

## Texas Ford Aquatics Practice Schedule

December 22nd - 27<sup>th</sup>

| Group               | Pool                                                                                        | Dryland                                                                    | Staff                                                |
|---------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------|
| Skills 1,2,3        | MTF 2:15 – 3:00 pm                                                                          | NA                                                                         | Sammie/Joelle                                        |
| Skills 4,5          | MTF 3:15 – 4:00 pm                                                                          | NA                                                                         | Sammie/Joelle                                        |
| Skills 6,7,8,9      | MTF 4:15 – 5:00 pm                                                                          | NA                                                                         | Sammie/Joelle                                        |
| Bronze A/B/C        | MTF 4:15 – 5:15 pm                                                                          | NA                                                                         | MTF Spencer / Kennedy/<br>Trent (T Michelle)         |
| Silver              | MTF 5:15 – 6:15 pm                                                                          | NA                                                                         | MT – Spencer/Michelle<br>F - Joelle                  |
| Gold                | MTF 2:00 – 3:15 pm<br>S 10:30-11:45                                                         | MTF 3:15-3:45                                                              | MT– Spencer<br>FS - Joelle                           |
| Red A & B           | MF 6:15 – 7:15 pm<br>T 6:00-7:00                                                            | NA                                                                         | Joelle                                               |
| White               | MF 5:15– 6:15 pm<br>T 5:00-6:00                                                             | NA                                                                         | Kennedy                                              |
| Blue                | MF 5:15 – 6:30 pm<br>T 6:00 - 7:15                                                          | MT 4:45-5:15                                                               | MT - Michelle<br>F - Sammie w/ Platinum              |
| Platinum            | MTF 5:15 – 6:45 pm<br>S 10:30-12:00                                                         | MT 4:45 – 5:15 pm<br>S 9:45 -10:30                                         | MTS - Sammie                                         |
| Bronco              | MTF 2:30 – 4:00 pm<br>W 7:00-8:30am<br>S 6:45-8:30am                                        | MF 1:30 – 2:15pm @ TFA<br>T 1:30 – 2:15 pm @ YMCA                          | MTW - Michelle<br>F - Sammie<br>S - Trent w/ Mustang |
| Mustang             | MF 2:30- 4:15pm<br>T 9:00-11:00 am<br>T 3:45 – 5:15 pm<br>W 7:00-8:45am<br>S 6:45 – 8:30 am | MF 1:30 – 2:15 PM @ YMCA<br>T – 8:00 – 8:45 am @ TFA<br>S – 8:45 – 9:30 am | Trent                                                |
| Maverick            | MTF 1:45 – 3:45 pm<br>W 10:30am -12:30pm<br>S 10:30-12:00                                   | MF 12:45-1:30 @ YMCA<br>T 1:00-1:45 @ TFA                                  | Kennedy                                              |
| Senior              | MTF 6:15 pm – 7:15 pm                                                                       | NA                                                                         | Spencer                                              |
| Pinnacle (Stickels) | MTWF 7:00 – 9:00 am<br>F 4:15 – 5:30 pm<br>S 8:30-10:30am                                   | T 2:15-3:00 pm @ YMCA<br>S 7:00 – 8:00 am @ YMCA                           | Coley                                                |
| Pinnacle (McGough)  | MTW 7:00-9:00am<br>MF 3:15– 5:15 pm<br>T 2:45 – 4:45 pm<br>S 8:30 – 10:30 am                | 2:15 – 3:00 MF @ YMCA<br>2:00 - 2:45 T @ TFA<br>7:30 – 8:15 S @ TFA        | John                                                 |

\*Our normal schedule will resume Tuesday, January 6, 2026\*

## Texas Ford Aquatics Practice Schedule

December 29th - January 5th

| Group               | Pool                                                                                                         | Dryland                                                                    | Staff                                                  |
|---------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------|
| Skills 1,2,3        | MTF 2:15 – 3:00 pm                                                                                           | NA                                                                         | Joelle                                                 |
| Skills 4,5          | MTF 3:15 – 4:00 pm                                                                                           | NA                                                                         | Joelle                                                 |
| Skills 6,7,8,9      | MTF 4:15 – 5:00 pm                                                                                           | NA                                                                         | Joelle/Vlad                                            |
| Bronze A/B/C        | MTF 4:15 – 5:15 pm                                                                                           | NA                                                                         | MTF Spencer / Kennedy<br>T Michelle                    |
| Silver              | MTF 5:15 – 6:15 pm<br>W 10:30-11:30 am                                                                       | NA                                                                         | MTF – Spencer/Michelle<br>W - Spencer                  |
| Gold                | MTF 2:00 – 3:15 pm<br>W 10:30-11:45<br>S 10:30-11:45                                                         | MTF 3:15-3:45                                                              | Spencer                                                |
| Red A & B           | MF 6:15 – 7:15 pm<br>T 6:00-7:00                                                                             | NA                                                                         | Joelle                                                 |
| White               | MF 5:15– 6:15 pm<br>T 5:00-6:00                                                                              | NA                                                                         | Kennedy                                                |
| Blue                | MF 5:15 – 6:30 pm<br>T 6:00 - 7:15                                                                           | MT 4:45-5:15                                                               | Michelle                                               |
| Platinum            | MTF 5:15 – 6:45 pm<br>W 10:00-11:30am<br>S 10:30-12:00                                                       | MT 4:45 – 5:15 pm                                                          | MT - Morgan<br>W – Joelle / F - Michelle<br>S - Joelle |
| Bronco              | MTF 2:30 – 4:00 pm<br>W 8:00-9:30am<br>S 7:00-8:30am                                                         | MF 1:30 – 2:15pm @ TFA<br>T 1:30 – 2:15 pm @ YMCA                          | Michelle                                               |
| Mustang             | MF 2:30- 4:15pm<br>T 9:00-11:00 am<br>T 3:45 – 5:15 pm<br>W 8:00-10:00am<br>S 6:45 – 8:30 am                 | MF 1:30 – 2:15 PM @ YMCA<br>T – 8:00 – 8:45 am @ TFA<br>S – 8:45 – 9:30 am | Trent                                                  |
| Maverick            | MTF 1:45 – 3:45 pm<br>W 10:00am -12:00pm<br>S 10:30-12:00                                                    | MF 12:45-1:30 @ YMCA<br>T 1:00-1:45 @ TFA                                  | Kennedy                                                |
| Senior              | MTF 6:15 pm – 7:15 pm                                                                                        | NA                                                                         | Spencer                                                |
| Pinnacle (Stickels) | MTF 7:00 – 9:00 am<br>W 8:00-10:00 am<br>R 10:00-12:00 pm<br>F 4:15 – 5:30 pm<br>S 8:30-10:30am              | T 2:15-3:00 @ YMCA<br>S 7:00 – 8:00 @ YMCA                                 | Coley                                                  |
| Pinnacle (McGough)  | MTF 7:00-9:00am<br>W 8:00-10:00am<br>R 10:00-12:00<br>MF 3:15– 5:15 pm<br>T 2:45 – 4:45 pm<br>S 8:30 – 10:30 | MF 2:15 – 3:00 @ YMCA<br>T 2:00 - 2:45 @ TFA<br>S 7:30 – 8:15 @ TFA        | John                                                   |

\*Our normal schedule will resume Tuesday, January 6, 2026\*