

Fontana Aquatics Club

February 24 - March 2, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 24	February 25	February 26	February 27	February 28	March 1	M 2
Senior Elite	4:30-4:50pm dryland 5:00-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	4-7pm Hearts and Lanes Intrasquad meet	5:00-5:50pm dryland 6:00-7:30pm swim	4:30-4:55pm yoga 5:00-7:00pm swim	AB meet Claremont	AB meet Claremont
Senior Senior Advanced	5:00-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	4-7pm Hearts and Lanes Intrasquad meet	5:00-5:20pm drylnad 5:30-7:00pm swim	4:30-4:55pm yoga 5:00-7:00pm swim	AB meet Claremont	AB meet Claremont
Senior Prep		5:00-5:20pm dryland 5:30-7:00pm swim	4-7pm Hearts and Lanes Intrasquad meet	5:00-7:00pm swim	4:00-5:00pm swim 5:00-5:30pm yoga	8:30-10:30am swim	
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim	4-7pm Hearts and Lanes Intrasquad meet	5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:30pm yoga 5:30-7:00pm swim	AB meet Claremont	AB meet Claremont
Junior + Advanced	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4-7pm Hearts and Lanes Intrasquad meet	4:00-5:30pm swim	4:00-5:30pm swim 5:30-6:00pm yoga	AB meet Claremont	AB meet Claremont
Senior Development	4:00-5:00pm swim 5:00-5:30pm dryland		4-7pm Hearts and Lanes Intrasquad meet	4:00-5:00pm swim	5:00-5:30pm yoga 5:30-6:30pm swim	7:30-8:30am swim	
Junior Development	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:00pm swim	4-7pm Hearts and Lanes Intrasquad meet		4:00-5:00pm swim 5:00-5:30pm yoga	9:30-10:30am swim	
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4-7pm Hearts and Lanes Intrasquad meet	4:30-5:30pm swim		AB meet Claremont	AB meet Claremont
Pre Team	PT 1 6:30-7:15pm	PT 2 5:30-6:15pm	4-7pm Hearts and Lanes Intrasquad meet	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm		

Senior Pre Comp	SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		4-7pm Hearts and Lanes Intrasquad meet		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	4-7pm Hearts and Lanes Intrasquad meet	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm	JrPC 1 5:30-6:00pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm		
Jr. Novice	JR Novice 1 4:00-4:30pm	JR Novice 2 5:30-6:00pm	4-7pm Hearts and Lanes Intrasquad meet	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm		
Sr. Novice		SR Novice 4:00-4:30pm	4-7pm Hearts and Lanes Intrasquad meet	SR Novice 4:00-4:30pm			
PT Novice	PT Novice 4:00-4:45pm		4-7pm Hearts and Lanes Intrasquad meet		PT Novice 4:00-4:45pm		