

Fontana Aquatics Club

May 26 - June 1, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 26	May 27	May 28	May 29	May 30	May 31	J 1
Senior Elite	No swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00pm swim	6-8am swim 8:10-8:30am dryland	4:30-5:00pm yoga 5:00-7:00pm swim	8:30-10:30am swim	
Senior Advanced	No swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6-8am swim	4:30-5:00pm yoga 5:00-7:00pm swim		
Senior Prep	No swim	5:00-5:20pm dryland 5:30-7:00pm swim	4:00-5:30pm swim	6-8am swim	4:00-5:00pm swim 5:00-5:30pm yoga	8:30-10:30am swim	
Junior Elite	No swim	5:30-5:50pm dryland 6:00-7:30pm swim		6-8am swim	5:00-5:30pm yoga 5:30-7:00pm swim	8:30-10:30am swim	
Junior + Advanced	No swim	4:00-5:30pm swim	4:00-5:30pm swim 5:40-6:00pm dryland	6:30-8:00am swim	4:00-5:30pm swim 5:30-6pm yoga		
Senior Development	No swim		5:30-7:00pm swim	No swim	5:00-5:30pm yoga 5:30-6:30pm swim	7:30-8:30am swim	
Junior Development	No swim	4:00-5:00pm swim	4:00-5:30pm swim	No swim	4:00-5:00pm swim 5:00-5:30pm yoga	9:30-10:30am swim	
Junior Mini	No swim	4:30-5:30pm swim	4:30-5:30pm swim	No swim			
Pre Team	No swim	PT 2 5:30-6:15pm	PT 1 6:30-7:15pm PT 2 5:30-6:15pm	No swim	PT 1 6:30-7:15pm		
Senior Pre Comp	No swim		SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm	No swim	SrPC 1 6:00-6:30pm SrPC 2 7:30-8:00pm		
Junior Pre Comp	No swim	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	No swim	JrPC 1 5:30-6:00pm JrPC 4 6:30-7:00pm JrPC 3 7:00-7:30pm		
Jr. Novice	No swim	JR Novice 2 5:30-6:00pm	JR Novice1 4:00-4:30pm JR Novice 2	No swim	JR Novice1 4:00-4:30pm		

			5:30-6:00pm					
Sr. Novice	No swim	SR Novice 4:00-4:30pm	SR Novice 4:45-5:15pm	No swim				
PT Novice	No swim		PT Novice 4:00-4:45pm swim	No swim	PT Novice 4:00-4:45pm			