

**Fontana Aquatics Club****January 12-18, 2026**[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>COMPETITIVE</b>	<b>January 12</b>	<b>January 13</b>	<b>January 14</b>	<b>January 15</b>	<b>January 16</b>	<b>January 17</b>	<b>J 18</b>
Senior Elite (Coach Renata)	5:00-5:30 pm dryland 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:30pm swim	8:30-11:00am swim	
Senior Advanced (Coach Jennifer)	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	6:30-6:50pm dryland 7-8:30pm swim		
Senior (Coach Ethan)	7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-6:50pm dryland 7:00-8:30pm swim	7:00-8:30pm swim		
Junior Elite (Coach Renata)	5:00-5:30pm dryland 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	8:30-10:30am swim	
Junior Advanced (Coach Jennifer)	4:30-5:00pm dryland 5:10-6:30pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim		
Junior Development (Coach Dorian)	4:30-5:30pm swim 5:35-6:00pm dryland	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim		4:30-5:30pm swim 5:40-6:00pm dryland	9-10:30am swim	
Junior Mini (Coach Isabel)	5:00-6:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	6:00-7:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	5:00-6:00pm swim		