30am	
Senior	5:45-7:00pm	5:00-7:00pm*	5:30-7:00pm	5:00-7:00pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	5:30-7:00pm*	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4:00-5:15pm	4:00-5:30pm*		4:00-5:30pm*	4:00-5:15pm	9:00-10:30am	
Junior Advanced	4:30-5:45pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	4:45-6:00pm*	4:45-5:45pm	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*		
Senior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		
Junior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

*** dryland included, your coaches will give you more details about specific schedule for each group**

January 8-9 - EC Meet hosted by Elite Otters (Palm Springs), email with details will be sent out during the week

Fontana Aquatics Club**January 3 - 9, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 3	January 4	January 5	January 6	January 7	January 8	January 9
Senior Elite	5:00-7:00pm*	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	5:00-7:00pm*	9:30-11:30am	
Senior	5:45-7:00pm	5:00-7:00pm*	5:30-7:00pm	5:00-7:00pm*	5:45-7:00pm	EC Meet	
Senior Fit		5:30-7:00pm*	5:30-7:00pm*	5:30-7:00pm*		EC Meet	
Junior Elite	4:00-5:15pm	4:00-5:30pm*		4:00-5:30pm*	4:00-5:15pm	9:00-10:30am EC Meet	
Junior Advanced	4:30-5:45pm*		4:30-5:45pm*		4:30-5:45pm*	EC Meet	
Junior	4:45-6:00pm*	4:45-5:45pm	4:45-6:15pm*	4:45-5:45pm	4:45-6:00pm*	EC Meet	
Senior Development	4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		4:00-4:45pm	EC Meet	
Junior Development	4:00-4:45pm		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm	EC Meet	
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales		

*** dryland included, your coaches will give you more details about specific schedule for each group**

January 8-9 - EC Meet hosted by Elite Otters (Palm Springs), email with details will be sent out during the week

Fontana Aquatics Club

December 27, 2021 - January 2, 2022

www.fontanaaquatics.org

Fontana Aquatics Club

December 20 - December 26, 2021

www.fontanaaquatics.org

Fontana Aquatics Club**December 13 - December 19, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 13	December 14	December 15	December 16	December 17	December 18	December 19
Senior Elite	4:00-6:00pm	5:00-7:00pm*		4-5:30pm swim 5:30-7pm Holiday potluck	5:45-7:00pm		
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:30-7pm Holiday potluck	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7pm Holiday potluck			
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm swim 5:30-7pm Holiday potluck	6:00-7:00pm		
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*	5:30-7pm Holiday potluck	4:30-5:45pm		
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	5:30-7pm Holiday potluck			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:30-7pm Holiday potluck	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*	5:30-7pm Holiday potluck	5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	5:30-7pm Holiday potluck	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	5:30-7pm Holiday potluck	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-7pm Holiday potluck	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

December 19-January 2nd Winter Break, Have a HAPPY HOLIDAYS!

Fontana Aquatics Club**December 6 - December 12, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 6	December 7	December 8	December 9	December 10	December 11	December 12
Senior Elite	4:00-6:00pm	5:00-7:00pm*		5:30-7:00pm*	4:00-5:30pm WAG	WAG	WAG
Senior	6:00-7:00pm	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm WAG	WAG	WAG
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*			
Junior Elite	4:00-5:00pm	4:00-5:30pm*		4:00-5:30pm*	5:45-7:00pm WAG	WAG	WAG
Junior Advanced	5:00-6:00pm		4:30-5:45pm*		4:45-5:45pm WAG	WAG	WAG
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*	WAG	WAG	WAG
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	5:30-7pm CANDY MEET		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	5:30-7pm CANDY MEET		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-7pm CANDY MEET		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

Fontana Aquatics Club**November 29 - December 4, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 29	November 30	December 1	December 2	December 3	December 4	December 5
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*	4-5:00pm**	5:30-7:00pm* Holiday Festival	4:00-5:30pm Holiday Festival	Committee Meet Holiday Festival	Committee Meet Holiday Festival
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:30-7:00pm* Holiday Festival	5:45-7:00pm Holiday Festival	Committee Meet Holiday Festival	Committee Meet Holiday Festival
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		Committee Meet	Committee Meet
Junior Elite	4:00-5:30pm*	4:00-5:30pm*	4-5pm**	4:00-5:30pm* Holiday Festival	5:45-7:00pm Holiday Festival	Committee Meet Holiday Festival	Committee Meet Holiday Festival
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:45-5:45pm	Committee Meet	Committee Meet
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*		Committee Meet	Committee Meet
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm	Committee Meet	Committee Meet
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	Committee Meet	Committee Meet
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

practice includes dryland - bring FAC team shirt, water bottle, athletic shoes*** 4-5pm for Arizona swimmers only (SE and JE)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 22	November 23	November 24	November 25	November 26	November 27	November 28
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*	4:00-5:45pm	No practice	No practice	No practice	
Senior	6:00-7:00pm	5:30-7:00pm*	5:45-7:00pm	No practice	No practice	No practice	
Senior Fit		5:30-7:00pm*	5:45-7:00pm	No practice	No practice	No practice	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*	4:45-5:45pm	No practice	No practice	No practice	
Junior Advanced	4:30-6:00pm*		4:30-5:30pm	No practice	No practice	No practice	
Junior	5:30-6:30pm	4:00-5:00pm	4:30-5:30pm	No practice	No practice	No practice	
Senior Development	4:00-4:45pm		4:00-4:45pm	No practice	No practice	No practice	
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:30pm	No practice	No practice	No practice	
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	No practice	No practice		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	No practice	No practice		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	No practice	No practice		

*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

November 26-29 No practice for all groups, HAPPY THANKSGIVING!

Fontana Aquatics Club**November 15 - 21, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 15	November 16	November 17	November 18	November 19	November 20	November 21
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	11:00am-1:00pm	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	5:30-7:00pm*	11:00am-1:00pm	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

November 20th, Saturday - Senior Elite and Junior Elite LCM practice at Crafton Hills College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 8	November 9	November 10	November 11	November 12	November 13	November 14
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		9:30-11:30am	4:00-6:00pm*	FAC MEET	FAC MEET
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	8:30-9:30am	6:00-7:00pm	FAC MEET	FAC MEET
Senior Fit		5:30-7:00pm*	4:45-5:45pm	7:30-8:30am		FAC MEET	FAC MEET
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		9:00-10:30am	6:00-7:00pm*	FAC MEET	FAC MEET
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	FAC MEET	FAC MEET
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	No practice		FAC MEET	FAC MEET
Senior Development	4:00-4:45pm		4:00-4:45pm	No practice	4:00-4:45pm	FAC MEET	FAC MEET
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	FAC MEET	FAC MEET
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	No practice	5:30-7:00pm CANDY MEET		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	No practice	5:30-7:00pm CANDY MEET		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	No practice	5:30-7:00pm CANDY MEET		

November 11th Veterans DAY - adjusted practice times

November 12th - Candy meet for all pre comp groups (Sharks, Dolphins, Whales, Starfish, Seals, Otters)

November 13-14, FAC Home Meet, we are hosting a committee meet. All swimmers are expected to attend and all parents are expected to volunteer!

Fontana Aquatics Club**November 1 - 7, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 1	November 2	November 3	November 4	November 5	November 6	November 7
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	9:30-11:30am	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	5:30-7:00pm*	9:00-10:30am	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

November 3, Wednesday - FAC Monthly Board Meeting 7:30-9:00pm, we would like to have at least one parent represent each group. If you have not participated yet now is a great opportunity.

Fontana Aquatics Club**October 25 - 31, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 25	October 26	October 27	October 28	October 29	October 30	October 31
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	9:30-11:30am	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4:00-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	5:30-7:00pm*	9:00-10:30am	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

Fontana Aquatics Club**October 18 - 24, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 18	October 19	October 20	October 21	October 22	October 23	October 24
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	11:00am-1:00pm	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		7:30-8:30am	
Junior Elite	4-5:30pm*	4:00-5:30pm*		4:00-5:30pm*	5:30-7:00pm*	11:00am-1:00pm	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

Saturday October 23rd - Senior Elite and Junior Elite practice at Crafton Hills College (LCM)

Fontana Aquatics Club**October 11 - 17, 2021**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 11	October 12	October 13	October 14	October 15	October 16	October 17
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	EC MEET	EC MEET
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm	EC MEET	EC MEET
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		EC MEET	EC MEET
Junior Elite	4-5:00pm	4:00-5:30pm*		4:00-5:30pm*	5:30-7:00pm*	EC MEET	EC MEET
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	EC MEET	EC MEET
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*		EC MEET	EC MEET
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm	EC MEET	EC MEET
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	EC MEET	EC MEET
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

EC MEET - hosted by RAA in Riverside, meet info will be sent out during the week

Fontana Aquatics Club

October 4 - 10, 2021

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 4	October 5	October 6	October 7	October 8	October 9	October 10
Senior Elite	4:00-6:00pm	6:00-7:00am 5:00-7:00pm*		5:00-7:00pm*	4:00-6:00pm*	7-8:30am FFT Clinic	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm	FFT Clinic	
Senior Fit		5:30-7:00pm*	4:45-5:45pm	5:30-7:00pm*		FFT Clinic EC Meet	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	7-8:30am FFT Clinic	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	FFT Clinic EC Meet	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*		FFT Clinic EC Meet	
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm	FFT Clinic EC Meet	
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	EC Meet	
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***practice includes dryland - bring FAC team shirt, water bottle, athletic shoes**

FFT Clinic - must be registered to attend, more information will be sent out from FFT organizers

Senior Fit - adding dry land before swim, great opportunity for all swimmers to get stronger

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 27	September 28	September 29	September 30	October 1	October 2	October 3
Senior Elite	4:00-6:00pm	6:00-7:00am 5:30-7:00pm*		5:30-7:00pm*	4:00-6:00pm*	10:00-11:30am	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	9:00-10:30am*	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

*practice includes dryland - bring FAC team shirt, water bottle, athletic shoes

Swimmers are required to wear their FAC cap to all practices and meets. If you don't have one ask your coach to give you one.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 20	September 21	September 22	September 23	September 24	September 25	September 26
Senior Elite	4:00-6:00pm	5:30-7:00pm*		5:30-7:00pm*	4:00-6:00pm*	11:00am-1:00pm	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	11:00am-1:00pm	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	5:45-6:45pm Candy Meet		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	5:45-6:45pm Candy Meet		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters*	5:30-6:00pm Whales	5:30-6:00pm Otters	5:45-6:45pm Candy Meet		

Friday September 24 - Candy Meet 5:45-6:45pm all Pre Comp Division (Sharks, Dolphins, Whales, Starfish, Seals, Otters), arrive between 5:30-5:40pm so we can account for all swimmers

***Otters - we will keep Tuesday practice time 5:30-6pm moving forward**

Saturday September 25 - SE and JE practice 11am-1pm at Crafton Hills College LCM pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 13	September 14	September 15	September 16	September 17	September 18	September 19
Senior Elite	4:00-6:00pm	6:00-7:00am 5:30-7:00pm*		5:30-7:00pm*	4:00-6:00pm* EC Meet	EC Meet	EC Meet
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm	EC Meet	EC Meet
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		EC Meet	EC Meet
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	EC Meet	EC Meet
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	EC Meet	EC Meet
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*		EC Meet	EC Meet
Senior Development	4:00-4:45pm		4:00-4:45pm	5:00-6:00pm*	4:00-4:45pm	EC Meet	EC Meet
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm	EC Meet	EC Meet
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

September 18-19 - EC meet in Eastvale (hosted by CCAQ)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	September 6	September 7	September 8	September 9	September 10	September 11	September 12
Senior Elite	Labor day off	6:00-7:00am 5:30-7:00pm*	7:30-8:00pm Zoom meeting	5:30-7:00pm*	4:00-6:00pm*	8:30-10:00am Pali retreat	Pali retreat
Senior	Labor day off	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit	Labor day off	6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		7:00-8:30am	
Junior Elite	Labor day off	4:00-5:30pm*	7:30-8:00pm Zoom meeting	4:00-5:30pm*	6:00-7:00pm	8:30-10:00am Pali retreat	Pali retreat
Junior Advanced	Labor day off		4:30-5:45pm*		4:30-5:45pm*	7:00-8:30am	
Junior	Labor day off	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	Labor day off		4:00-4:45pm	5:15-6:00pm*	4:00-4:45pm		
Junior Development	Labor day off	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	Labor day off	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	Labor day off	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	Labor day off	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

Monday September 6th - Happy Labor Day! No practice, the pool is closed.

Tuesday September 7th - Senior Elite begins morning practice only on Tuesday at this time. Be on time!

Wednesday September 8th - Zoom meeting for all swimmers that are attending Pali retreat. At least one parent must be present with their swimmer.

Saturday September 11th - change of practice time due the city event.

Saturday and Sunday - Senior Elite and Junior Elite retreat at Pali.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 30	August 31	September 1	September 2	September 3	September 4	September 5
Senior Elite	4:00-6:00pm	5:30-7:00pm*		5:30-7:00pm*	Intrasquad Meet	Intrasquad Meet	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm	5:00-6:30pm*	Intrasquad Meet	Intrasquad Meet	
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm	Intrasquad Meet	Intrasquad Meet	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	Intrasquad Meet	Intrasquad Meet	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		Intrasquad Meet	Intrasquad Meet	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*	Intrasquad Meet	Intrasquad Meet	
Senior Development	4:00-4:45pm		4:00-4:45pm	5:15-6:00pm*	Intrasquad Meet	Intrasquad Meet	
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		Intrasquad Meet	Intrasquad Meet	
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	4:30-5:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***Dryland included, bring athletic shoes, shorts and FAC t-shirt**

Fontana Aquatics Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 9	August 10	August 11	August 12	August 13	August 14	August 15
Senior Elite	4:00-6:00pm	5:30-7:00pm*		5:30-7:00pm*	4:00-6:00pm*	10:00-11:30am	
Senior	6:00-7:30pm*	5:00-6:30pm*	5:30-7:00pm*	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	4-5pm	4:00-5:30pm*		4:00-5:30pm*	6:00-7:00pm	9:00-10:30am	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:15-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

*Dryland included, bring athletic shoes, shorts and FAC t-shirt

Fontana Aquatics Club

Short Course Season

Schedule 2021-2022www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 9	August 10	August 11	August 12	August 13	August 14	August 15
Senior Elite	4:00-6:00pm	5:30-7:00pm*		6:00-7:00am 5:30-7:00pm*	4:00-5:30pm	10:00-11:30am	
Senior	6:00-7:00pm	5:30-7:00pm*	5:30-7:00pm	5:00-6:30pm*	5:45-7:00pm		
Senior Fit		6:00-7:00pm	4:45-5:45pm	6:00-7:00pm		7:30-8:30am	
Junior Elite	5:30-6:30pm	4:00-5:30pm*		4:00-5:30pm*	5:00-6:00pm	9:00-10:00am	
Junior Advanced	4:30-6:00pm*		4:30-5:45pm*		4:30-5:45pm*	8:30-9:30am	
Junior	5:30-6:30pm	4:00-5:30pm*	5:45-6:45pm	4:00-5:30pm*			
Senior Development	4:00-4:45pm		4:00-4:45pm	5:15-6:00pm*	4:00-4:45pm		
Junior Development	4:45-5:30pm	5:15-6:00pm*	4:00-4:45pm*		5:30-6:00pm		
Pre Team	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks	6:30-7:00pm Starfish	6:30-7:00pm Sharks		
Senior Pre Comp	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins	6:00-6:30pm Seals	6:00-6:30pm Dolphins		
Junior Pre Comp	5:30-6:00pm Whales	5:30-6:00pm Otters	5:30-6:00pm Whales	5:30-6:00pm Otters	5:00-5:30pm Whales		

***Dryland included, bring athletic shoes, shorts and FAC t-shirt**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 12	July 13	July 14	July 15	July 16	July 17	July 18
Senior Elite	8:30-10:30am 4:30-6:00pm***	9:30-11:00am	8:30-10:30am 4:30-6:00pm***	9:30-11:00am	8:30-10:30am 4:30-6:00pm***		
Senior	7:30-8:45am 4:30-6:00pm***	8:30-9:30am	7:30-8:45am 4:30-6:00pm***	8:30-9:30am	7:30-8:45am 4:30-6:00pm***		
Pre Senior		4-5pm or 5-6pm**	10:15-11:30am	4-5pm or 5-6pm**			
Junior	10:30-11:30am	11:00am-12:00pm	8:30-10:30am	11:00am-12:00pm	10:30-11:30am		
Gold	8:45-9:45am	9:30-10:30am		9:30-10:30am	8:45-9:45am		
Silver	10:30-11:30am	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am		
Bronze 11-13	9:45-10:30am	10:30-11:15am		10:30-11:15am	9:45-10:30am		
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	8:30-9:00am	

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 5	July 6	July 7	July 8	July 9	July 10	July 11
Senior Elite	8:30-10:30am 4:30-6:00pm***	9:00-11:00am*	8:30-10:15am 4:30-6:00pm***	9:00-11:00am*	8:30-10:30am 4:30-6:00pm***	9:30-12:30 FAC Team Social	EC Meet
Senior	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	9:30-12:30 FAC Team Social	EC Meet
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**		9:30-12:30 FAC Team Social	EC Meet
Junior	10:30-11:30am	11:00am-12:00pm	8:15-10:15am*	11:00am-12:00pm	10:30-11:30am	9:30-12:30 FAC Team Social	EC Meet
Gold	8:45-9:45am	9:30-10:45am*		9:30-10:45am*	8:45-9:45am	9:30-12:30 FAC Team Social	EC Meet
Silver	10:30am-12:00pm*	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am	9:30-12:30 FAC Team Social	EC Meet
Bronze 11-13	9:45-10:30am	10:30-11:15am		10:30-11:15am	9:45-10:30am	9:30-12:30 FAC Team Social	EC Meet
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	9:30-12:30 FAC Team Social	EC Meet

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 28	June 29	June 30	July 1	July 2	July 3	July 4
Senior Elite	8:30-10:30am 4:30-6:00pm***	9:00-11:00am*	8:30-10:15am 4:30-6:00pm***	9:00-11:00am*	8:30-10:30am 4:30-6:00pm***		
Senior	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***		
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**			
Junior	10:30-11:30am	11:00am-12:00pm	8:15-10:15am*	11:00am-12:00pm	10:30-11:30am		
Gold	8:45-9:45am	9:30-10:45am*		9:30-10:45am*	8:45-9:45am		
Silver	10:30am-12:00pm*	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am		
Bronze 11-13	9:45-10:30am	10:30-11:15am		10:30-11:15am	9:45-10:30am		
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	10-10:30am	

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 21	June 22	June 23	June 24	June 25	June 26	June 27
Senior Elite	Off 4:30-6:00pm***	9:00-11:00am* 4:30-6:00pm***	8:30-10:15am 4:30-6:00pm***	9:00-11:00am* 4:30-6:00pm***	8:30-10:30am 4:30-6:00pm***	LC EC meet	LC EC meet
Senior	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	LC EC meet	LC EC meet
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**		LC EC meet	LC EC meet
Junior	10:30-11:30am	11:00am-12:00pm	8:15-10:15am*	11:00am-12:00pm	10:30-11:30am	LC EC meet	LC EC meet
Gold	8:45-9:45am	9:30-10:45am*		9:30-10:45am*	8:45-9:45am	LC EC meet	LC EC meet
Silver	10:30am-12:00pm*	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am	LC EC meet	LC EC meet
Bronze 11-13	9:45-10:30am	10:30-11:15am		10:30-11:15am	9:45-10:30am	LC EC meet	LC EC meet
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm		

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 14	June 15	June 16	June 17	June 18	June 19	June 20
Senior Elite	Off	9:00-11:00am*	8:30-10:15am 4:30-6:00pm***	9:00-11:00am*	8:30-10:30am 4:30-6:00pm***	Summer Invite	Summer Invite
Senior	Off	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	Summer Invite	Summer Invite
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**		Summer Invite	Summer Invite
Junior	Off	11:00am-12:00pm	8:15-10:15am*	11:00am-12:00pm	10:30-11:30am	Summer Invite	Summer Invite
Gold	8:45-9:45am	9:30-10:45am*		9:30-10:45am*	8:45-9:45am	Summer Invite	Summer Invite
Silver	10:30am-12:00pm*	11:15am-12:15pm		11:15am-12:15pm	10:30-11:30am	Summer Invite	Summer Invite
Bronze 11-13	9:45-10:30am	10:30-11:15am		10:30-11:15am	9:45-10:30am		
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm		

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 7	June 8	June 9	June 10	June 11	June 12	June 13
Senior Elite	8:30-10:30am 4:30-6:00pm***	9:00-11:00am*	8:30-10:15am 4:30-6:00pm***	9:00-11:00am*	8:30-10:30am 4:30-6:00pm***	FAC Dual Meet	FAC Dual Meet
Senior	7:30-8:45am 4:30-6:00pm***	8:00-9:30am*	7:30-8:30am 4:30-6:00pm***	8:00-9:30am*	7:30-8:45am 4:30-6:00pm***	FAC Dual Meet	FAC Dual Meet
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**		FAC Dual Meet	FAC Dual Meet
Junior	10:30-11:30am	11:00-11:55am	8:15-10:15am*	11:00-11:55am	10:30-11:30am	FAC Dual Meet	FAC Dual Meet
Gold	8:45-9:45am	9:30-10:45am*		9:30-10:45am*	8:45-9:45am	FAC Dual Meet	FAC Dual Meet
Silver	10:30-11:30am	11:05-11:55am		11:05-11:55am	10:30-11:30am	FAC Dual Meet	FAC Dual Meet
Bronze 11-13	9:45-10:30am	10:25-11:05am		10:25-11:05am	9:45-10:30am	FAC Dual Meet	FAC Dual Meet
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	FAC Dual Meet	FAC Dual Meet

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information. You have to confirm with your coach that you can come since we do have a limited space in the pm.**

Senior Elite**Monday**

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

Tuesday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30 swim

Wednesday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

10:30-11:00am dry land

Thursday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30 swim

Friday

8:30-8:45am dynamic warm up/bands/core work

8:45-10:30am swim

JUNIORS

M,Tu,Th,F swim only

Wednesday 8:15-8:45am dryland, 8:45-10:15am swim

SENIOR

M,Tu,Th,F 7:30-8:45am swim

W 7:30-8:45am swim, 8:45-9:15am dryland

GOLD

M,Tu,Th,F 8:45-9:45am swim

Tu 9:45-10:15am dryland

PRE SENIOR

Tuesday 4-5pm or 5-6pm

Wednesday 10-10:15am dryland/meeting, 10:15-11:30am swim

Thursday 4-5pm or 5-6pm

SILVER

M,Tu,Th,F 10:30-11:30am swim

Monday 11:30-12:00pm dryland/meeting

BRONZE 11-13

M,Tu,Th,F 9:45-10:30am

BRONZE 10U

M,W,F 4-4:30pm

Sa 8:30-9:00am

Fontana Aquatics Club

May 31 - June 6, 2021

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 31	June 1	June 2	June 3	June 4	June 5	June 6
Senior Elite	off	3:45-5:45pm		3:45-5:45pm	3:45-5:45pm	Meet	Meet
Senior	off	5:45-7:30pm		5:45-7:30pm	5:50-7:00pm	Meet	Meet
Pre Senior	off	4:30-5:45pm	6:00-7:30pm	4:30-5:45pm		Meet	Meet
Junior	off		4:00-5:30pm		3:45-4:55pm	Meet	Meet
Gold	off		5:00-6:00pm		4:45-5:50pm	Meet	Meet
Silver	off	6:30-7:30pm	4:30-6:00pm	6:30-7:30pm		Meet	Meet
Bronze 11-12	off	5:45-6:30pm	3:45-4:30pm	5:45-6:30pm		Meet	Meet
Bronze 10U	off	5:15-5:45pm	4:30-5:00pm	5:15-5:45pm		10-10:30am	

May 31st Pool will be closed due to national holiday, stay active

June 5-6 Long course meet with RAA, CCAQ and FUSION in Riverside

Fontana Aquatics Club

May 24 - May 30, 2021

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 24	May 25	May 26	May 27	May 28	May 29	May 30
Senior Elite	3:45-5:45pm	3:45-5:45pm		3:45-5:45pm	3:45-5:45pm	8:30-10:30am	
Senior	5:50-7:00pm	5:45-7:30pm		5:45-7:30pm	5:50-7:00pm		
Pre Senior		4:30-5:45pm	6:00-7:30pm	4:30-5:45pm			
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	10:30-11:30am	
Silver		6:30-7:30pm	4:30-6:00pm	6:30-7:30pm		8:30-9:30am	
Bronze 11-12		5:45-6:30pm	3:45-4:30pm	5:45-6:30pm		9:30-10:15am	
Bronze 10U		5:15-5:45pm	4:30-5:00pm	5:15-5:45pm		10:00-10:30am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Elite	8:30-10:30am 4:30-6:00pm***	8:30-10:30am 4:30-6:00pm***	8:30-11:00am* 4:30-6:00pm***	8:30-10:30am 4:30-6:00pm***	8:30-10:30am 4:30-6:00pm***		
Senior	7:30-8:45am 4:30-6:00pm***	7:30-8:45am 4:30-6:00pm***	7:30-9:15am* 4:30-6:00pm***	7:30-8:45am 4:30-6:00pm***	7:30-8:45am 4:30-6:00pm***		
Pre Senior		4-5pm or 5-6pm**	10:00-11:30am*	4-5pm or 5-6pm**			
Junior	10:30-11:30am	10:30-11:30am	8:15-10:15am*	10:30-11:30am	10:30-11:30am		
Gold	8:45-9:45am	8:45-10:15am*		8:45-9:45am	8:45-9:45am		
Silver	10:30am-12:00pm*	10:30-11:30am		10:30-11:30am	10:30-11:30am		
Bronze 11-13	9:45-10:30am	9:45-10:30am		9:45-10:30am	9:45-10:30am		
Bronze 10U	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	8:30-9:00am	

***Dryland/ Meeting included.**

****Pre senior swimmers will be assigned a training time either 4-5pm or 5-6pm, Coach Jennifer will let you know what time is your practice.**

***** There will be 4 lanes available for swimmers from Senior Elite and Senior group. Your coaches will provide you with more information.**

COMPETITION READY COURSES
SUMMER SCHEDULE 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphins*	5:00-5:30pm		5:00-5:30pm		5:00-5:30pm	
Whales*			5:30-6:00pm			9:00-9:30am
Sharks*	5:30-6:00pm				5:30-6:00pm	
Minnows*			4:30-5:00pm			9:30-10:00am
Stingrays**		4:00-4:30pm		4:00-4:30pm		
Otters**		4:30-5:00pm		4:30-5:00pm		
Seals**		5:00-5:30pm		5:00-5:30pm		

***Coach Emma**

****Coach Grace**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 17	May 18	May 19	May 20	May 21	May 22	May 23
Senior Elite	3:45-5:45pm	3:45-5:45pm		3:45-5:45pm	FAC Dual Meet	FAC Dual Meet	
Senior	5:50-7:00pm	5:45-7:30pm		5:45-7:30pm	FAC Dual Meet	FAC Dual Meet	
Pre Senior		4:30-5:45pm	6:00-7:30pm	4:30-5:45pm	FAC Dual Meet	FAC Dual Meet	
Junior	3:45-4:55pm		4:00-5:30pm		FAC Dual Meet	FAC Dual Meet	
Gold	4:45-5:50pm		5:00-6:00pm		FAC Dual Meet	FAC Dual Meet	
Silver		6:30-7:30pm	4:30-6:00pm	6:30-7:30pm	FAC Dual Meet	FAC Dual Meet	
Bronze 11-12		5:45-6:30pm	3:45-4:30pm	5:45-6:30pm	FAC Dual Meet	FAC Dual Meet	
Bronze 10U		5:15-5:45pm	4:30-5:00pm	5:15-5:45pm	FAC Dual Meet	FAC Dual Meet	

Friday May 21 and Saturday May 22 - FAC Dual Meet with Desert Aquatics, more information will be emailed out during the week, volunteering sign ups are available [HERE](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 10	May 11	May 12	May 13	May 14	May 15	May 16
Senior Elite	3:45-5:45pm	3:45-5:45pm		3:45-5:45pm	3:45-5:45pm	8:30-10:30am	
Senior	5:50-7:00pm	5:45-7:30pm		5:45-7:30pm	5:50-7:00pm		
Pre Senior		4:30-5:45pm	6:00-7:30pm	No Practice			
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	10:30-11:30am	
Silver		6:30-7:30pm	4:30-6:00pm	6:30-7:30pm		8:30-9:30am	
Bronze 11-12		5:45-6:30pm	3:45-4:30pm	5:45-6:30pm		9:30-10:15am	
Bronze 10U		5:15-5:45pm	4:30-5:00pm	5:15-5:45pm		10:00-10:30am	

Fontana Aquatics Club**April 26 - May 2, 2021****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apr 26	Apr 27	Apr 28	Apr 29	Apr 30	May 1	May 2
Senior Elite	3:45-5:45pm	3:45-5:45pm		3:45-5:45pm	3:45-5:00pm	8:30-10:30am	
Senior	5:50-7:00pm	5:45-7:30pm		5:45-7:30pm	6:00-7:00pm		
Pre Senior		4:30-5:45pm	6:00-7:30pm	4:30-5:45pm			
Junior	3:45-4:55pm		4:00-5:30pm		5:00-6:00pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		No practice	10:30-11:30am	
Silver		6:30-7:30pm	4:30-6:00pm	6:30-7:30pm		8:30-9:30am	
Bronze 11-12		5:45-6:30pm	3:45-4:30pm	5:45-6:30pm		9:30-10:15am	
Bronze 10U		5:15-5:45pm	4:30-5:00pm	5:15-5:45pm		10:00-10:30am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 3	May 4	May 5	May 6	May 7	May 8	May 9
Senior Elite	3:45-5:45pm	No practice		3:45-5:45pm	3:45-5:45pm	8:30-10:30am	
Senior	5:50-7:00pm	No practice		5:45-7:30pm	5:50-7:00pm		
Pre Senior		No practice	6:00-7:30pm	4:30-5:45pm			
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	10:30-11:30am	
Silver		No practice	4:30-6:00pm	6:30-7:30pm		8:30-9:30am	
Bronze 11-12		No practice	3:45-4:30pm	5:45-6:30pm		9:30-10:15am	
Bronze 10U		No practice	4:30-5:00pm	5:15-5:45pm		10:00-10:30am	

No practice on Tuesday May 4th - due to pool deck repair the Fontana Aquatics Center will be closed

Fontana Aquatics Club

April 19 - April 25, 2021

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apr 19	Apr 20	Apr 21	Apr 22	Apr 23	April 24	April 25
Senior Elite	3:45-5:45pm	3:45-5:45pm		3:45-5:45pm	3:45-5:45pm	8:30-10:30am	
Senior	5:50-7:00pm	5:45-7:30pm		5:45-7:30pm	5:50-7:00pm		
Pre Senior		4:30-5:45pm	6:00-7:30pm	4:30-5:45pm			
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	10:30-11:30am	
Silver		6:30-7:30pm	4:30-6:00pm	6:30-7:30pm		8:30-9:30am	
Bronze 11-12		5:45-6:30pm	3:45-4:30pm	5:45-6:30pm		9:30-10:15am	
Bronze 10U		5:15-5:45pm	4:30-5:00pm	5:15-5:45pm		10:00-10:30am	

CHANGES ON TUESDAYS AND THURSDAYS ARE MARKED IN RED

Fontana Aquatics Club

April 12 - April 18, 2021

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apr 12	Apr 13	Apr 14	Apr 15	Apr 16	April 17	April 18
Senior Elite	3:45-5:45pm	3:30-5:30pm		3:30-5:30pm	FAC Dual Meet	FAC Dual Meet	
Senior	5:50-7:00pm	6:00-7:30pm		6:00-7:30pm	FAC Dual Meet	FAC Dual Meet	
Pre Senior		5:00-6:00pm	6:00-7:30pm	5:00-6:00pm	FAC Dual Meet	FAC Dual Meet	
Junior	3:45-4:55pm		4:00-5:30pm		FAC Dual Meet	FAC Dual Meet	
Gold	4:45-5:50pm		5:00-6:00pm		FAC Dual Meet	FAC Dual Meet	
Silver		4:00-5:00pm	4:30-6:00pm	4:00-5:00pm	FAC Dual Meet	FAC Dual Meet	
Bronze 11-12		6:00-6:45pm	3:45-4:30pm	6:00-6:45pm	FAC Dual Meet	FAC Dual Meet	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm	FAC Dual Meet	FAC Dual Meet	

[Wednesday April 14th - April Meet fees charged through your TU](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apr 5	Apr 6	Apr 7	Apr 8	Apr 9	April 10	April 11
Senior Elite	3:45-5:45pm	3:30-5:30pm		3:30-5:30pm	3:45-5:45pm	8:30-10:30am	
Senior	5:50-7:00pm	6:00-7:30pm		6:00-7:30pm	5:50-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:30pm	5:00-6:00pm			
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	10:30-11:30am	
Silver		4:00-5:00pm	4:30-6:00pm	4:00-5:00pm		8:30-9:30am	
Bronze 11-12		6:00-6:45pm	3:45-4:30pm	6:00-6:45pm		9:30-10:15am	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm		10:00-10:30am	

Monday April 5 - Last day to pay Monthly dues without late fee.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	April 3	April 4
Senior Elite	3:45-5:45pm	3:30-5:30pm		3:30-5:30pm	3:45-5:45pm	No practice	
Senior	5:50-7:00pm	6:00-7:30pm		6:00-7:30pm	5:50-7:00pm	No practice	
Pre Senior		5:00-6:00pm	6:00-7:30pm	5:00-6:00pm		No practice	
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	No practice	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	No practice	
Silver		4:00-5:00pm	4:30-6:00pm	4:00-5:00pm		No practice	
Bronze 11-12		6:00-6:45pm	3:45-4:30pm	6:00-6:45pm		No practice	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm		No practice	

Saturday April 3rd - no practice due to city event

Thursday April 1st - monthly membership fees are due, pay by Monday April 5th to avoid late fees

Thursday April 1st - Monthly Board Meeting

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
Senior Elite	3:45-5:45pm	3:30-5:30pm		3:30-5:30pm	FAC Dual Meet	FAC Dual Meet	
Senior	5:50-7:00pm	6:00-7:30pm		6:00-7:30pm	FAC Dual Meet	FAC Dual Meet	
Pre Senior		5:00-6:00pm	6:00-7:30pm	5:00-6:00pm	FAC Dual Meet	FAC Dual Meet	
Junior	3:45-4:55pm		4:00-5:30pm		FAC Dual Meet	FAC Dual Meet	
Gold	4:45-5:50pm		5:00-6:00pm		FAC Dual Meet	FAC Dual Meet	
Silver		4:00-5:00pm	4:30-6:00pm	4:00-5:00pm	FAC Dual Meet	FAC Dual Meet	
Bronze 11-12		6:00-6:45pm	3:45-4:30pm	6:00-6:45pm	FAC Dual Meet	FAC Dual Meet	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm	FAC Dual Meet	FAC Dual Meet	

More info about the meet will be sent out during the week.

Friday 4-7pm

Saturday 7:30-11:30am

The estimated timeline will be available later in the week after we process all entries.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
Senior Elite	3:45-5:45pm	3:30-5:30pm		3:30-5:30pm	3:45-5:45pm	8:30-10:30am	
Senior	5:50-7:00pm	6:00-7:30pm		6:00-7:30pm	5:50-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:30pm	5:00-6:00pm			
Junior	3:45-4:55pm		4:00-5:30pm		3:45-4:55pm	10:30-11:30am	
Gold	4:45-5:50pm		5:00-6:00pm		4:45-5:50pm	10:30-11:30am	
Silver		4:00-5:00pm	4:30-6:00pm	4:00-5:00pm		8:30-9:30am	
Bronze 11-12		6:00-6:45pm	3:45-4:30pm	6:00-6:45pm		9:30-10:15am	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm		10:00-10:30am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
Senior Elite	3:45-5:45pm	3:30-5:30pm*		3:30-5:30pm*	3:45-5:45pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:30pm*		6:00-7:30pm*	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:30pm*			
Junior	3:45-4:45pm		3:45-5:30pm*		3:45-4:45pm	10:30-11:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	4:30-6:00pm*	4:15-5:00pm		8:30-9:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:30-4:15pm*		9:30-10:15am	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm		10:00-10:30am	

* dry land part of the session, swimmers have your athletic clothes, shoes and water ready

* dry land session will be inside of the facility, please know that the same health check in will be required before walking on deck, be on time, late entries will not be allowed

* masks and 6ft+ distance are required during dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
Senior Elite	3:45-5:45pm	3:45-5:30pm		3:45-5:30pm	3:45-5:45pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-5:00pm		3:45-4:45pm	10:30-11:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm		8:30-9:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm		9:30-10:15am	
Bronze 10U		5:30-6:00pm	4:30-5:00pm	5:30-6:00pm		10:00-10:30am	

COMPETITION READY COURSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphins	6:15-6:45pm		5:15-5:45pm		6:15-6:45pm	
Whales			5:45-6:15pm			9:00-9:30am
Sharks	5:45-6:15pm				5:45-6:15pm	
Minnows			6:15-6:45pm			9:30-10:00am

Fontana Aquatics Club

February 15 - February 21, 2020

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
Senior Elite	8:30-10:00am	3:45-5:30pm		3:45-5:30pm	INTRASQUAD MEET	INTRASQUAD MEET	
Senior	10:30-11:30am	6:00-7:00pm		6:00-7:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Junior	8:30-9:30am		3:45-5:00pm		INTRASQUAD MEET	INTRASQUAD MEET	
Gold	9:30-10:30am		5:00-6:00pm		INTRASQUAD MEET	INTRASQUAD MEET	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm	INTRASQUAD MEET	INTRASQUAD MEET	
Bronze 10U	10:00-10:30am		4:30-5:00pm		INTRASQUAD MEET	INTRASQUAD MEET	

Pre Comp	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dolphins	11:00-11:30am		5:15-5:45pm		6:15-6:45pm		
Whales			5:45-6:15pm			9:00-9:30am	
Sharks	10:30-11:00am				5:45-6:15pm		
Minnows			6:15-6:45pm			9:30-10:00am	

Monday February 15th - practice in the morning

Friday February 19 and Saturday February 20 - FAC Intrasquad Meet, must be registered to compete

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	3:45-5:15pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-5:00pm		3:45-4:45pm	8:30-9:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm		9:30-10:30am	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		5:15-5:45pm	9:30-10:00am	

Monday February 15th - practice will be in the morning, check the schedule for February 15-21 for exact times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	3:45-5:15pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-5:00pm		3:45-4:45pm	8:30-9:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		5:15-5:45pm	9:30-10:00am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24
Senior Elite	8:30-10:00am	3:45-5:30pm		3:45-5:30pm	INTRASQUAD MEET	INTRASQUAD MEET	
Senior	10:30-11:30am	6:00-7:00pm		6:00-7:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Junior	8:30-9:30am		3:45-5:00pm		INTRASQUAD MEET	INTRASQUAD MEET	
Gold	9:30-10:30am		5:00-6:00pm		INTRASQUAD MEET	INTRASQUAD MEET	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm	INTRASQUAD MEET	INTRASQUAD MEET	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm	INTRASQUAD MEET	INTRASQUAD MEET	
Bronze 10U	10:00-10:30am		4:30-5:00pm				

Monday January 18 - M. Luther King Jr. Day, All practices are in the morning

Friday January 22 and Saturday January 23 - Intrasquad meet, details will be emailed during this week

Fontana Aquatics Club**January 11 - January 17, 2020****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	Jan 17
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	3:45-5:15pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-5:00pm		3:45-4:45pm	8:30-9:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		5:15-5:45pm	9:30-10:00am	

Fontana Aquatics Club**January 4 - January 10, 2020****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	3:45-5:15pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-5:00pm		3:45-4:45pm	8:30-9:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		5:15-5:45pm	9:30-10:00am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	3:45-5:15pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-5:00pm		3:45-4:45pm	8:30-9:30am	
Gold	4:45-5:45pm		5:00-6:00pm		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		5:15-5:45pm	9:30-10:00am	

FAC Christmas Break - December 20 - January 3rd

HAVE A HAPPY AND SAFE HOLIDAYS FAC!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29
Senior Elite	3:45-5:15pm	3:45-5:30pm		No swim	No swim	No swim	No swim
Senior	5:45-7:00pm	6:00-7:00pm		No swim	No swim	No swim	No swim
Pre Senior		5:00-6:00pm	6:00-7:00pm	No swim	No swim	No swim	No swim
Junior	3:45-4:45pm		3:45-5:00pm	No swim	No swim	No swim	No swim
Gold	4:45-5:45pm		5:00-6:00pm	No swim	No swim	No swim	No swim
Silver		4:15-5:00pm	5:00-6:00pm	No swim	No swim	No swim	No swim
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	No swim	No swim	No swim	No swim
Bronze 10U	5:15-5:45pm		4:30-5:00pm	No swim	No swim	No swim	No swim

No Swim Practice during Thanksgiving.

Physical activity for at least 1h is highly recommended for all FAC athletes.

FAC Senior Athletes are expected to workout for 1-2h daily.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 9	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	3:45-5:15pm	8:30-10:30am	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	5:45-7:00pm		
Pre Senior		5:00-6:00pm	10:45-11:30am	5:00-6:00pm			
Junior	3:45-4:45pm		8:30-9:45am		3:45-4:45pm	8:30-9:30am	
Gold	4:45-5:45pm		9:45-10:45am		4:45-5:45pm	10:30-11:30am	
Silver		4:15-5:00pm	9:45-10:45am	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	8:30-9:15am	3:45-4:15pm		10:00-10:30am	
Bronze 10U	5:15-5:45pm		9:15-9:45am		5:15-5:45pm	9:30-10:00am	

AM practice on Veterans Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22
Senior Elite	3:45-5:15pm	3:45-5:30pm		3:45-5:30pm	Intrasquad Meet	Intrasquad Meet	
Senior	5:45-7:00pm	6:00-7:00pm		6:00-7:00pm	Intrasquad Meet	Intrasquad Meet	
Pre Senior		5:00-6:00pm	6:00-7:00pm	5:00-6:00pm	Intrasquad Meet	Intrasquad Meet	
Junior	3:45-4:45pm		3:45-5:00pm		Intrasquad Meet	Intrasquad Meet	
Gold	4:45-5:45pm		5:00-6:00pm		Intrasquad Meet	Intrasquad Meet	
Silver		4:15-5:00pm	5:00-6:00pm	4:15-5:00pm	Intrasquad Meet	Intrasquad Meet	
Bronze 11-12		3:45-4:15pm	3:45-4:30pm	3:45-4:15pm	Intrasquad Meet	Intrasquad Meet	
Bronze 10U	5:15-5:45pm		4:30-5:00pm		Intrasquad Meet	Intrasquad Meet	

FAC Intrasquad Meet November 20-21 during our regular practice time

Friday 3:45-7:00pm

Saturday 8:30-11:30am

Fontana Aquatics Club

October 26 - November 1, 2020

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	8:30-10:30am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm		
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-4:30pm		3:45-4:45pm	8:30-9:30am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	10:30-11:30am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm		4:45-5:15pm	9:30-10:00am	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	Intrasquad Meet 8:30-10:30am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm	Intrasquad Meet 8:30-10:30am	
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm		Intrasquad Meet 10:30-11:30am	
Junior	3:45-4:45pm		3:45-4:30pm		3:45-4:45pm	Intrasquad Meet 8:30-10:30am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	Intrasquad Meet 8:30-10:30am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		Intrasquad Meet 10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		Intrasquad Meet 10:30-11:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm		4:45-5:15pm	Intrasquad Meet 10:30-11:30am	

SAFE SPORT - Please find time this week to complete the course. If you have issues logging in, reach out to your coach.

SAVE THE DATE - October 24, Time Trial Intrasquad Meet. All swimmers attending. Discuss with your coach if you are unable to attend.

Fontana Aquatics Club

when 3 per lane are good to go, **2020**

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						same	
Senior Elite	3:45-5:15pm	3:45-5:45pm (3)		3:45-5:45pm (3)	3:45-5:15pm	8:30-10:30pm	
Senior	5:45-7:00pm (3)	5:45-7:00pm (3)	5:15-6:00pm (3)	5:45-7:00pm (3)	5:45-7:00pm (3)		
Pre Senior		4:30-5:45pm (3)	6:00-7:00pm	4:30-5:45pm (3)			
Junior	3:45-4:45pm	3:45-4:30pm (3)		3:45-4:30pm (3)	3:45-4:45pm	8:30-9:30pm	
Gold	4:45-5:45pm (3)		3:45-4:45pm (3)		4:45-5:45pm (3)	10:30-11:30pm	
Silver		5:45-6:45pm (3)	3:45-4:45pm (3)	5:45-6:45pm (3)		10:30-11:30pm	
Bronze 11-12		3:45-4:30pm (3)	4:45-5:15pm (3)	3:45-4:30pm (3)		10:00-10:30pm	
Bronze 10U	5:15-5:45pm		4:45-5:15pm (3)		5:15-5:45pm	9:30-10:00pm	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	8:30-10:30am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm		
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-4:30pm		3:45-4:45pm	8:30-9:30am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	10:30-11:30am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm		4:45-5:15pm	9:30-10:00am	

SAFE SPORT - Please find time this week to complete the course. If you have issues logging in, reach out to your coach.

SAVE THE DATE - October 24, Time Trial Intrasquad Meet. All swimmers attending. Discuss with your coach if you are unable to attend.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 28	Sep 29	Sep 30	Oct 1	Oct 2	Oct 3	Oct 4
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	8:30-10:30am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm		
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm		3:45-4:30pm		3:45-4:45pm	8:30-9:30am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	10:30-11:30am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm		4:45-5:15pm	9:30-10:00am	

PARENT MEETINGS (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite Wednesday September 23, 6:30pm DONE

Senior Wednesday September 9, 7:00pm DONE

Pre Senior Monday September 21, 6:50pm DONE

Junior Tuesday September 15, 6:00pm DONE

Gold **Tuesday September 29, 6:00pm**

Silver Tuesday September 22, 6:20pm DONE

Bronze 10-12 Monday September 21, 6:00pm DONE

Bronze 9U Wednesday September 16, 7:00pm DONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 28	Sep 29	Sep 30	Oct 1	Oct 2	Oct 3	Oct 4
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	Intrasquad Meet 8:30-9:45am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm	Intrasquad Meet 8:30-9:45am	
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm		Intrasquad Meet 9:45-10:45am	
Junior	3:45-4:45pm		3:45-4:30pm		3:45-4:45pm	Intrasquad Meet 8:30-9:45am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	Intrasquad Meet 9:45-10:45am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		Intrasquad Meet 10:45-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		Intrasquad Meet 10:45-11:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm		4:45-5:15pm	Intrasquad Meet 10:45-11:30am	

Intrasquad Meet - Saturday September 26, 3 sessions please arrive 10-15 minutes before your session starts to check in and go through Health check in, Volunteer opportunities are available for sign up online under events (job sign up)

PARENT MEETINGS (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite	Wednesday September 23, 6:30pm
Senior	Wednesday September 9, 7:00pm DONE
Pre Senior	Monday September 21, 6:50pm
Junior	Tuesday September 15, 6:00pm DONE
Gold	Tuesday September 29, 6:00pm
Silver	Tuesday September 22, 6:20pm
Bronze 10-12	Monday September 21, 6:00pm
Bronze 9U	Wednesday September 16, 7:00pm DONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 14	Sep 15	Sep 16	Sep 17	Sep 18	Sep 19	Sep 20
Senior Elite	3:45-5:15pm	3:45-5:00pm		3:45-5:00pm	3:45-5:15pm	8:30-10:30am	
Senior	5:15-6:15pm	6:00-7:00pm		6:00-7:00pm	5:15-6:15pm		
Pre Senior		5:00-6:00pm	6:05-7:00pm	5:00-6:00pm			
Junior	3:45-4:45pm	6:00pm parent meeting	3:45-4:30pm		3:45-4:45pm	8:30-9:30am	
Gold	6:15-7:00pm		5:00-6:00pm		6:15-7:00pm	10:30-11:30am	
Silver		4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:15pm	3:45-4:15pm		10:00-10:30am	
Bronze 10U	4:45-5:15pm		4:30-5:00pm 7:00 parent meeting		4:45-5:15pm	9:30-10:00am	

PARENT MEETINGS (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite Wednesday September 23, 6:30pm
 Senior Wednesday September 9, 7:00pm DONE
 Pre Senior Monday September 21, 6:50pm
Junior **Tuesday September 15, 6:00pm**
 Gold Tuesday September 29, 6:00pm
 Silver Tuesday September 22, 6:20pm
 Bronze 10-12 Monday September 21, 6:00pm
Bronze 9U **Wednesday September 16, 7:00pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 7	Sep 8	Sep 9	Sep 10	Sep 11	Sep 12	Sep 13
Senior Elite	3:45-5:05pm	3:45-5:00pm		3:45-5:00pm	3:45-5:05pm	8:30-10:15am	
Senior	5:15-6:05pm	6:00-7:00pm	7:00-8:00pm parents meeting	6:00-7:00pm	5:15-6:05pm		
Pre Senior		5:10-5:50pm	6:05-7:00pm	5:10-5:50pm			
Junior**	3:45-4:25pm		3:45-4:30pm		3:45-4:25pm	8:30-9:30am	
Gold	6:15-7:00pm		5:15-5:55pm		6:15-7:00pm	10:30-11:20am	
Silver		4:25-5:00pm	4:40-5:10pm	4:25-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:20pm	3:45-4:15pm		9:40-10:15am	
Bronze 10U	4:45-5:05pm		4:30-5:05pm		4:45-5:05pm		

PARENT MEETINGS (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite Wednesday September 23, 6:30pm

Senior Wednesday September 9, 7:00pm

Pre Senior Monday September 21, 6:50pm

Junior Tuesday September 15, 6:00pm

Gold Tuesday September 29, 6:00pm

Silver Tuesday September 22, 6:20pm

Bronze 10-12 Monday September 21, 6:00pm

Bronze 9U Wednesday September 16, 7:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 31	Sep 1	Sep 2	Sep 3	Sep 4	Sep 5	Sep 6
Senior Elite	3:45-5:05pm	3:45-5:00pm		3:45-5:00pm	3:45-5:05pm	8:30-10:15am	
Senior	5:15-6:05pm	6:00-7:00pm		6:00-7:00pm	5:15-6:05pm		
Pre Senior		5:10-5:50pm	6:05-7:00pm	5:10-5:50pm			
Junior**	3:45-4:25pm		3:45-4:30pm		3:45-4:25pm	8:30-9:30am	
Gold	6:15-7:00pm		5:15-5:55pm		6:15-7:00pm	10:30-11:20am	
Silver		4:25-5:00pm	4:40-5:10pm	4:25-5:00pm		10:30-11:30am	
Bronze 11-12		3:45-4:15pm	3:45-4:20pm	3:45-4:15pm		9:40-10:15am	
Bronze 10U	4:45-5:05pm		4:30-5:05pm		4:45-5:05pm		

Please wear a mask at all times to protect your Team!

Arrive 10-15 minutes before your practice begins to ensure enough time for "health check". If you suspect you will be late let your coach know. Understand that late means arriving less than 5 minutes before your practice time. If you arrive exactly at your practice time (the gate is shut and swimmers are diving/swimming in the pool) you will not be allowed in the facility and you will miss your practice regardless of messaging your coach.

If you feel sick please don't come to practice until cleared to protect your teammates and coaches.

Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put your mask back on.

Keep one way traffic by entering through the side gate and exiting through the double gate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 17	Aug 18	Aug 19	Aug 20	Aug 21	Aug 22	Aug 23
Senior Elite	4:00-5:20pm	4:00-5:15pm		4:00-5:15pm	4:00-5:20pm	8:30-10:00am	
Senior	5:30-6:20pm	6:15-7:15pm		6:15-7:15pm	5:30-6:20pm		
Pre Senior		5:25-6:05pm	6:20-7:15pm	5:25-6:05pm			
Junior**	4:00-4:50pm		4:00-4:45pm		4:00-4:50pm	8:30-9:30am	
Gold	6:30-7:15pm		5:30-6:10pm		6:30-7:15pm	10:10-10:50am	
Silver		4:40-5:15pm	4:55-5:25pm	4:40-5:15pm		11:00-11:30am	
Bronze 11-12		4:00-4:30pm	4:00-4:35pm	4:00-4:30pm		9:40-10:00am	
Bronze 10U	5:00-5:20pm		4:45-5:20pm		5:00-5:20pm		

Please wear a mask at all times to protect your Team!

Arrive 10-15 minutes before your practice begins to ensure enough time for "health check". If you are late let your coach know. Understand that late means arriving less than 5 minutes before your practice time. If you arrive exactly at your practice time (the gate is shut and swimmers are diving in the pool) you will not be allowed in the facility and you will miss your practice regardless of letting your coach know.

If you feel sick please don't come to practice until cleared to protect your teammates and coaches.

Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put it back on.

Keep one way traffic by entering through the side gate and exiting through the double gate.

Fontana Aquatics Club

August 3 - August 9, 2020

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9
Senior Elite	4:00-5:20pm	4:00-5:00pm	6:00-7:15pm		4:00-5:20pm	8:30-10:00am	
Senior	5:30-6:20pm	6:15-7:15pm		6:15-7:15pm	5:30-6:20pm		
Pre Senior		5:20-6:00pm	5:10-5:50pm	5:20-6:00pm			
Gold	6:30-7:15pm		4:00-5:00pm		6:30-7:15pm	10:10-10:50am	
Silver		4:30-5:10pm		4:30-5:10pm		11:00-11:30am	
Bronze 11-12		4:00-4:20pm		4:00-4:20pm			
Bronze 10U	5:00-5:20pm				5:00-5:20pm		

Please wear a mask!

Arrive 10-15 minutes before your practice begins to ensure enough time for "health check".

If you feel sick please don't come to practice until cleared to protect your teammates and coaches.

Wear your mask until you are given direction to get in the pool and as soon as you get out and dry off your face put it back on.

Keep one way traffic by entering through the side gate and exiting through the double gate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	9-11:30am*	

Senior Elite - Saturday March 7th practice at Crafton Hills College LCM

Board meeting - Thursday March 5, 2020 at JTC

Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)

www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→[A few Suggestions on How to be a Better Swim Parent](#))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	BRW Meet	BRW Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	BRW Meet	BRW Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	BRW Meet	BRW Meet
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	BRW Meet	BRW Meet
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	BRW Meet	BRW Meet
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	BRW Meet	BRW Meet
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	BRW Meet	BRW Meet

BRW meet in Perris - more information will be sent out during the week

Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→[A few Suggestions on How to be a Better Swim Parent](#))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
Bronze 10U	No Practice	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	No Practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	No Practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	No Practice	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	No Practice	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	No Practice	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	No Practice	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-9:00am	

Monday no practice for all groups, the pool will be closed in observance of Presidents' Day.

BRW meet February 29 - March 1 registration deadline is today, please declare your swimmers.

Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→**A few Suggestions on How to be a Better Swim Parent**)

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	5:00-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	Senior Q Challenge	Senior Q Challenge

Senior Elite, Tuesday Feb 11 no morning practice, afternoon begins at 5pm

*Monday is supposed to be very windy, we will inform you if there are any changes to your group's practice

Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→A few Suggestions on How to be a Better Swim Parent)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9
Bronze 10U	4:30-5:15pm	5:00-5:45pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Committee Champs	Committee Champs
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Committee Champs	Committee Champs
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Committee Champs	Committee Champs
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Committee Champs	Committee Champs
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Committee Champs	Committee Champs
Senior	4:45-6:45pm	5:00-7:00pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Committee Champs	Committee Champs
Senior Elite	4:45-7:30pm	5:00-7:30pm*	4:45-7:30pm	5:15-7:30pm	4:45-7:30pm	Committee Champs	Committee Champs

Tuesday Feb 4th - Practices for some groups will be adjusted due to water polo game on Tuesday that will most likely end at around 5pm. Groups starting at 4:30 will begin with dry land.

February 8-9 - Eastern Committee Championship Meet. Congratulations to all swimmers that qualified to represent FAC at this championship meet. GO FAC!

Website/Recommended reading/Videos - [A few Suggestions on How to be a Better Swim Parent](#)

(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→[A few Suggestions on How to be a Better Swim Parent](#))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	4:30-7:30pm*	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

*Senior Elite no Tuesday AM practice, get extra sleep, practice in the PM will start 4:30pm with 10 min shoulder stability and core exercises and 4:45-7:30pm swim

Board meeting - Thursday, January 30 at JTC

Website/Recommended reading/Videos - [Eat Right, Swim Faster - Nutritional Guide](#) (www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→Eat Right, Swim Faster - Nutritional Guide)

Fontana Aquatics Club

January 20 - January 26, 2020

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26
Bronze 10U	No practice	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	RW Meet PST	RW Meet PST
Bronze 11-12	No practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	RW Meet PST	RW Meet PST
Silver	No practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	RW Meet PST	RW Meet PST
Gold	No practice	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	RW Meet PST	RW Meet PST
Pre Senior	No practice	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	RW Meet PST	RW Meet PST
Senior	No practice	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	RW Meet PST	RW Meet PST
Senior Elite	No practice	4:30-7:30pm*	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

No practice on Monday due to MLK and the pool being closed we will see you back on deck on Tuesday.

*Senior Elite no Tuesday AM practice, get extra sleep, practice in the PM will start 4:30pm with 10 min shoulder stability and core exercises and 4:45-7:30pm swim

RW Meet in Palm Springs - meet info and reminders will be sent out during the week

Website/Recommended reading/Videos - [Eat Right, Swim Faster - Nutritional Guide](#) (www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→Eat Right, Swim Faster - Nutritional Guide)

Fontana Aquatics Club

January 13 - January 19, 2020

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	BR STAR Meet	BR STAR Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	BR STAR Meet	BR STAR Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	BR STAR Meet	BR STAR Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	BR STAR Meet	BR STAR Meet
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	BR STAR Meet	BR STAR Meet
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Senior Q/BR	Senior Q/BR
Senior Elite	4:45-7:30pm	4:45-7:30pm*	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	Senior Q	Senior Q

*Senior Elite no Tuesday AM practice, get extra sleep, practice in the PM will start 4:45pm with 15 min shoulder stability and core exercises and 5-7:30pm swim

BR STAR Meet (Hemet) - more info will be sent out during the week
 Senior Q Meet (Hemet) - more info will be sent out during the week

Website/Recommended reading/Videos -

https://www.teamunify.com/cafac/UserFiles/Image/QuickUpload/eat-right-swim-faster---nutritional-guide_080073.pdf(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→A few Suggestions on How to be a Better Swim Parent)

Fontana Aquatics Club

January 6 - January 12, 2020

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	5:30-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

Happy New Year FAC!

Board Meeting Wednesday, January 8th 5:30-7:30pm

Website/Recommended reading/Videos - [Find Your Marigolds: The One Essential Rule](#) (www.fontanaaquatics.org→Resources→Recommended Reading→For Swimmers→[Find Your Marigolds: The One Essential Rule](#))

Fontana Aquatics Club

December 16 - December 22, 2019

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Christmas Party	Winter Break	Winter Break	Winter Break
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Christmas Party	Winter Break	Winter Break	Winter Break
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Christmas Party	Winter Break	Winter Break	Winter Break
Gold	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Christmas Party	Winter Break	Winter Break	Winter Break
Pre Senior	6:00-7:00pm	6:00-7:00pm	4:30-7:00pm*	Christmas Party	Winter Break	Winter Break	Winter Break
Senior	4:45-6:45pm	4:45-6:45pm	4:30-7:30pm*	Christmas Party	Winter Break	Winter Break	Winter Break
Senior Elite	4:45-7:00pm	5:30-7:30pm	4:30-7:30pm*	Christmas Party	Senior Champs	Senior Champs	Senior Champs

Senior Elite is attending Senior Champs Dec 20-22

*Animal Shelter Visit - Wednesday 4:30-5:30pm, 6:00-7:30pm swim (Senior, Pre Senior and Senior Elite)

Christmas Party on Wednesday 4:30-7:30pm, bring your ugly sweater and Christmas cookies.

Website/Recommended reading/Videos - [Find Your Marigolds: The One Essential Rule](#) (www.fontanaaquatics.org→Resources→Recommended Reading→For Swimmers→[Find Your Marigolds: The One Essential Rule](#))

Fontana Aquatics Club

December 9 - December 15, 2019

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	WAG 4:30-6:00pm	WAG	WAG
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	WAG 4:30-6:30pm	WAG	WAG
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	WAG 4:45-6:45pm	WAG	WAG
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:00pm	WAG 4:45-6:45pm*	WAG	WAG

Winter Age Group Championship - more information will be sent out during the week. Swimmers that are not competing will attend their group practice.

*Senior Elite - if not attending wag on Friday, practice will be offered with Senior Group.

Parent meeting - Tuesday December 10th starting at 5:30pm. More info will be sent out on Monday.

Website/Recommended reading/Videos - [How To Be Mentaly Ready At Your Next Meet](#) (www.fontanaaquatics.org→Resources→Recommended Reading→For Swimmers→[How To Be Mentaly Ready At Your Next Meet](#))

Fontana Aquatics Club

December 2 - December 8, 2019

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Mesa Meet	Mesa Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Mesa Meet	Mesa Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Mesa Meet	Mesa Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Mesa Meet	Mesa Meet
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Mesa Meet	Mesa Meet
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Mesa Meet	Mesa Meet
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-6:45pm	Mesa Meet Individual*	Mesa Meet

Last Ditch Mesa Meet - Last meet where swimmers can get qualified for WAG and Senior Meet later in the month

*Senior Elite Swimmers that are not swimming at the meet on Saturday will complete posted practice individually. More info will be sent out.

Board meeting - Thursday December 5th starting at 5:30pm at Jessie Turner Center. All parents are welcomed.

Website/Recommended reading/Videos -[You don't have to go to practice today. You Get To.](http://www.fontanaaquatics.org) (www.fontanaaquatics.org→Resources→Recommended Reading→**You don't have to go to practice today. You Get To.**)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Happy Thanksgiving	No Practice		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Happy Thanksgiving	No Practice		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Happy Thanksgiving	No Practice		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Happy Thanksgiving	No Practice		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Happy Thanksgiving	No Practice		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Happy Thanksgiving	No Practice		
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	Happy Thanksgiving	No Practice	No Practice	

November 28 - December 1 - Thanksgiving Break

Website/Recommended reading/Videos -[Find Your Marigolds: The One Essential Rule](#) (www.fontanaaquatics.org→Resources→Recommended Reading→ Find Your Marigolds: The One Essential Rule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm*	11am-1pm**	

* Yoga 4:45-5:45pm Senior Elite and Senior Group

**** Senior Elite Practice on Saturday will be at Crafton Hills College and will be long course. Dry land will consist of team building activity called lane lines and covers.**

Parent Meeting - on Tuesday November 19th 5:30-6:30pm. For more info please reach out to Stacy (FAC VP)

Website/Recommended reading/Videos -[It's Not Just Words: 10 Smart Word Choices](#) (www.fontanaaquatics.org→Resources→Recommended Reading→ [It's Not Just Words: 10 Smart Word Choices](#))

Fontana Aquatics Club**November 11 - November 17, 2019****www.fontanaaquatics.org**

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
Bronze 10U	No Practice	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	No Practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	No Practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	No Practice	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	No Practice	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Senior	No Practice	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	No Practice	5:45-7:00am 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	5:30-7:30pm	9-11am**	

***Happy Veterans Day! Enjoy the day off.**

**** Senior Elite Practice on Saturday will be at Crafton Hills College and will be long course. No dry land, swim only.**

Website/Recommended reading/Videos -[It's Not Just Words: 10 Smart Word Choices](#) (www.fontanaaquatics.org→Resources→Recommended Reading→ **It's Not Just Words: 10 Smart Word Choices)**

Fontana Aquatics Club**November 4 - November 10, 2019****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday*	Friday	Saturday	Sunday
	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Home Meet	Home Meet	Home Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Home Meet	Home Meet	Home Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Home Meet	Home Meet	Home Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Home Meet	Home Meet	Home Meet
Pre Senior	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Home Meet	Home Meet	Home Meet
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	Home Meet	Home Meet	Home Meet
Senior Elite	4:45-7:30pm	5:45-7:00am 5:30-7:30pm	4:45-7:30-7:30pm	5:30-7:30pm	Home Meet	Home Meet	Home Meet

Home Meet - all swimmers swim, all parents volunteer. No practice on Friday. Information about check in times and other details will be sent out during the week.

Board Meeting - Thursday, November 7th 5:30-8:30pm at JTC. Opened to all members. If interested please let us know so we have agenda printed out for you.

Website/Recommended reading/Videos - [Your Body Language Shapes Who You Are](#) (www.fontanaaquatics.org→Resources→Videos→ **Your Body Language Shapes Who You Are (Amy Cuddy)**)

Fontana Aquatics Club**October 28 - November 3, 2019****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday*	Friday	Saturday	Sunday
	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
Bronze 10U	4:30-5:15pm	4:30-5:15pm	Halloween Party	Happy Halloween	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	Halloween Party	Happy Halloween	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	Halloween Party	Happy Halloween	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	Halloween Party	Happy Halloween	4:30-6:30pm		
Pre Senior	6:30-7:30pm	6:30-7:30pm	Halloween Party	Happy Halloween	6:30-7:30pm		
Senior	4:45-6:45pm	4:45-6:45pm	Halloween Party	Happy Halloween	4:45-6:45pm		
Senior Elite	4:45-7:30pm**	5:45-7:00am* 5:30-7:30pm	Halloween Party 5-7pm swim	5:45-7:00am Happy Halloween	4:45-7:30pm	Annual Senior Elite Hike 8am-12pm	

Annual Senior Elite Hike - more information will be sent out during the week*** No Practice on Halloween - HAPPY HALLOWEEN!******No dry land for Senior Elite Group** - we are swimming the entire practice this week

Website/Recommended reading/Videos - A few Suggestions on How to be a Better Swim Parent

(www.fontanaaquatics.org→Resources→Recommended Reading→For Parents→ **A few Suggestions on How to be a Better Swim Parent**)

	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	9-10am FAC Swim Clinic	
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	9-10am FAC Swim Clinic	Skating**
Silver	4:30-6:00pm	5:00-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	9-10am FAC Swim Clinic	Skating**
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	9-10am FAC Swim Clinic	
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	9-10am FAC Swim Clinic	
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	9-10am FAC Swim Clinic	
Senior Elite	4:45-7:30pm	5:45-7:00am* 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-6:45pm	7-9am Practice FAC Swim Clinic	

FAC Swim Clinic will be focused on starts and turns

Fundraisers are on! Please get in contact with Richard Sanchez for more info. Limited time Yankee Candles sale. Limited amount of candy sale (chocolate). Choose the one that is right for you!

***Home Meet Meeting** - Monday October 21, 4:30-5:30pm at the pool

****Skating for Bronze 11-12 and Silver groups.** Reach out to coach Jennifer for more information. Have Fun!

Website/Recommended reading/Videos - [Information about your group](http://www.fontanaaquatics.org) (www.fontanaaquatics.org)→Competitive Groups→"choose your group"→read more information about your group, practice time, requirements, attendance, training equipment and where to order, required team apparel and time standards for your age group)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm		
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm		
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm		
Senior	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm	4:45-6:45pm		
Senior Elite	4:45-7:30pm	5:45-7:00am* 5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	

Morning practice starts this week for senior elite group

Board Meeting is going to be held on Monday at 5:30pm at Jessie Turner

Website/Recommended reading/Videos - Leadership vs Management (www.fontanaaquatics.org→Resources→Recommended Reading→Leadership vs Management)

Connect with your team on social media:

Instagram - @fontanaaquatics

Facebook - fontana aquatics club

Fontana Aquatics Club**October 7 - 13, 2019****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	PDSC Meet	PDSC Meet
Bronze 11-12	6:00-6:45pm	5:30-6:15pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	PDSC Meet	PDSC Meet
Silver	4:30-6:00pm	4:30-5:30pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	PDSC Meet	PDSC Meet
Gold	4:30-6:30pm	4:30-6:00pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	PDSC Meet	PDSC Meet
Pre Senior	6:45-7:45pm	6:00-7:00pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	PDSC Meet	PDSC Meet
Senior	5:15-7:15pm	5:15-7:00pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	PDSC Meet	PDSC Meet
Senior Elite	4:45-7:30pm	5:00-7:00pm	4:45-7:30pm	5:30-7:30pm	4:45-6:45pm*	PDSC Meet	PDSC Meet

***Senior Elite will be combined with Senior Group on Friday as some swimmers are attending PDSC Meet on Friday.**

PDSC Meet - Palm Desert Meet, detailed information will be sent during the week.

Website/Recommended reading/Videos - Winning the workout (www.fontanaaquatics.org)→Resources→Videos→Win the workout (V.Gambeta))

Connect with your team on social media:

Instagram - @fontanaaquatics

Facebook - fontana aquatics club

Fontana Aquatics Club**September 30-October 6, 2019**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 30	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Car Wash Fundraiser	Picture Day
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Car Wash Fundraiser	Picture Day
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Car Wash Fundraiser	Picture Day
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Car Wash Fundraiser	Picture Day
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	Car Wash Fundraiser	Picture Day
Senior	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	Car Wash Fundraiser	Picture Day
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	7-10am practice Car Wash Fundraiser	Picture Day

Welcome Coach Brenda! Please take a moment to welcome coach Brenda on deck next week. She will be coaching Bronze 10U group.
Car Wash Fundraiser - Please come and help raise money for your team! Juice, coffee & snacks to be provided!

Picture Day - There will be an all team photo on deck at 11:00! Please bring team suit, black team shirt & black shorts or black long pants! For individual photo sign up, look for information and link on our website under team events.

Website/Recommended reading - How to Make Better Goals in The Water (www.fontanaaquatics.org→Resources→Recommended Reading→FOR SWIMMERS How to Make Better Goals in The Water)

WhatsApp - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

Fontana Aquatics Club

September 23-29, 2019

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 23	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	Mesa Tri Meet	
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	Mesa Tri Meet	
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	Mesa Tri Meet	
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	Mesa Tri Meet	
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	Mesa Tri Meet	
Senior	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	Mesa Tri Meet	
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	Mesa Tri Meet	

Mesa Tri Meet - Great opportunity for swimmers get more competitive experience and get closer to their goals. More info will be sent out this week

Fitter and Faster Clinic - This weekend in Chino Hills. You still have time to register!

Website/Recommended reading - Pick your Target (www.fontanaaquatics.org→Resources→Recommended Reading→Pick your Target)

WhatsApp - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

Connect with your team on social media:

Instagram - @fontanaaquatics

Facebook - fontana aquatics club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 16	Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22
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

Great Job Swimmers and Parents our first meet of the season was a great success!

Website/Recommended reading - Leadership vs Management (www.fontanaaquatics.org→Resources→Recommended Reading→Leadership vs Management)

Connect with your team on social media:

WhatsApp - If you are not in the group yet please ask your coach to get a link. Each group has their own group.

Instagram - @fontanaaquatics

Facebook - fontana aquatics club

Aquatics Club**September 9-15, 2019****www.fontanaaquatics.org**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 9	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
Bronze 10U	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	FSON Meet	FSON Meet
Bronze 11-12	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	FSON Meet	FSON Meet
Silver	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	FSON Meet	FSON Meet
Gold	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	4:30-6:30pm	FSON Meet	FSON Meet
Pre Senior	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm	FSON Meet	FSON Meet
Senior	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	FSON Meet	FSON Meet
Senior Elite	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	5:30-7:30pm	4:45-7:30pm	FSON Meet	FSON Meet

FSON Meet - Info will be sent out, 10U swimmers and 11-12 Boys are in the morning session, Senior Swimmers and 11-12 Girls are in the afternoon session.

Apparel Package - Team Suits and Team Tees will be distributed before the end of the week to have them for FSON Meet.

Board Meeting - will take place on Monday, September 9th at 5:30pm.

Parent Meeting with Board Members - will take place on Tuesday, September 10th at 5:00pm.

Pre Comp Groups - Starting this week 4:30-5:15pm and 6:45-7:30pm. For more information please call Head Coach Renata Martinez 626-222-5063 or email fontanaseahorse@gmail.com.

Website/Suggested reading - Swim Meet 101 (www.fontanaaquatics.org→Resources→Recommended Reading→Swim Meet 101)

Fontana Aquatics Club

September 2 - September 8, 2019

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Sep 2	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8
Bronze 10U	No practice	4:30-5:15pm 4:30-5:15pm Parent meeting	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	FAC Mock Meet	off
Bronze 11-12	No practice	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm, 6:00-6:45pm Parent Meeting	6:00-6:45pm	FAC Mock Meet	off
Silver	No practice	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm, 4:30-5:30pm Parent Meeting	4:30-6:00pm	FAC Mock Meet	off
Gold	No practice	4:30-6:30pm	4:30-6:30pm, 5:30-6:30pm parent meeting	4:30-6:30pm	4:30-6:30pm	FAC Mock Meet	off
Pre Senior	No practice	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm, 6:45-7:45pm Parent Meeting	6:45-7:45pm	FAC Mock Meet	off
Senior	No practice	5:15-7:15pm, 5:15-6:15pm Parent Meeting	5:15-7:15pm	5:15-7:15pm	5:15-6:45pm	FAC Mock Meet	off
Senior Elite	No practice	5:30-7:30pm	4:45-7:30pm, 4:30-5:30pm parent meeting	5:30-7:30pm	4:45-7:30pm	FAC Mock Meet	off

No practice on Monday - Labor Day

Mock Meet - Saturday, September 7th. We are starting the warm up at 7am. Each group will have assigned lanes to warm up.

Parent Meetings - All families must attend. Swimmers 13 and over attend with at least one parent.

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

Website/Resources - Helpful resources for swimmers and parents at www.fontanaaquatics.org/resources.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Aug 26	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31	Sep 1
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	5:30-7:30pm*	5:30-7:30pm	4:45-7:30pm*	5:30-7:30pm	4:45-7:30pm	7:00-10:00am	off

Team Apparel Fitting - Wednesday, August 28th, 2019 at the beginning of your practice or during dry land.

Senior Elite - No dry land on Monday.

Fundraising - When shopping on amazon, consider going to amazon smile and add Fontana Aquatics Club. Our team will receive 5% from your purchases. All fundraising opportunities and information will be emailed out closer to each event.

Parent Meetings - Will be taking place first week of September. Each group will have a meeting with the lead coach of the group individually. It will allow for more specific information for each group. Info will be emailed next week by your coaches.

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

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

Fontana Aquatics Club**August 19 - 25, 2019****www.fontanaaquatics.org**

	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.