

Fontana Aquatics Club

April 28 - May 4, 2025

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	April 28	April 29	April 30	May 1	May 2	May 3	M 4
Senior Elite	4:30-4:50pm dryland 5:00-7:00pm swim	HS League Prelims 6:00-7:30pm	5:30-7:00pm swim	HS League Finals 6:00-7:30pm	4:30-5:00pm dryland 5:00-7:00pm swim	8:30-10:30am swim	
Senior Advanced	5:00-7:00pm swim (combined w/SE)	HS League Prelims 5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	HS League Finals 5:00-5:20pm dryland 5:30-7:00pm swim	5:00-7:00pm swim		
Senior Prep		HS League Prelims 5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	HS League Finals 5:00-7:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	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		5:30-5:50pm dryland 6:00-7:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	8:30-10:30am swim	
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 5:40-6pm dryland		
Senior Development	4:00-5:00pm swim 5:00-5:30pm dryland		5:30-7:00pm swim	4:00-5:00pm swim	5:30-6:30pm swim 6:30-7:00pm dryland	7:30-8:30am swim	
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 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 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 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	JR Novice1 4:00-4:30pm	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm		

			JR Novice 2 5:30-6:00pm				
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		