

Fontana Aquatics Club

June 30-July 6, 2025

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 30	July 1	July 2	July 3	July 4	July 5	J 6
Senior Elite	7:30am dryland/meeting 8:00-10:00am swim	7:30-9:00am swim 9:10-10:00am dryland 5-6:30pm swim	8:00-10:00am swim	7:30-9:00am swim 9:10-10:00am dryland 5-6:30pm swim	Happy Independence Day!		
Senior Senior Advanced	6:30-8:30am swim	6:30-8:00am swim	6:30-8:30am swim	6:30-8:00am swim	Happy Independence Day!		
Senior Prep	6:30-8:00am swim	10:00-11:30am swim	6:30-8:00am swim	10:00-11:30am swim	Happy Independence Day!		
Junior Elite	8:00-8:20am dryland/meeting 8:30-10:00am swim	8:00-9:30am swim 9:40-10:00am dryland	8:00-10:00am swim	8:00-9:30am swim 9:40-10:00am dryland	Happy Independence Day!		
Junior + Advanced	8:30-10:00am swim	8:00-9:30am swim	8:00-8:20am dryland 8:30-10:00am swim	8:00-9:30am swim	Happy Independence Day!		
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	Happy Independence Day!		
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	Happy Independence Day!		
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	Happy Independence Day!		
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	Happy Independence Day!		
Senior Pre Comp	SrPC 2 6:30-7:00pm		SrPC 2 6:30-7:00pm		Happy Independence Day!		
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	Happy Independence Day!		

			JrPC 3 5:15-5:45pm				
Jr. Novice	JR Novice 1 4:30-5:00pm		JR Novice1 4:30-5:00pm		<b>Happy Independence Day!</b>		
Sr. Novice		SR Novice 4:30-5:00pm	SR Novice 6:00-6:30pm	SR Novice 4:30-5:00pm	<b>Happy Independence Day!</b>		
PT Novice	PT Novice 4:30-5:15pm		PT Novice 4:30-5:15pm		<b>Happy Independence Day!</b>		