

Fontana Aquatics Club

February 19-25, 2024

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 19	February 20	February 21	February 22	February 23	February 24	February 25
Senior Elite	5:00-7:00pm swim	4:30-4:50pm dryland/meeting 5:00-7:00pm swim	SSDL Individually	4:30-4:50pm dryland 5:00-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm Swim	11am-1pm swim 1-1:30pm pool covers Crafton Hills College pool	
Senior	5:00-7:00pm swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:30pm Swim	5:45-6:45am swim 5:00-7:00pm swim	11am-1pm swim 1-1:30pm pool covers Crafton Hills College pool	
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim	5:45-6:45am swim	11:30am-1pm swim 1-1:30pm pool covers Crafton Hills College pool	
Junior Elite	5:00-7:00pm swim	5:00-5:20pm dryland/meeting 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm Swim	5:00-5:20pm dryland 5:30-7:00pm Swim	11am-1pm swim 1-1:30pm pool covers Crafton Hills College pool	
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:30pm swim 5:10-5:30pm dryland	4:00-5:30pm swim	11:30-1pm swim Crafton Hills College pool	
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	11am-12pm swim Crafton Hills College pool	
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	11am-12pm swim Crafton Hills College pool	

Pre Team	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm		
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm		
Jr. Novice	4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm swim JR Novice 1 4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm JR Novice 2		
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim			
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim		