

Gordon College

September 6th, 2023 – November 24th, 2023

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland	6:-6:15pm		6:-6:15pm			
Swim	6:15-7:30pm	6–7:30 pm	6:15-7:30pm	6–7:30 pm	Practice at SJP	Practice at SJP

Green –Minimum 5 and Maximim-8 times per week with dryland 3 times per week

Blue – Minimum 3 and Maximum 4 times per week with dryland 3 times per week

White Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland	6:-6:15pm		6:-6:15pm			
Swim	6:15-7pm	6 - 7pm	6:15-7pm	6 - 7pm	Practice at SJP	Practice at SJP

White group - Minimum 2 and Maximum 4 times per week with dryland 2-3 times per week.

Preteam Group

	Monday	Tuesday	Wendesday	Thursday	Friday	Saturday
Swim	6 - 6:45pm Or 6:45-7:30pm	6 - 6:45pm Or 6:45-7:30pm	6 - 6:45pm Or 6:45-7:30pm	6 - 6:45pm Or 6:45-7:30pm	Practice at SJP	

Preteam Group swims 2 times per week for 30 minutes.

Gordon College
November 27th, 2023 – March 16th, 2024
Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland	6:-6:15pm		6:-6:15pm			
Swim	6:15-7:30pm	6:30–7:30 pm	6:15-7:30pm	6:30–7:30 pm	Practice at SJP	Practice at SJP

Green –Minimum 5 and Maximim-8 times per week with dryland 3 times per week

Blue – Minimum 3 and Maximum 4 times per week with dryland 3 times per week

White Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland	6:-6:15pm		6:-6:15pm			
Swim	6:15-7pm	6:30–7:30 pm	6:15-7pm	6:30–7:30 pm	Practice at SJP	Practice at SJP

White group - Minimum 2 and Maximum 4 times per week with dryland 2-3 times per week.

Preteam Group

	Monday	Tuesday	Wendesday	Thursday	Friday	Saturday
Swim	6 - 6:45pm Or 6:45-7:30pm	6:30 - 7pm Or 7-7:30pm	6 - 6:45pm Or 6:45-7:30pm	6:30 - 7pm Or 7-7:30pm	Practice at SJP	

Preteam Group swims 2 times per week for 30 minutes.