

Fontana Aquatics Club**July 21-July 27, 2025**www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 21	July 22	July 23	July 24	July 25	July 26	J 27
Senior Elite	8:00-10:00am swim	7:30-9:00am swim 9:10-10:00am dryland	8:00-10:00am SAG Practice	7:30-9:00am swim 9:10-9:30am stretch	SAG	SAG	SAG
Senior Senior Advanced	6:30-8:30am swim	6:30-8:00am swim 8:10-8:40am dryland	6:30-8:30am swim 8:00-10:00am SAG Practice	6:30-8:00am swim 8:10-8:40am dryland	SAG	SAG	SAG
Senior Prep	6:30-8:00am swim	10:00-11:30am swim	6:30-8:00am swim	10:00-11:30am swim	9:30-11:30am swim		
Junior Elite	8:30-10:00am swim	8:00-9:30am swim 9:40-10:00am dryland	8:00-10:00am SAG Practice	SAG 8:00-9:30am swim 9:40-10:00am dryland/stretch	SAG	SAG	SAG
Junior + Advanced	8:30-10:00am swim	8:00-9:30am swim	8:00-10:00am SAG Practice	SAG 8:00-9:30am swim	SAG	SAG	SAG
Senior Development	10:00-11:30am swim	9:00-9:20am dryland 9:30-10:30am swim	10:00-11:30am swim	9:00-9:20am dryland 9:30-10:30am swim	10:30-11:30am swim		
Junior Development	10:00-11:30am swim	8:30-8:50am dryland 9:00-10:00am swim	10:00-11:30am swim	8:30-8:50am dryland 9:00-10:00am swim	9:30-10:30am swim		
Junior Mini	5:00-6:00pm swim	5:00-6:00pm swim	5:00-6:00pm swim 6:10-6:30pm dryland	5:00-6:00pm swim	5:00-6:00pm swim		
Pre Team	PT 1 5:30-6:15pm PT 3 6:15-7:00pm	PT 2 6:00-6:45pm	PT 1 5:30-6:15pm PT 2 5:30-6:15pm PT 3 6:15-7:00pm	PT 2 6:00-6:45pm	PT 1 5:30-6:15pm PT 3 6:15-7:00pm		
Senior Pre Comp	SrPC 2 6:30-7:00pm		SrPC 2 6:30-7:00pm		SrPC 2 6:30-7:00pm		
Junior Pre Comp	JrPC 1 4:30-5:00pm JrPC 3 5:15-5:45pm	JrPC 2 5:30-6:00pm	JrPC 2 5:00-5:30pm JrPC 1 4:30-5:00pm	JrPC 2 5:30-6:00pm	JrPC 1 4:30-5:00pm JrPC 3 5:15-5:45pm		

			JrPC 3 5:15-5:45pm				
Jr. Novice	JR Novice 1 4:30-5:00pm		JR Novice1 4:30-5:00pm		JR Novice1 4:30-5:00pm		
Sr. Novice							
PT Novice	PT Novice 4:30-5:15pm		PT Novice 4:30-5:15pm		PT Novice 4:30-5:15pm		