

Fontana Aquatics Club

March 3 - 9, 2025

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	March 3	March 4	March 5	March 6	March 7	March 8	March 9
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	11am-1:20pm LCM at Crafton Hills College	
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 dryland 5:30-7:00pm swim	4:30-4:55pm yoga 5:00-7:00pm swim	11am-1:20pm LCM at Crafton Hills College	
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	11am-1:20pm LCM at Crafton Hills College	
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	11am-1:20pm LCM at Crafton Hills College	
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	11am-1:20pm LCM at Crafton Hills College	
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	12-1pm LCM at Crafton Hills College	
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	11am-12pm LCM at Crafton Hills College	
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		11am-12pm LCM at Crafton Hills College	
Pre Team	PT 1 6:30-7:15pm	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm 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 SrPC 2 7:30-8:00pm		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		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	JrPC 2 5:00-5:30pm JrPC 1 5:30-6:00pm JrPC 3 7:0-7:30pm	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	JR Novice1 4:00-4:30pm JR Novice 2 5:30-6:00pm	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm		
Sr. Novice		SR Novice 4:00-4:30pm	SR Novice 4:45-5:15pm	SR Novice 4:00-4:30pm			
PT Novice	PT Novice 4:00-4:45pm		PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm		