

Fontana Aquatics Club

January 19-25, 2026

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	January 19	January 20	January 21	January 22	January 23	January 24	J 25
Senior Elite (Coach Renata)	No practice	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)	No practice	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 7:30-8:30pm swim	C meet in Victorville	
Senior (Coach Ethan)	No practice	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	C meet in Victorville	
Junior Elite (Coach Renata)	No practice	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	SCS Festival 5:00-5:20pm dryland 5:30-7:00pm swim	SCS Festival 8:30-10:30am swim	SCS Festival
Junior Advanced (Coach Jennifer)	No practice	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	C meet in Victorville	
Junior Development (Coach Dorian)	No practice	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	C meet in Victorville	
Junior Mini (Coach Isabel)	No practice	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	C meet in Victorville	