

Hanscom Air Force Base

Spring Season

March 23, 2026 – June 13, 2026

Green and Blue Group

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

	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		

No Practice Dates:

April 4th

May 23rd, 25th

June 6th