

Fontana Aquatics Club

March 17 - 23, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 17	March 18	March 19	March 20	March 21	March 22	M 23
Senior Elite	4:30-4:50pm dryland 5:00-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	4:30-4:55pm yoga 5:00-7:00pm swim	8:30-10:30am, swim	
Senior Senior Advanced	5:00-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm drylnad 5:30-7:00pm swim	4:30-4:55pm yoga 5:00-7:00pm swim	B/BB/C meet in Corona	B/BB/C meet in Corona
Senior Prep		5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	5:00-7:00pm swim	4:00-5:00pm swim 5:00-5:30pm yoga	B/BB/C meet in Corona	B/BB/C meet in Corona
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:30pm yoga 5:30-7:00pm swim	B/BB/C meet in Corona 8:30-10:30am, swim	B/BB/C meet in Corona
Junior + Advanced	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	4:00-5:30pm swim	4:00-5:30pm swim 5:30-6:00pm yoga	B/BB/C meet in Corona	B/BB/C meet in Corona
Senior Development	4:00-5:00pm swim 5:00-5:30pm dryland		5:30-7:00pm swim	4:00-5:00pm swim	5:00-5:30pm yoga 5:30-6:30pm swim	B/BB/C meet in Corona	B/BB/C meet in Corona
Junior Development	4:00-5:00pm swim 5:00-5:30pm dryland	4:00-5:00pm swim	4:00-5:30pm swim		4:00-5:00pm swim 5:00-5:30pm yoga	B/BB/C meet in Corona	B/BB/C meet in Corona
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		B/BB/C meet in Corona	B/BB/C meet in Corona
Pre Team	PT 1 6:30-7:15pm	PT 2 5:30-6:15pm	CANDY MEET 5-7pm	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		CANDY MEET 5-7pm		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	CANDY MEET 5-7pm	JrPC 2 5:00-5:30pm JrPC 4 6:30-7:00pm	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	CANDY MEET 5-7pm	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm	B/BB/C meet in Corona	B/BB/C meet in Corona
Sr. Novice		SR Novice 4:00-4:30pm	CANDY MEET 5-7pm	SR Novice 4:00-4:30pm		B/BB/C meet in Corona	B/BB/C meet in Corona
PT Novice	PT Novice 4:00-4:45pm		CANDY MEET 5-7pm		PT Novice 4:00-4:45pm	B/BB/C meet in Corona	B/BB/C meet in Corona