

**Gordon College**  
 March 18<sup>th</sup> 2024 – June 25<sup>th</sup> 2024

**Green and Blue Group**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland	6:-6:15pm		6:-6:15pm			
Swim	6:15-7:30pm	6:00–7:30 pm	6:15-7:30pm	6:00–7:30 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 – 7 pm	6:15-7pm	6 – 7 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 – 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.