

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

Practice Group	Mon 11/25	Tues 11/26	Wed 11/27	Thur 11/28	Fri 11/29	Sat 11/30	Sun 12/1
<b>Age Group Level I</b>	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	Off	Off	Off	Off
<b>Coaches:</b>	Tyler ,	Tyler ,	Tyler ,				
<b>Age Group Level II</b>	Swim 5:45-6:35pm Dryland (optional) 6:40-7:00pm	Swim 5:45-6:45pm	Swim 5:45-6:45pm	Off	Off	Off	Off
<b>Coaches:</b>	Tyler	Tyler	Tyler				
<b>Age Group Level III</b>	Dryland 5:15-5:45pm Swim 5:45-7:00pm	5:45-7:00pm	5:45-7:00pm	Off	Off	Off	Off
<b>Coaches:</b>	Maribeth	Maribeth	Maribeth				
<b>Senior Level IV</b>	Swim 4:15-5:45pm Dryland 5:55-6:30pm	4:15-5:45pm	*4:00-5:30pm	Off	Off	Off	*3:00- 5:00pm
<b>Coaches:</b>	John	John	John				
<b>Senior* Level V</b>	Swim 4:15-5:45pm Dryland 5:55-6:30pm	4:15-6:00pm	*8:30- 10:30am & *4:00-5:30pm	Off	Off	Off	
<b>Coaches:</b>	John	John	John				John

\* denotes a change from normally scheduled time