

Fontana Aquatics Club

May 19 - May 25, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 19	May 20	May 21	May 22	May 23	May 24	May 25
Senior Elite	4:30-4:50pm dryland 5:00-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	4-7pm FAC Block Part/ Intrasquad meet	5:00-5:50pm dryland 6:00-7:30pm swim	4:30-5:00pm yoga 5:00-7:00pm swim	Nova Grand Challenge BB/B/C LCM Meet Yucaipa	Nova Grand Challenge BB/B/C LCM Meet Yucaipa
Senior Senior Advanced	5:00-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	4-7pm FAC Block Part/ Intrasquad meet	5:00-5:20pm drylnad 5:30-7:00pm swim	4:30-5:00pm yoga 5:00-7:00pm swim	BB/B/C LCM Meet Yucaipa	BB/B/C LCM Meet Yucaipa
Senior Prep		5:00-5:20pm dryland 5:30-7:00pm swim	4-7pm FAC Block Part/ Intrasquad meet	5:00-7:00pm swim	4:00-5:00pm swim 5:00-5:30pm yoga	BB/B/C LCM Meet Yucaipa 8:30-10:00am swm	BB/B/C LCM Meet Yucaipa
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim	4-7pm FAC Block Part/ Intrasquad meet	5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:30pm yoga 5:30-7:00pm swim	Nova Grand Challenge BB/B/C LCM Meet Yucaipa	Nova Grand Challenge BB/B/C LCM Meet Yucaipa
Junior + Advanced	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4-7pm FAC Block Part/ Intrasquad meet	4:00-5:30pm swim	4:00-5:30pm swim 5:30-6pm yoga	BB/B/C LCM Meet Yucaipa	BB/B/C LCM Meet Yucaipa
Senior Development	4:00-5:00pm swim 5:00-5:30pm dryland		4-7pm FAC Block Part/ Intrasquad meet	4:00-5:00pm swim	5:00-5:30pm yoga 5:30-6:30pm swim	BB/B/C LCM Meet Yucaipa 8:30-10:00am swim	BB/B/C LCM Meet Yucaipa
Junior Development	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:00pm swim	4-7pm FAC Block Part/ Intrasquad meet		4:00-5:00pm swim 5:00-5:30pm yoga	8:30-10:00am swim	
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4-7pm FAC Block Part/ Intrasquad meet	4:30-5:30pm swim		BB/B/C LCM Meet Yucaipa	BB/B/C LCM Meet Yucaipa

Pre Team	PT 1 6:30-7:15pm	PT 2 5:30-6:15pm	4-7pm FAC Block Part/ Intrasquad 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		4-7pm FAC Block Part/ Intrasquad 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	4-7pm FAC Block Part/ Intrasquad 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	4-7pm FAC Block Part/ Intrasquad meet	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm		
Sr. Novice		SR Novice 4:00-4:30pm	4-7pm FAC Block Part/ Intrasquad meet	SR Novice 4:00-4:30pm			
PT Novice	PT Novice 4:00-4:45pm		4-7pm FAC Block Part/ Intrasquad meet		PT Novice 4:00-4:45pm		