

Fontana Aquatics Club

March 10 - 16, 2025

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

|                    | Monday                                   | Tuesday                                 | Wednesday                                | Thursday                                | Friday                                     | Saturday                                    | Sunday                 |
|--------------------|--|---|--|---|--|---|------------------------|
|                    | March 10                                 | March 11                                | March 12                                 | March 13                                | March 14                                   | March 15                                    | M 16                   |
| Senior Elite       | 4:30-4:50pm dryland<br>5:00-7:00pm swim  | 5:00-5:50pm dryland<br>6:00-7:30pm swim | 5:30-7:00pm swim                         | 5:00-5:50pm dryland<br>6:00-7:30pm swim | 5:00-7:00pm swim                           | 8:30-10:30am swim                           |                        |
| Senior Advanced    | 5:00-7:00pm swim                         | 5:00-5:20pm dryland<br>5:30-7:00pm swim | 5:00-5:20pm dryland<br>5:30-7:00pm swim  | 5:00-5:20pm dryland<br>5:30-7:00pm swim | 5:00-7:00pm swim                           |   |                        |
| Senior Prep        |  | 5:00-5:20pm dryland<br>5:30-7:00pm swim | 4:00-5:30pm swim                         | 5:00-7:00pm swim                        | 4:00-5:00pm swim<br>5:10-5:30pm dryland    | 8:30-10:30am swim                           |                        |
| Junior Elite       | 5:00-5:20pm dryland<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 | Spring AG Championship<br>5:30-7:00pm swim | Spring AG Championship<br>8:30-10:30am swim | Spring AG Championship |
| Junior + Advanced  | 4:00-5:30pm swim<br>5:40-6:00pm dryland  | 4:00-5:30pm swim                        | 4:00-5:30pm swim<br>5:40-6:00pm dryland  | 4:00-5:30pm swim                        | Spring AG Championship<br>4:00-5:30pm swim | Spring AG Championship                      | Spring AG Championship |
| Senior Development | 4:00-5:00pm swim<br>5:00-5:30pm dryland  |   | 5:30-7:00pm swim                         | 4:00-5:00pm swim                        | 5:30-6:30pm swim<br>6:30-7:00pm dryland    | 7:30-8:30am swim                            |                        |
| Junior Development | 4:00-5:00pm swim<br>5:00-5:30pm dryland  | 4:00-5:00pm swim                        | 4:00-5:30pm swim                         |   | 4:00-5:00pm swim<br>5:00-5:30pm dryland    | 9:30-10:30am swim                           |                        |
| Junior Mini        | 4:30-5:30pm swim                         | 4:30-5:30pm swim                        | 4:30-5:30pm swim                         | 4:30-5:30pm swim                        |  |   |                        |
| Pre Team           | PT 1 6:30-7:15pm                         | PT 2 5:30-6:15pm                        | PT 1 6:30-7:15pm<br>PT 2 5:30-6:15pm     | PT 2 5:30-6:15pm                        | PT 1 6:30-7:15pm                           |   |                        |
| Senior Pre Comp    | SrPC 1 6:00-6:30pm<br>SrPC 2 7:30-8:00pm |   | SrPC 1 6:00-6:30pm<br>SrPC 2 7:30-8:00pm |   | SrPC 1 6:00-6:30pm<br>SrPC 2 7:30-8:00pm   |   |                        |
| Junior Pre Comp    | JrPC 1 5:30-6:00pm                       |   | JrPC 2 5:00-5:30pm                       |   | JrPC 1 5:30-6:00pm                         |   |                        |

|            |                            |  |   |  |  |  |  |
|------------|----------------------------|--|---|--|--|--|--|
|            | JrPC 3 7:0-7:30pm          | JrPC 2 5:00-5:30pm<br>JrPC 4 6:30-7:00pm | JrPC 1 5:30-6:00pm<br>JrPC 3 7:0-7:30pm                 | JrPC 2 5:00-5:30pm<br>JrPC 4 6:30-7:00pm | JrPC 4 6:30-7:00pm<br>JrPC 3 7:00-7:30pm |  |  |
| Jr. Novice | JR Novice 1<br>4:00-4:30pm | JR Novice 2<br>5:30-6:00pm               | JR Novice1<br>4:00-4:30pm<br>JR Novice 2<br>5:30-6:00pm | JR Novice 2<br>5:30-6:00pm               | JR Novice1<br>4:00-4:30pm                |  |  |
| Sr. Novice |                            | SR Novice<br>4:00-4:30pm                 | SR Novice<br>4:45-5:15pm                                | SR Novice<br>4:00-4:30pm                 |  |  |  |
| PT Novice  | PT Novice<br>4:00-4:45pm   |  | PT Novice<br>4:00-4:45pm swim                           |  | PT Novice<br>4:00-4:45pm                 |  |  |