

## Fontana Aquatics Club

January 26-February 1, 2026

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>COMPETITIVE</b>	<b>January 26</b>	<b>January 27</b>	<b>January 28</b>	<b>January 29</b>	<b>January 30</b>	<b>January 31</b>	<b>F 1</b>
Senior Elite (Coach Renata)	<b>5:00-5:30 pm yoga</b> 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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>
Senior Advanced (Coach Jennifer)	<b>6:30-7:00pm yoga</b> 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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>
Senior (Coach Ethan)	<b>6:30-7:00pm yoga</b> 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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>
Junior Elite (Coach Renata)	<b>5:00-5:30pm yoga</b> 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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>
Junior Advanced (Coach Jennifer)	<b>4:30-6:00pm swim</b> <b>6-6:30pm yoga</b>	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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>
Junior Development (Coach Dorian)	<b>4:30-5:30pm swim</b> <b>5:35-6:00pm yoga</b>	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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>
Junior Mini (Coach Isabel)	<b>6-6:30pm yoga</b> <b>optional</b> <b>5:00-6:00pm swim</b>	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	<b>EC Committee Champs</b>	<b>EC Committee Champs</b>