

Fontana Aquatics Club

May 5 - May 11, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	May 5	May 6	May 7	May 8	May 9	May 10	May 11
Senior Elite	4:30-4:50pm dryland 5:00-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	CIF 5:30-7:00pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	CIF 4:30-5:00pm dryland 5:00-7:00pm swim	9-11:00am swim at Crafton Hills College 11-11:20am pool reset	
Senior Senior Advanced	5:00-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	CIF 5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	CIF 5:00-7:00pm swim	9-11:00am swim at Crafton Hills College 11-11:20am pool reset	
Senior Prep		5:00-5:20pm dryland 5:30-7:00pm swim	CIF 4:00-5:30pm swim	5:00-7:00pm swim	CIF 4:00-5:00pm swim 5:10-5:30pm dryland	9-11:00am swim at Crafton Hills College 11-11:20am pool reset	
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	9-11:00am swim at Crafton Hills College 11-11:20am pool reset	
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	9-11:20am swim at Crafton Hills College 11-11:20am pool reset	
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	10-11am swim at Crafton Hills College, LCM	
Junior Development	4:00-5:00pm swim	4:00-5:00pm swim	4:00-5:30pm swim		4:00-5:00pm swim	9-10am swim at	

	5:00-5:30pm dryland				5:00-5:30pm dryland	Crafton Hills College, LCM	
Junior Mini	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim	4:30-5:30pm swim		9-10am swim at Crafton Hills College, LCM	
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 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	