

Fontana Aquatics Club

January 20-26, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	January 20	January 21	January 22	January 23	January 24	January 25	J 26
Senior Elite	4:30-4:50pm yoga 5:00-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	4:30-4:50pm dryland 5:00-7:00pm swim	11am-1:20pm Yucaipa LCM practice	
Senior Senior Advanced	4:30-4:50pm yoga 5:00-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm drylnad 5:30-7:00pm swim	5:00-7:00pm swim	11am-1:20pm Yucaipa LCM practice	
Senior Prep		5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	5:00-7:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	11am-1:20pm Yucaipa LCM practice	
Junior Elite	5:00-5:20pm yoga 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	11am-1:20pm Yucaipa LCM practice	ALL Star Festival, Las Vegas
Junior + Advanced	4:00-5:30pm swim 5:40-6:00pm yoga	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	11am-1:20pm Yucaipa LCM practice	ALL Star Festival, Las Vegas
Senior Development	4:00-5:00pm swim 5:00-5:30pm yoga		5:30-7:00pm swim	4:00-5:00pm swim	5:30-6:30pm swim 6:30-7:00pm dryland	11am-1:20pm Yucaipa LCM practice	
Junior Development	4:00-5:00pm swim 5:00-5:30pm yoga	4:00-5:00pm swim	4:00-5:30pm swim		4:00-5:00pm swim 5:00-5:30pm dryland	11am-1:20pm Yucaipa LCM	

						practice	
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		11am-1:20pm Yucaipa LCM practice	
Pre Team	PT 1 6:30-7:15pm	PT 2 5:30-6:15pm		5-7pm CANDY MEET	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm	
Senior Pre Comp	SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm			5-7pm CANDY MEET		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm	
Junior Pre Comp	JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm		5-7pm CANDY MEET	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	JrPC 1 5:30-6:00pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm	
Jr. Novice	JR Novice 1 4:00-4:30pm	JR Novice 2 5:30-6:00pm		5-7pm CANDY MEET	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm	
Sr. Novice		SR Novice 4:00-4:30pm		5-7pm CANDY MEET	SR Novice 4:00-4:30pm		
PT Novice	PT Novice 4:00-4:45pm			5-7pm CANDY MEET		PT Novice 4:00-4:45pm	