

Fontana Aquatics Club

June 2-9, 2025

www.fontanaaquatics.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 2	June 3	June 4	June 5	June 6	June 7	J 8
Senior Elite	7:30am dryland/meeting 8:00-10:00am swim	6:30-8:00am swim 8:10-9:00am dryland 5-6:30pm swim		6:30-8:00am swim 8:10-9:00am dryland 5-6:30pm swim	7:30-9:30am swim 9:40-10:20am yoga	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
Senior Senior Advanced	6:30-8:30am swim 8:45-9:15am dryland	6:30-8:30am swim	6:30-8:30am swim 8:45-9:15am dryland	6:30-8:00am swim	7:30-9:30am swim 9:40-10:20am yoga	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
Senior Prep	6:30-8:00am swim	10:00-11:30am swim	6:30-8:00am swim	10:00-11:30am swim	9:00-9:30am yoga 9:30-11:30am swim	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
Junior Elite	8:00-8:20am dryland/meeting 8:30-10:00am swim	8:00-9:30am swim 9:40-10:00am dryland		8:00-9:30am swim 9:40-10:00am dryland	7:30-9:30am swim 9:40-10:20am yoga	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
Junior + Advanced	8:00-8:20am dryland 8:30-10:00am swim		8:00-8:20am dryland 8:30-10:00am swim	8:00-9:30am swim	9:00-9:30am yoga 9:30-11:00am swim	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
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	9:40-10:20am yoga 10:30-11:30am swim	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
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	9:00-9:30am yoga 9:30-10:30am swim	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
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	A/BB/B LCM Meet Yucaipa	A/BB/B LCM Meet Yucaipa
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 3 5:15-5:45pm	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		JR Novice1 4:30-5:00pm		JR Novice1 4:30-5:00pm		
Sr. Novice		SR Novice 4:30-5:00pm	SR Novice 6:00-6:30pm	SR Novice 4:30-5:00pm			
PT Novice	PT Novice 4:30-5:15pm		PT Novice 4:30-5:15pm		PT Novice 4:30-5:15pm		