

**Red River Aquatic Club**  
**YNWLA Christmas Practice Schedule**

<b>Practice Group</b>	<b>Monday Dec 23</b>	<b>Tuesday Dec 24</b>	<b>Wednesday Dec 25</b>	<b>Thursday Dec 26</b>	<b>Friday Dec 27</b>	<b>Saturday Dec 28</b>	<b>Sunday Dec 29</b>
<b>Age Group Level I</b>	5:00-5:45pm	Off	Off	5:00-6:00pm	5:00-6:00pm	Off	Off
<b>Coaches:</b>	Tyler , Trae			Tyler , Trae, Mandy, Billy	Tyler , Mandy		
<b>Age Group Level II</b>	Swim 5:45-6:45pm	Off	Off	Swim 5:00-6:00pm NO Dryland	Swim 5:00-6:00pm	Off	Off
<b>Coaches:</b>	Tyler , Trae			Tyler , Trae, Mandy, Billy	Tyler , Mandy		
<b>Age Group Level III</b>	5:45-7:00pm	Off	Off	Dryland 5:15-5:45pm Swim 5:45-7:00pm	5:45-7:00pm	Dryland 8:30-9:00am Swim 9:00-10:30am	Off
<b>Coaches:</b>	Maribeth , Kaden, John			Maribeth , Kaden, Hallie	Maribeth , Hallie	Maribeth , Hallie	
<b>Senior Level IV</b>	Swim 3:45-5:45pm Dryland 5:55-6:30pm	OPTIONAL Swim 7:30-9:30am	Off	Swim 3:45-5:45pm Dryland 5:55-6:30pm	3:45-5:45pm	Swim 7:15-9:00am Dryland 9:10-9:30am On Deck	3:00-5:00pm
<b>Coaches:</b>	John , Chelsea, Maribeth	John , Chelsea		John , Chelsea, Maribeth	John ,	John , Tyler	John , Tyler
<b>Senior Level V</b>	Swim 7:30-9:30am & 3:45-5:45pm Dryland 5:55-6:30pm	Swim 7:30-9:30am	Off	Swim 3:45-5:45pm Dryland 5:55-6:30pm	7:30-9:30am & 3:45-5:45pm	Swim 7:15-9:00am Dryland 9:10-10:00am CrossFit Room	3:00-5:00pm
<b>Coaches:</b>	John , Chelsea, Maribeth	John , Chelsea		John , Chelsea, Maribeth	John ,	John , Tyler	John , Tyler

**Red River Aquatic Club**  
**YNWLA Christmas Practice Schedule**

<b>Practice Group</b>	<b>Monday Dec 30</b>	<b>Tuesday Dec 31</b>	<b>Wednesday Jan 1</b>	<b>Thursday Jan 2</b>	<b>Friday Jan 3</b>	<b>Saturday Jan 4</b>	<b>Sunday Jan 7</b>
<b>Age Group Level I</b>	5:00-5:45pm	Off	Off	5:00-6:00pm	5:00-6:00pm	Off	Off
<b>Coaches:</b>	Tyler , Mandy, Billy			Tyler ,	Tyler ,		
<b>Age Group Level II</b>	Swim 5:45-6:45pm	Off	Off	Swim 5:00-6:00pm NO Dryland	Swim 5:00-6:00pm	Off	Off
<b>Coaches:</b>	Tyler , Mandy, Billy			Tyler ,	Tyler ,		
<b>Age Group Level III</b>	5:45-7:00pm	Off	Off	Dryland 5:15-5:45pm Swim 5:45-7:00pm	5:45-7:00pm	Dryland 8:30-9:00am Swim 9:00-10:30am	Off
<b>Coaches:</b>	Maribeth , Kaden, John, Hallie			Maribeth , Kaden, John	Maribeth , Kaden	Maribeth , Kaden	
<b>Senior Level IV</b>	Swim 3:45-5:45pm Dryland 5:55-6:30pm	OPTIONAL Swim 7:30-9:30am	Off	Swim 3:45-5:45pm Dryland 5:55-6:30pm	3:45-5:45pm	Swim 7:15-9:00am Dryland 9:10-9:30am On Deck	3:00-5:00pm
<b>Coaches:</b>	John , Maribeth, Chelsea	John , Chelsea		John , Maribeth, Chelsea	John ,	John , Tyler	John , Tyler
<b>Senior Level V</b>	Swim 7:30-9:30am & 3:45-5:45pm Dryland 5:55-6:30pm	Swim 7:30-9:30am	Off	Swim 3:45-5:45pm Dryland 5:55-6:30pm	7:30-9:30am & 3:45-5:45pm	Swim 7:15-9:00am Dryland 9:10-10:00am CrossFit Room	3:00-5:00pm
<b>Coaches:</b>	John , Maribeth, Chelsea	John , Chelsea		John , Maribeth, Chelsea	John ,	John , Tyler	John , Tyler