

Fontana Aquatics Club

February 10 - 16, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	February 10	February 11	February 12	February 13	February 14	February 15	F 16
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	BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
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	BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
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	8:30-10:30am swim BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
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	BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
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	BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
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	BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		BB/B/C meet in Palm Springs	BB/B/C meet in Palm Springs
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		BB/B/C meet in Palm Springs
Sr. Novice		SR Novice 4:00-4:30pm	SR Novice 4:45-5:15pm	SR Novice 4:00-4:30pm			BB/B/C meet in Palm Springs
PT Novice	PT Novice 4:00-4:45pm		PT Novice 4:00-4:45pm swim		PT Novice 4:00-4:45pm		BB/B/C meet in Palm Springs