

**Fontana Aquatics Club****November 10 - November 16, 2025**[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>November 10</b>	<b>November 11</b>	<b>November 12</b>	<b>November 13</b>	<b>November 14</b>	<b>November 15</b>	<b>November 16</b>
Senior Elite	<b>5:00-5:30 pm yoga 5:30-7:30pm swim</b>	<b>Veterans Day No swim</b>	<b>5:30-7:00am swim 5:00-5:20pm meeting 5:30-7:30pm swim</b>	<b>5:00-5:50pm dryland 6:00-7:30pm swim</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>
Senior	<b>6:30-6:55pm yoga 7:00-8:30pm swim</b>	<b>Veterans Day No swim</b>	<b>5:30-7:00am swim 6:30-6:50pm dryland 7:00-8:30pm swim</b>	<b>6:30-8:30pm swim</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>
Junior Elite	<b>5:00-5:30pm yoga 5:30-7:00pm swim</b>	<b>Veterans Day No swim</b>	<b>5:30-7:30pm swim</b>	<b>5:30-5:50pm dryland 6:00-7:30pm swim</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>
Junior Advanced	<b>4:30-6:00pm swim 6:05-6:30pm yoga</b>	<b>Veterans Day No swim</b>	<b>4:00-4:20pm dryland 4:30-6:00pm swim</b>	<b>4:30-6:00pm swim</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>
Junior Development	<b>4:30-5:30pm swim 5:35-6:00pm yoga</b>	<b>Veterans Day No swim</b>	<b>4:00-4:20pm dryland 4:30-5:45pm swim</b>		<b>FAC Home Meet</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>
Junior Mini	<b>5:00-6:00pm swim 6:05-6:30pm yoga (optional)</b>	<b>Veterans Day No swim</b>	<b>6:00-7:00pm swim</b>	<b>5:30-5:50pm dryland 6:00-7:00pm swim</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>	<b>FAC Home Meet</b>