

Fontana Aquatics Club

September 29 - October 5, 2025

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

|                    | Monday  | Tuesday                                 | Wednesday   | Thursday                                | Friday                                  | Saturday                 | Sunday |
|--------------------|---|---|---|---|---|--------------------------|--------|
| COMPETITIVE        | September 29  | September 30                            | October 1   | October 2                               | October 3                               | October 4                | O 5    |
| Senior Elite       | <b>5:00-5:30 pm yoga</b><br>5:30-7:30pm swim                  | 5:00-5:50pm dryland<br>6:00-7:30pm swim | 5:30-7:00am swim<br>5:00-5:20pm meeting<br>5:30-7:30pm swim | 5:00-5:50pm dryland<br>6:00-7:30pm swim | 5:00-5:20pm dryland<br>5:30-7:30pm swim | 7:30-9:30am swim         |        |
| Senior             | <b>6:30-6:55pm yoga</b><br>7:00-8:30pm swim                   | 6:30-8:30pm swim                        | 5:30-7:00am swim<br>6:30-6:50pm dryland<br>7:00-8:30pm swim | 6:30-8:30pm swim                        | 6:30-6:50pm dryland<br>7:00-8:30pm swim | <b>C meet in Yucaipa</b> |        |
| Junior Elite       | <b>5:00-5:30pm yoga</b><br>5:30-7:00pm swim                   | 5:30-5:50pm dryland<br>6:00-7:30pm swim |   | 5:30-5:50pm dryland<br>6:00-7:30pm swim | 5:00-5:20pm dryland<br>5:30-7:00pm swim | 7:30-9:30am swim         |        |
| Junior Advanced    | <b>4:30-6:00pm swim</b><br><b>6:05-6:30pm yoga</b>            | 4:30-6:00pm swim                        | 4:00-4:20pm dryland<br>4:30-6:00pm swim                     | 4:30-6:00pm swim                        | 4:00-4:20pm dryland<br>4:30-6:00pm swim | <b>C meet in Yucaipa</b> |        |
| Junior Development | <b>4:30-5:30pm swim</b><br><b>5:35-6:00pm yoga</b>            | 4:30-5:45pm swim                        | 4:00-4:20pm dryland<br>4:30-5:45pm swim                     |   | 4:30-5:30pm swim<br>5:40-6:00pm dryland | <b>C meet in Yucaipa</b> |        |
| Junior Mini        | <b>5:00-6:00pm swim</b><br><b>6:05-6:30pm yoga (optional)</b> | 5:30-5:50pm dryland<br>6:00-7:00pm swim | 6:00-7:00pm swim  | 5:30-5:50pm dryland<br>6:00-7:00pm swim | 5:00-6:00pm swim                        | <b>C meet in Yucaipa</b> |        |