

Fontana Aquatics Club

NEW September 1-7, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	September 1	September 2	September 3	September 4	September 5	September 6	S 7
Senior Elite	Labor Day - no swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00am 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	8:30-10:30am swim 10:40-11:00am recording review	
Senior	Labor Day - no swim	6:30-8:30pm swim	5:30-7:00am swim 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		
Junior Elite	Labor Day - no 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	Labor Day - no 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	Labor Day - no swim	4:30-6:00pm swim	4:30-5:45pm swim 5:45-6pm meeting		4:30-5:30pm swim 5:40-6:00pm dryland	9:00-10:30am swim	
Junior Mini	Labor Day - no 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		