

Hanscom Air Force Base

Fall Season

September 8, 2025 – December 1, 2025

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4 – 5:30pm Or 5:30 – 7pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	4 – 5:30pm Or 5:30 – 7pm	8-10am

Green – 5-8 times per week with dryland 3 times per week

Blue – 3-4 times per week with dryland 3 times per week

Doubles Practices For Green Group

Begins September 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim		5:45-7:00am		5:45-7:00am		

Dryland for Blue and Green Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim		6:30-6:45pm	6:30-6:45pm	6:30-6:45pm		

Hanscom Air Force Base

Fall Season

December 1, 2025 – December 13, 2025

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	5-7:30pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	5-7:30pm	8-10am

Green – 5-8 times per week with dryland 3 times per week

Blue – 3-4 times per week with dryland 3 times per week

Doubles Practices For Green Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim		5:45-7:00am		5:45-7:00am		

Dryland for Blue and Green Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim		6:30-6:45pm	6:30-6:45pm	6:30-6:45pm		