

## Fontana Aquatics Club

July 14-July 20, 2025

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 14	July 15	July 16	July 17	July 18	July 19	J 20
Senior Elite	8:00-10:00am swim	7:30-9:00am swim 9:10-10:00am dryland	8:00-10:00am swim	Sectionals 7:30-9:00am swim 9:10-10:00am dryland	Sectionals 7:30-9:30am swim	Sectionals	Sectionals
Senior Senior Advanced	No swim Beach Day	6:30-8:00am swim 8:10-8:40am dryland	6:30-8:30am swim	6:30-8:00am swim 8:10-8:40am dryland	7:30-9:30am swim	SCY BBC Meet Hemet	SCY BBC Meet Hemet
Senior Prep	No swim Beach Day	10:00-11:30am swim	6:30-8:00am swim	10:00-11:30am swim	9:30-11:30am swim	SCY BBC Meet Hemet	SCY BBC Meet Hemet
Junior Elite	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	7:30-9:30am swim	ELite SAG	ELite SAG
Junior + Advanced	8:00-8:20am dryland 8:30-10:00am swim	8:00-9:30am swim	8:00-8:20am dryland 8:30-10:00am swim	ELite SAG 8:00-9:30am swim	9:30-11:00am swim	ELite SAG	ELite 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	SCY BBC Meet Hemet	SCY BBC Meet Hemet
Junior Development	No swim Beach Day	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	SCY BBC Meet Hemet	SCY BBC Meet Hemet
Junior Mini	5:00-6:00pm swim	5:00-6:00pm swim	4:30-5:30pm swim 5:30-6:00pm dryland	5:00-6:00pm swim	5:00-6:00pm swim	SCY BBC Meet Hemet	SCY BBC Meet Hemet
Pre Team	PT 1 5:30-6:15pm PT 3 6:15-7:00pm	PT 2 6:00-6:45pm	5-6pm swim 6-7pm ice cream social	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		5-6pm swim 6-7pm ice cream social		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	<b>5-6pm swim 6-7pm ice cream social</b>	JrPC 2 5:30-6:00pm	JrPC 1 4:30-5:00pm JrPC 3 5:15-5:45pm		
Jr. Novice	JR Novice 1 4:30-5:00pm		<b>5-6pm swim 6-7pm ice cream social</b>		JR Novice1 4:30-5:00pm	<b>SCY BBC Meet Hemet</b>	<b>SCY BBC Meet Hemet</b>
Sr. Novice			<b>5-6pm swim 6-7pm ice cream social</b>				
PT Novice	PT Novice 4:30-5:15pm		<b>5-6pm swim 6-7pm ice cream social</b>		PT Novice 4:30-5:15pm	<b>SCY BBC Meet Hemet</b>	<b>SCY BBC Meet Hemet</b>