

Gordon College

June 14th 2025 – August 2nd 2025

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland						
Swim	6:00–7:30 pm	Practice at SJP	6:00–7:30 pm	Practice at SJP	Practice at SJP	No Practice

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						
Swim	6 – 7 pm	Practice at SJP	6 – 7 pm	Practice at SJP	Practice at SJP	No Practice

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	Practice at SJP	6 - 6:45pm Or 6:45-7:30pm	Practice at SJP	Practice at SJP	

Preteam Group swims 2 times per week for 30 minutes.